

The cover features stylized fireworks in yellow and teal. A yellow firework is in the top left, a teal one in the top right, and another yellow one in the middle right. A large teal firework is in the bottom left. The year '2026' is in the bottom right, surrounded by yellow sparkles.

NEW YEAR

reflections & intentions

A Guide for Families to Grow in Commitment

2026



hello 2026.

Hey Families,

As we ring in another new year, we hope and pray you will find time to pause with your family to reflect, dream and commit 2026 to God's purposes and plans for your family. Use this resource to guide and inspire you to connect and grow in your intentionality and commitment. May your family be filled with God's fullness as you seek to listen to what He has in store for you this coming year.

-The Empowered Homes Team



What's in the guide:

- ✦ reflections
 - ✦ intentions
 - ✦ a new year prayer
 - ✦ commitments
 - ✦ inspiration & motivation
 - ✦ activity for young kids
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reflections

Let's look back at 2025:

The start of a new year invites us to pause, remember God's faithfulness, and refocus our hearts on His purposes. As we look back on the past year, we can see how God has walked with us through every season of celebration, challenge and everything in between. Let's take time to reflect on the past year so that we can intentionally move forward in healthier ways in the new year.

Find a quiet space and take time to answer the questions below. Use the next page or a journal to ponder and process. If you are doing this with children, pick 2 or 3 questions to focus on OR for young kids use the simple activity pages in this guide.

(This can be done alone, as a family or with some friends)

QUESTIONS FOR REFLECTION (ANSWER ALL OR CHOOSE A FEW)

What did I learn about myself?

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 2025.

What was the biggest time waster last year?

Who made a difference in my life?

Best achievement of 2025?

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

Were my actions in 2025 consistent with what I value?

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

Name something that happened in 2025 that only God could do.

In what ways did I practice generosity?

intentions

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. 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. The questions below are designed to help you dream and, ultimately, inform your commitments for the coming year.

Find a quiet space and take time to answer the questions below. Use the next page or a journal to ponder and process. If you are doing this with children, pick 2 or 3 questions to focus on OR for young kids use the simple activity pages in this guide.

(This can be done alone, as a family or with some friends)

NEW YEAR INTENTIONS (ANSWER ALL OR CHOOSE A FEW)

One new thing I want to learn this year?

What habits can I adopt to help me 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?

Prayers of Thanksgiving

As I say goodbye to 2025 and welcome 2026, 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).

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).

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 2026. A year that You crown with Your goodness and abundance. I will intentionally set goals and make plans 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 2026. May my intentions lead to obedience and surrendered living.

a new year prayer

commitments

Turn intentions into actions:

Being intentional with our time takes a very important step: Commitment. Commitment means we are dedicated. We don't just have "good intentions," we have purpose in what we do and therefore, are motivated to stay the course even when the days are hard and the time is limited. After pondering and processing the intentions section of this guide, set some realistic commitments for yourself. Start with simple commitments and use the next page to record them. Use the reminders below to help get started.

1 BE SPECIFIC & DEFINE PURPOSE
STATE EXACTLY WHAT YOU WANT TO ACHIEVE WITH SPECIFIC DETAILS AND PURPOSE.

2 REALISTIC AND MANAGEABLE
DIVIDE BIG GOALS INTO SMALLER, MANAGEABLE TASKS.

3 SET A TIMELINE
GIVE EACH GOAL A REALISTIC TIMELINE TO STAY ON TRACK.

4 STAY FOCUSED
AVOID DISTRACTIONS AND KEEP YOUR ATTENTION ON WHAT MATTERS MOST.

5 BE KIND TO YOURSELF
CHECK IN REGULARLY TO MEASURE RESULTS AND ADJUST YOUR APPROACH.

my 2026 commitments

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my 2026 commitments

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inspiration & motivation

WORD FOR THE YEAR

MOTIVATIONAL
QUOTE

INSPIRING BIBLE VERSE

2026

PRAYER FOR THE YEAR

My 2025 Reflections:

Kids can draw or write their answers to the reflection prompts below:

Something God helped me do:

A friend God gave me:

Something that made me happy:

A time when I was brave:

Thank Jesus together for His blessings in 2025.

My 2026 Intentions & Commitments:

This year, I can live for Jesus by... (circle one):



BEING KIND



SHARING



HELPING CLEAN UP



INCLUDING OTHERS



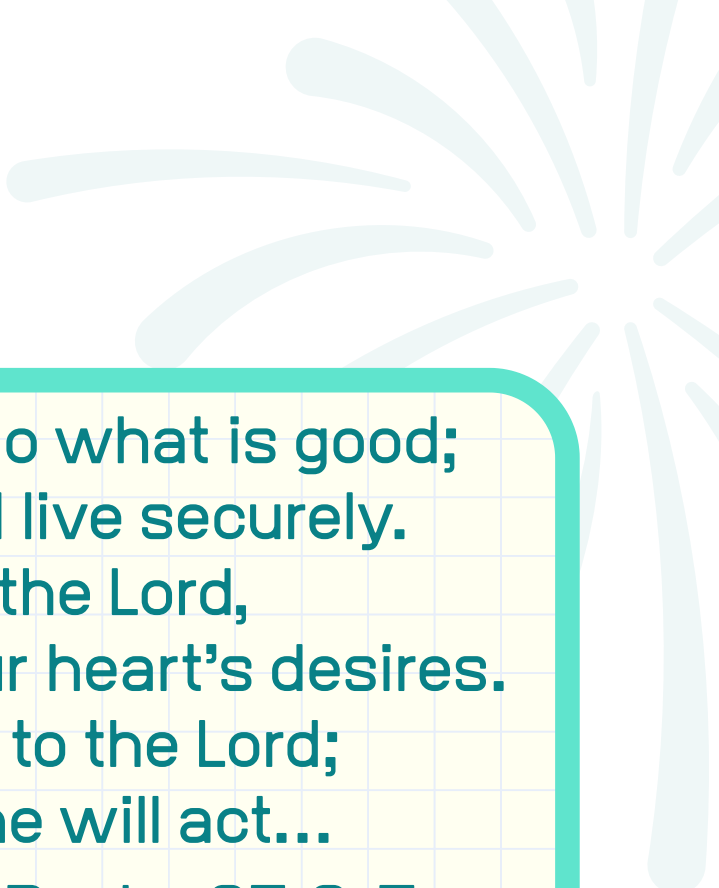
LISTENING



SAYING KIND WORDS

Write or draw your commitment below and brainstorm ways you can live out that commitment in 2026. Parents, refer to it throughout the year, adding new ideas as well as recording celebrations of when they lived out their resolution.

2026



Trust in the Lord and do what is good;
dwell in the land and live securely.
Take delight in the Lord,
and he will give you your heart's desires.
Commit your way to the Lord;
trust in him, and he will act...

Psalm 37:3-5





Visit empoweredhomes.org
for more FREE resources.

Because growing stronger as
a family is cool.

