

# Cultivate Reflection Guide

## 2021 Year End Reflection

The close of a year lends itself to the opportunity to pause and reflect on what God has done – in us, around us and through us. Make time in the coming weeks to get alone with God and work through the following reflection questions. Be REAL and invite the Holy Spirit to speak into your life as you respond.

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### Read: [Proverbs 27:19 NLT](#)

- As you reflect on the past year, what have you learned – about yourself, about God and about others? You might choose to journal this or jot down a list so that you can continue to look back on what God is doing.
- What is one way you'd like to pursue continued growth – spiritually, relationally or emotionally?
- *Dig Deeper* Invite someone you trust to speak into your life by sharing how they've seen you grow this year.

### Read: [Proverbs 21:21 CEB](#)

- As you cultivate a life of righteousness and honor, is there anything you want to surrender [lay down/let go] SO THAT you don't carry it with you into 2022?
- Be real with God. Lay this down and ask Him to carry this burden. Pray for the courage and strength to walk forward without it. If/when this challenge returns, come back to Jesus and once again surrender this to Him.
- *Dig Deeper* Invite a friend to pray with/for you or to check in periodically to keep you accountable.

### Read: [Psalm 27:4-8 NLT](#)

- God loves to spend time with us. But our time with God can be disrupted by any number of obstacles and distractions. What is your greatest challenge when it comes to spending time with God?
- We spend our time on our greatest priorities. What would it take for you to overcome that challenge and make time with God a greater priority? Be specific – I need to stop \_\_\_\_\_ and start \_\_\_\_\_.
- Set a goal or intention. It may not feel easy, but it should be realistic and attainable for your life, schedule and personality. Be purposeful in pursuing this, but remember God isn't keeping score. If you miss the mark, don't give up, simply begin again.

### Read: [Ecclesiastes 4:9-10](#)

- Who are the people in your life you count on to encourage and strengthen your faith? Reach out and express your gratitude for who they are and what they've done to support you.
- In contrast, ask God to show you if there any relationships in your life in need of healing or repair. This may be a "you and God" healing or a "you and them" repair. Take time to pray, asking God to show you the work that needs to be done, then proceed with wisdom, grace and kindness toward self and others.
- If you're lacking real community, visit [move.sc/groups](https://move.sc/groups) to join a community group today. If you're ready to give life to new community by leading a group of your own, go to [move.sc/startagroup](https://move.sc/startagroup).

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We're looking forward to all that God will do in 2022! Stay connected with Sandals Church Women so that together we can grow spiritually wise in a community of kindness.

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