

Reviewing a Year

This process is a form of the prayer of *Examen*. The Ignatians used Latin words to outline its four stages, but here are their 4 plus 1 I have added in plain English.

#1. RECALL - the year in as much detail as I can. It's not a showreel! Review journal and or your calendar, or work book,

#2. REJOICE - wherever God's blessings become evident. Take time to give thanks.

3 REMEMBER – those who have encouraged you, those that were there when you needed help, those whose words and actions inspired you to become more like Jesus. Is there a way you can express your thanks for them, to them.

#4. REPENT - wherever sinful patterns or attitudes become clear. Take time to admit and apologise.

#5. REBOOT - How can I be more like Jesus in the year to come? How can I deliberately set my attention on Jesus?

ADDWW: Attention Develops Devotion that leads to Wonder and Worship

In all areas of my life:

Spiritual, Relational, Emotional, Physical and Vocational (work)

Take time to prayerfully form a New Year's resolution - not so much about what you want to do, but more about who you want to be in the year ahead. It is vital that you invite someone to help you in this, asking them to gently challenge and encourage you throughout the year to come.