

Year End Reflection

Story of the Year

If you were to retell the story of the year in five minutes, what would you say? Pretend you are not talking to each other and talking to a friend over coffee who you haven't seen since 2022 and they say, "Catch me up on how you've been, what God has been doing in your life, and what you've been up to."

IMPORTANT: do this exercise separately before joining together as a couple. Write a brief summary or notes down in a journal to compare. Then once you have both done the exercise, tell each other your highlighted version of 2022 and ask each other these questions:

- 1) What were areas that your spouse included that you didn't?
 - 2) Which version was a little happier than the other (this will make sense later)?
 - 3) What did you forget or what did this exercise help bring back to the front?
 - 4) Would you say, generally speaking, the story 2022 told was the one you wanted to tell? Why or why not?
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Losses in 2022

Write down a few of the 'losses' from the year. Definition: losses are any area you grieved, any area that seemed difficult for a longer season, anything you miss that hasn't come back, etc. Mark with an 'x' next to any losses that still feel like one and mark with a '+' any that were hard/losses but you have perspective or see redemption in them so far. This is basically a section to talk about 'what was hard' in a free flowing discussion way.

1. What would you say was the hardest moment last year? Why?
 2. Have you learned anything or did it change you in any way?
 3. Where did you feel like God showed up the biggest last year?
 4. Look for patterns this last year. Was God teaching you or nudging you towards a particular theme of growth?
 5. What is one area in your spouse that you actually saw the most growth and are proud of them?
 6. What was something new you did or implemented that seemed to work, and you are glad you did? (i.e., date night once a month, not having a phone in the bedroom, etc.)
 7. Where did God surprise you this year?
 8. What did you do this year that will benefit you 50 years from now?
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Wins in 2022

Write down the wins. The small and big ones (bought a house or a child learned to walk, or this one special meal you remember, etc).

- 1) What would you say is the biggest 'win' from this past year?
- 2) What's one thing that was hard but you're so glad and thankful you did it or how it ended up?
- 3) What are five things you are thankful for this year?
- 4) What's something that happened this last year that would've surprised you or you never would've guessed would happen?
- 5) What was your favorite date as a married couple this year?
- 6) Favorite moment or memory this year as a couple?

Finances

1. Worst financial decision we made this year. Why?
2. One way we can change how we see, spend, or use finances next year.
3. Best fun purchase we each made this year.
4. Best use of money or moment of generosity and stewardship this year.
5. List or name thankfulness items of provision where God took care of us this year financially.

Travel

1. At a glance, run through the trips or travel we have planned this year.
2. Which one are we most excited for?
3. What do we hope for with the travel?
4. How can we set ourselves up for success in any of them?
5. Which trips will be family trips vs. trips with spouse?

Children

1. What is 'one word' we'd say to describe how parenting/child relationships went this last year?
2. What is each kid excelling at?
3. What does each kid need some extra help on?
4. How can we call their true identity in the Lord out more in 2022?
5. What was the best thing we instituted with the kids that blessed our family ten fold this year? (new tradition, a training tool, etc)

The 'Favorite' Section

Favorite	Answer
Memory	
Date	
Moment with kids	
Movie watched	
Meal	
Moment with friends	
New thing we did	
Place of growth	
New habit	
Praise in our community	
Book	

Rhythm & Formation Diagnostic

-list our daily, weekly, yearly rhythms and formations below.

Daily	Weekly	Yearly

Rhythm Reflection

1. Which rhythm gave us the most life this year? One we couldn't have lived without in 2022?
2. Which one needs more work or tweaking to get to more optimal results?
3. Any new ones we want to add?
4. Any we want to change?
5. Any we want to takeaway?

Sin & Battle

1. Where do you feel like sin patterns most entered into the marriage or individual lives this year?
 2. How do you think your sin affected the marriage or family?
 3. What did God reveal about yourself this year or how did He help you fight and resist temptation, the devil, the flesh and the world?
 4. What is the most helpful thing I do as a spouse when your sin pattern begins to show?
 5. What is the least helpful thing I do as a spouse, or a way I exacerbate, those areas?
 6. Where did you see God triumphant over sin in your life and marriage and family this year? Be specific. Count the blessings and moments of victory. What about in areas of weakness or hurt or pain or any type of serious spiritual battle even though it might not be sin?
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Thankfulness Section

List 20 things each you are thankful for this past year. Big or small. Fun or serious.

Ceremony & Altar

Build some type of altar or curate some type of moment to close this activity and year. Moments and seasons have to be marked. Do something that breaks the script from your normal day or routine. Go to a nice restaurant to celebrate His faithfulness, do a craft of sorts that represents what you talk about and hang it up on the fridge as a reminder throughout the year, or go plant a flower or tree in the backyard to represent 2022 and His goodness and blessing.

1. How will we choose to mark this year?
2. How will we choose to remember this year?
3. 50 years from now what do we want our kids to come across to signify/remember about this year?

RULE OF LIFE: "A good rule can set us free to be our true and best selves. It is a working document, a kind of spiritual budget, not carved in stone but subject to regular review and revision. It should support us, but never constrict us."