A Guide to Refocus for the Year

Take Time To Refocus

Keep these three points in mind as you look back on the past year:

1) **Start with prayer.**
   Prayer is key. Ask God to show you what He wants you to see as you look back.

2) **Reflection**
   What has happened over the past year? Take time to get ***above*** your life. Start by writing down major events in the categories below.

3) **Set goals for each area.**
   Based on your reflection, you may find some areas need more attention than others.

As you go through this process, two things should happen:

1) When you begin to see the areas you have made progress, stop to thank God for His work in your life. It is good to celebrate the victories He has given us.

2) Inevitably areas will emerge where you have drifted. Don't let this get you down. Ask the Lord to help you pursue health in the coming year.

In their hearts humans plan their course, but the LORD establishes their steps.
Proverbs 16:9 (NIV)

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Spiritual Health:

Am I interacting with God's Word more or less than the year before?
When was the last time I read through the whole Bible?
Have I been praying more or less than last year?
Am I praying daily?
Do I have a closer relationship with Christ than a year ago?
Are there areas of my life that I have not given Jesus control of?
What did God teach me over the last year?
Am I more motivated to become like Jesus today than I was a year ago?
How is my faithfulness in attending church services?

Set Goals for Spiritual Health:

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Singleness:

How am I doing in my singleness?
Am I viewing it as a gift?

Am I fully giving myself to building God's Kingdom?
Am I being faithful to God in this area of my life?

Set Goals for Singleness:

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Family Leadership:

What's our culture like as a family?
What are our strengths?
What are our weaknesses?
Are we a thankful family?
Is service part of our family?

Are we an active family?
Have we worked on our family this year?
Has entertainment (or something else) taken too high a priority in our lives?

Set Goals for Family Leadership:

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Marriage:

How is our marriage?
Did we make any intentional investments in our marriage this year?
Do we still date each other?
Are we protecting our marriage?
Is God at the center of our relationship?
How is our sex life?

Set Goals for Marriage:

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Parenting:

How is my relationship with each child?
How is our connection?
Did I make intentional investments into their lives?
What are the passions that I see in their lives?
What are their gifts and abilities?
What might God have in mind for their lives?
Are their areas of their lives that I need to come alongside them and help them de

Set Goals for Parenting:

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Friendships:

Who are the key friends that I have?
Are they good friends?
Do they encourage me in my relationship with Christ?

Have I been a good friend?
Do I encourage them in their relationship with Christ?

Set Goals for Friendships:

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Physical Health:

How's my health changed over the last year?
Was there major change in my health?
Did I gain weight?
Am I more or less fit than I was last year?

Have I had a physical?
Did I consistently exercise?
Have I been avoiding getting something checked out by a doctor?

Set Goals for Physical Health:

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Financial Health:

How has my financial landscape changed?
Did I incur more debt this year?
How was my giving this year?
How was my saving this year?
Has my income changed?
Have I been faithful to God in this area of my life?

Set Goals for Financial Health: