



Reflection and Inspiration to move into 2020

Before we start looking ahead, it is often helpful to look back. Pray that the Lord will reveal the past year to you with clarity and understanding. Pray that He will guide your words as you ponder and plan.

*Many are the plans in a person's heart,
but it is the Lord's purpose that prevails. Proverbs 19:21*

In the last year, how have you seen your child grow:

-Physically

-Spiritually

-Emotionally

-Intellectually

Last year, what were some challenges that you observed?

-Physically

-Spiritually

-Emotionally

- Intellectually

For yourself, how did you grow:

-Physically

-Spiritually

-Emotionally

-Intellectually

What were your personal challenges?

- Physically

- Spiritually

- Emotionally

- Intellectually

Make a list of special events/travel/family times/highlights that your family enjoyed together over the past year. It is encouraging to remember these events together and to have a list to look back on.

Use this page to interview each child individually. Save these pages so that you can look back year-to-year.

Child's Name: _____ Date: _____

What did you enjoy about our family life over the past year?

What was difficult for you?

How can I help you succeed?

What are your current interests?

Anything else you'd like to share with me?

Ponder in your own heart, what values are important to your family?

What is distinct about your family?

If you had to choose one or two things to do with your child each day, what would those be? (Read-aloud, be in nature, playing games, cooking together?) What brings joy to the heart of your child?

What brings your soul joy? A joyful mother influences the entire tone of the home. Ideas: one-woman tea time, a friend over, swap kids to get some time alone, early morning Saturday outings while dad does breakfast with the kids, enjoying creation, regular outings with one other family to provide accountability to get outside, reading, etc.

Let these values and priorities guide your planning as you move into 2020.

Once you've completed this look-back, begin to brainstorm which things you'd like to encourage in the coming year as well as new experiences or skills you'd like each child to have.

(Ideas: extracurricular field trips, cooking skills, family travel, specific family relationships, new friendships to pursue, learn to hit a golf ball, encouraging a horse interest, or chess, basketball, nature appreciation by time to explore the woods, ocean or a neighborhood park. Fine motor skills through legos, playdough, coloring, sensory bins. These are experiences that bring a childhood and family to life!)

Now that you have a brain dump of ideas to references, take some time to think and pray through specific areas for each child. How would you like to encourage your child to grow:

-Physical Abilities

-Emotional Maturity

-Spirituality

-Academically

What read-alouds will you plan? What books will you offer your child to entice him/her to spend some time reading?

What books will you read for yourself this year? Is reading good literature new to you? Ask your reading friends or look at book lists. Listen to a podcast about the book or author you are reading to deepen your knowledge.

Can you save up for one or two weekends away? A retreat weekend at a nearby inexpensive hotel will work wonders for your soul. If you can't manage a weekend, how about a half-day at a library or hotel lobby?

What will you learn this year?

What hobbies will you pursue this year even at ten minutes at a time?

How will you deepen and enrich your experience in God's word? Do you want to join a Bible Study, a small group, read chronologically? Dive deep into one book or topic all year long?

Who is one friend that leaves you feeling encouraged and closer to the Lord? Make a plan for regular time together, phone calls and/or a visit.

Read back through what you've writing. Pray that the Lord would reveal the few things He would like you to focus on in 2020. Let Him guide you into this new year with hope and joyful expectation for how He will move in You and grow your children.