



NEW YEAR REFLECTIONS & INTENTIONS

FOR INDIVIDUALS, COUPLES, OR FAMILIES



LET'S LOOK BACK

The beginning of a new year provides a powerful opportunity to reflect on God's faithfulness and to realign our hearts with His purposes. As we look back on the past year, we can acknowledge how God has been present with us through every season—whether in moments of joy or difficulty—and trust that His faithfulness will continue in the year ahead.

Find a quiet space and take time to answer the questions below.
(This can be done alone, as a family or with some friends)

QUESTIONS FOR REFLECTION

What have I done in the past year that I feel good about?

What do I wish I would have done more of? Less of?

What important or difficult decisions did I make?

Name an unexpected JOY in 2024.

What was the biggest time waster in my life?

Who made a difference in my life?

Biggest regret of 2024?

How have I seen God's presence in my life in the past year?

Were my actions in 2024 consistent with what I value?
(What should I do about inconsistencies?)

How did I live on mission for the purposes of God?

What did I learn about myself?

In what ways did I practice generosity?

Give thanks to the LORD, call on his name; proclaim his deeds among the peoples. 2 Sing to him, sing praise to him; tell about all his wondrous works! 3 Boast in his holy name; let the hearts of those who seek the LORD rejoice. 4 Seek the LORD and his strength; seek his face always. 5 Remember the wondrous works he has done, his wonders, and the judgments he has pronounced, 6 you offspring of Abraham his servant, Jacob's descendants—his chosen ones.

PSALM 105: 1-6

LET'S DREAM FORWARD

In resetting our hearts and lives, we are called to prioritize God's Kingdom, seeking His will above all else. This is a time to ask God for fresh vision, renewed strength, and a deeper intimacy with Him. As we embark on this new year, we can commit to living out His purposes in the world, loving others, and serving His Kingdom in new and meaningful ways.

Find a quiet space and take time to answer the questions below.
(This can be done alone, as a family or with some friends)

NEW YEAR INTENTIONS

One new thing I want to learn this year?

What habits can I adopt in order to grow spiritually?

How can I care for my body and mind more consistently?

What accountability do I need ask for in order to be more committed to the things I value?

One place I would like to travel to?

I want to spend more time doing _____.

I want to spend less time doing _____.

What is my plan when I make a mistake or fail to achieve a goal this year?

What books do I want to read this year?

How can I be more intentional in building relationships?

What strengths do I have that can help me accomplish my goals?
What weaknesses keep me from achieving them?.

What can I invest my time in that will help me live on mission for God's purposes?

You crown the year with Your goodness, and Your paths drip with abundance.

INSPIRATION TO LIVE
INTENTIONALLY

WORD FOR THE YEAR

MOTIVATIONAL QUOTE

INSPIRING BIBLE VERSE

2025

PRAYER FOR THE YEAR



A NEW YEAR PRAYER

Prayers of Thanksgiving

As I bid 2024 farewell and welcome 2025, I pause to spend some time giving thanks to God for all the moments of life lived over the past year. Thank You God for the hard moments and the joyful moments. The times of grieving and the times of celebrating. You know and see it all, thank you.

Prayer: God, I specifically thank you for _____ (fill in the blank with whatever God brings to mind). I thank you, God, for the miracle of breath in my lungs and your new mercies which are waiting for me each day. God, You provide everything I need. Thank you.

Prayers of Surrender

As I look forward to a new year, I have a sense of urgency to set big goals, change old habits and seek Your blessing and guidance for my own plans. Keep me from dreaming and planning in my own ability and strength forgetting that You -- God of the universe and the creator of all things -- delight when I dream with You.

***You crown the year with Your goodness, and Your paths drip with abundance.
Psalm 65:11***

Prayer: God, I acknowledge that You alone are God and You prepare my steps and are a light unto my path. I offer my goals, hopes, dreams and plans to You. God, I intentionally surrender _____ (fill in the blank with whatever you have failed to surrender into God's hands). I know you go before me. You have plans and purposes for me beyond my wildest dreams. I trust you to lead and provide for me. I rest in your plan for me.

Prayer of Intention

God, thank you for your goodness and faithfulness. I desire to live each day in thanksgiving and surrender, walking the path You have set before me in 2025. A year that *You crown with Your goodness and abundance*. I will intentionally set goals, plans and dreams to declare Your glorious name and live in a way that honors You with all I have and all that I am. I come praying in expectation and excitement to see the work of Your hands in 2025. May my intentions lead to obedience and surrendered living.





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