



# End of Year Reflection Questions

## Intro

Each year, during the week after Christmas, we incorporate a Selah Week in our church rhythm.

Selah is a term used throughout the Psalms which means to give "pause" or "interlude" in the music. These "Selahs" were strategically placed in the Psalms for listeners to pause and reflect on what's been said.

At the close of 2023 – we want to Selah together. This guide is made to help you look back on the past year, and look ahead to 2024 with faith for the future.

## Look Back With God

*Psalm 103:2 Praise the Lord, my soul, and forget not all his benefits—*

Look back at the year and reflect on what God has done. Take 10-15 minutes to think about answers to these questions.

### Highs

- How did God provide for you?
- What answers to prayer, or breakthrough, did God bring?
- How did God surprise you?

### Lows

- What was hard?
- How did God meet you in the trials and challenges?
- What did God teach you this year?

### Give Thanks

- After reflecting on the questions above, make a list of at least 50 things you are thankful to God for from 2023. (Adjust the number for kids to 20 or 25, if needed)
- Take time to share these with your family and/or community.

## Selah

*Selah is a term used throughout the Psalms. The Strong's Concordance lists the definition of the term as suspension (of music), i.e. pause. Many believe it was placed strategically in portions of the Psalms to challenge listeners to pause and reflect on what has been said.*

- Look at your list of thankfulness. Write down one word to describe who God's been to you this past year? This helps us praise God's character and build our faith for the future.
  - Ex: God, has been my \_\_\_\_\_ this year. (provider, comforter, sustainer, healer, good shepherd, etc.)
- Sing a song of worship praising God and thanking Him for what He's done.
  - Antioch Dallas Worship Playlist Fall 2023: [Spotify](#) | [Apple](#)

## Look Forward With God

*Habakkuk 2.2 Write down the revelation and make it plain on tablets so that a herald may run with it.*

Looking forward to the next year, ask God for vision. Use these prompts to prayerfully look to the year ahead. Don't feel the need to work through all of them, but be led by the Spirit.

- Vision: Is there a word or Scripture God is speaking to you about 2024?
- Walk With God: How will you intentionally grow in your walk with God? (Scripture reading, prayer time, Sabbath keeping, etc.)
- Community & Outreach: Who are the key people you want to relationally invest in? (church community, immediate family, friends, neighbors, co-workers, etc.)
- Work & Rest: What are the rhythms I need to adopt to eliminate hurry and bring fruit of the Spirit? (Sabbath keeping, work schedule, etc.)

**Other resources for looking forward with God:**

- [Roles and Goals Sheet](#) - Antioch Waco
- [Marriage Vision Retreat](#) - Antioch Dallas