

YEAR END REFLECTION

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CANDIDATES
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01

SETTLING IN

My heart has heard you say, "Come and talk with Me."

And my heart responds, "Lord, I am coming."

Psalms 27:8



SETTLE YOUR BODY

Take several deep breaths as a way of settling into these moments and becoming aware of God's presence – closer to you than your breath. Allow yourself the gift of enjoying the presence of God for your own soul's sake.

Breath Prayer

INHALE: God is near,
EXHALE: I rest in You.

SURRENDER YOUR ANXIETIES

As you come into this time, take some time to name and release any anxieties, worries, or thoughts you might be bringing into this space. Visualize laying them down before God, trusting in His presence and care.

STATE YOUR INTENTION

I pause to honor God's faithfulness, to reflect with honesty, and to receive guidance for the year ahead.



02

LOOKING BACK

Reflecting on God's faithfulness, lessons learned, and personal growth over the past year.



Take your time with each question, letting God's Spirit guide your thoughts.

- What were the high points of your year – moments of joy, growth or answered prayer?
- What challenges did you face, and how did God help/sustain you through them?
- Were there any relationships, opportunities, or experiences that shaped your spiritual journey?
- What are some significant discoveries, insights, or awareness (about yourself, God's character, God's Word)?
- Where did you experience God's provision?
- In what ways have you seen God working in your life? What has been shaped in you?

Optional Practices for Reflection

- Write a gratitude list for the past year, noting small and large ways God showed His faithfulness.
- Draw or doodle images, symbols, or words that represent your year.



The background is a collage of vintage-style items. It includes several pieces of aged, cream-colored paper with horizontal ruling. There are also brown paper envelopes, some with torn edges. A small, handwritten note is visible in the upper right corner, featuring cursive script. In the lower left, a portion of a gold-colored pen is visible. The overall aesthetic is warm and nostalgic, suggesting a theme of reflection or journaling.

PRAYER

Write out a prayer of
thanksgiving, expressing
gratitude for God's faithfulness,
provision, and care.

03

LOOKING AHEAD

Clarifying hopes, goals, and areas of growth, while considering how God is inviting you to trust Him and walk in His guidance.





Take your time with each question, letting God's Spirit guide your thoughts.

EXPRESSING HOPES

- In what areas of your faith do you hope to grow in?
- What spiritual practices/disciplines do you hope to cultivate or strengthen?
- How do you hope to experience God's presence or guidance more deeply?
- Which relationships do you hope to strengthen, heal, or invest more in?
- What personal goals do you hope to pursue with God's guidance?
- Are there ways you hope to serve, encourage, or bless others?

IDENTIFYING NEEDS

- What are you trusting God for this year?
- Where do you need God's guidance, wisdom, courage, strength, or provision most?
- Are there doubts, fears, or anxieties that you need to release to God?
- Are there decisions you need clarity on, and who or what can help guide you?
- What specific prayers will you commit to this year for yourself and others?

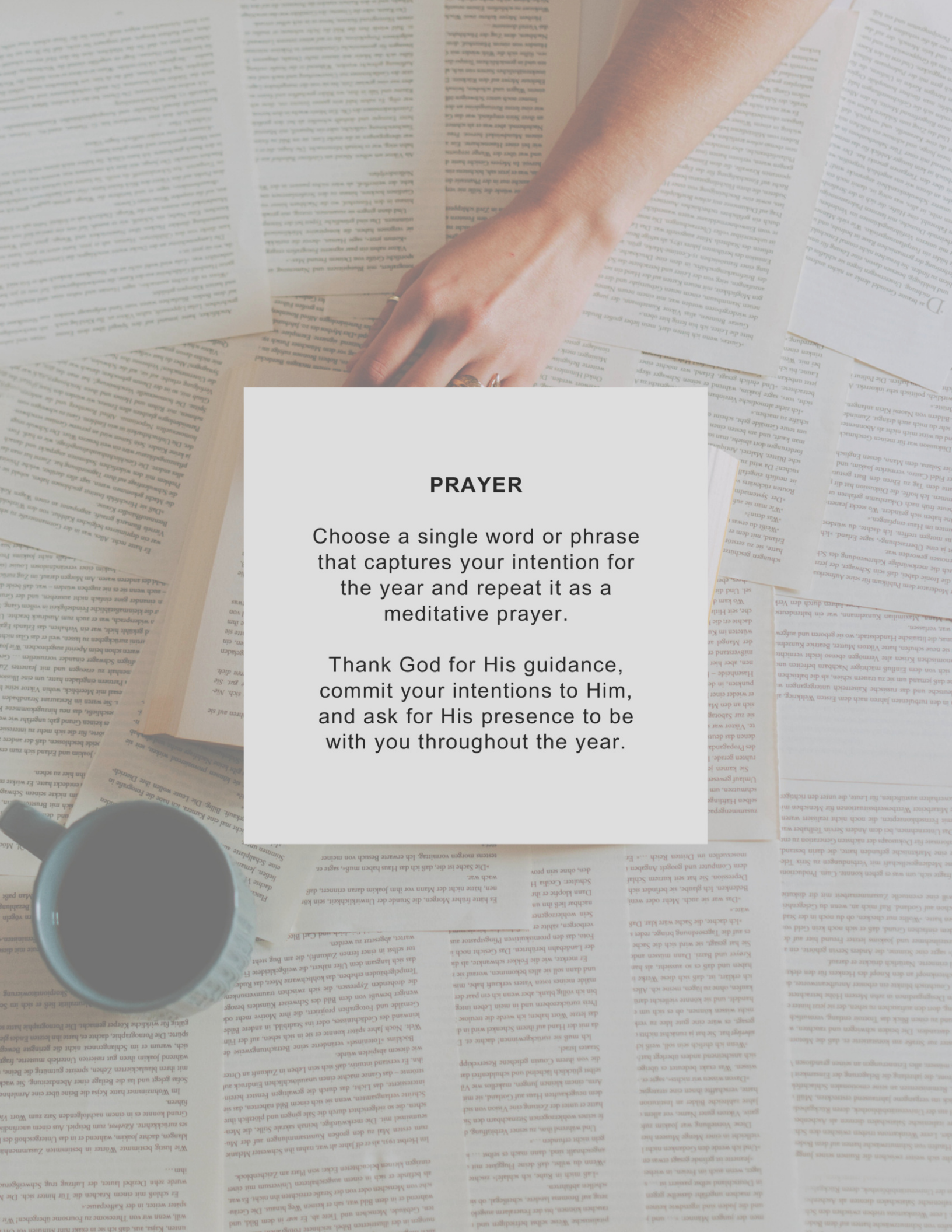
FOR DEEPER REFLECTION

- How is God inviting you to trust Him in this new year?
- What patterns or habits do you want to leave behind?
- What words, verses, or promises of God do you want to carry into the new year?

Optional Practices for Reflection

- Journal your spiritual, personal, and relational goals for the year ahead.
- Choose a Scripture verse or passage that resonates with your hopes for the new year. Write it down and reflect on how it can guide your decisions and actions.
- Art Journaling: sketch, paint, or doodle your feelings, hopes, or aspirations for the new year.
- Photography Walk: capture images that symbolize your intentions or goals; use them as visual anchors for reflection.
- Prayer Collage: combine words, images, colors, and symbols on a canvas or paper as a meditative prayer practice.





PRAYER

Choose a single word or phrase
that captures your intention for
the year and repeat it as a
meditative prayer.

Thank God for His guidance,
commit your intentions to Him,
and ask for His presence to be
with you throughout the year.

04

GOD WITH ME

“I always remember that the Lord is with me.
He is here, close by my side.”

PSALM 16:8



A Liturgy of With-ness

by Sarah Bourns Crosby

Oh Lord, You have searched me
And You know every moment of my life
There has never been one day
When You weren't by my side.

Every morning when I wake
Every evening when I sleep
Your loving presence is near
You are never far from me.

Every thought, every feeling
Every single word I speak
You already know it completely
For You are always here with me.

You lay your hand upon my head
Though I may not always see
You hem me in, behind and before,
Your presence goes with me.

There is no hidden place on earth,
No heights too high, nor depths too low
Nowhere I am out of your sight, oh Lord
With you, I am never alone.

If I soar on wings like eagles
Or settle on the far side of the sea
Even there, I am held so close to You
Your hand stays gently upon me.

When the light becomes night around me
When I walk through darkest days
You still journey quietly beside me
You are here each step of my way.



You were there when I came into being
You knit together my every part
Your gaze has never left my face
Your heart is woven to my heart.

All my days were written for me
Before one of them came to pass
My every breath is known by You
And You'll be near when I breathe my last.

Were I to count each thought
You have of me
They would outnumber the grains of sand
How wide and deep is Your love for me
How good and wise are Your plans.

You search and see my very soul
You know everything about me
There was never a day I wasn't with You
And I know there will never
Ever
Be.

After reading the poem, close your eyes
and sit in silence for a few moments.
Invite God's presence to speak,
reminding you of His constant with-ness.

Conclude your reflection time with this
Breath Prayer:

INHALE: Your presence is near,
EXHALE: I am never alone.

