



# Examen of 2024

## 1. Ask God for Understanding

"Father, I want to see my life through your eyes, not my own. I pray for the grace to pray, to see, and to understand. Amen."



## 2. Give Thanks

Recall God's gifts in your life. How has God been at work in you? What are you most grateful for?



## 3. Review the Year (2024)

In a spirit of gratitude, review the events of the last year. What happened? Where was God? Record the highlights (positive or negative) that stand out to you. What might God be saying or doing in that?



## 4. Face Shortcomings

Recall what did not go well. Ask yourself, "What do I need to confess? Who do I need to forgive? Who do I need to ask forgiveness?" Respond by confessing these things to the LORD.

Receive God's gift of forgiveness:  
*"This is a true saying, and worthy of all to be received, that Christ Jesus came into the world to save sinners."* –1 Timothy 1:15

*"For there is therefore now no condemnation for those who are in Christ Jesus."* –Romans 8:1

God, in Christ, has forgiven you. Forgive yourself. Forgive others.



## 5. Look Ahead to 2025

Look ahead to the coming year. What will you be doing? Who will you be with? What challenges are before you? Pay attention to the feelings that surface as you look ahead to the coming year. Record these and pray through them.

Ask God, "What one thing should I focus on in the year ahead?"

Respond by committing your intentions and desires to the LORD.

Our Father in heaven,  
hallowed be your name.  
Your kingdom come.  
Your will be done on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our sins,  
as we forgive those who sin against us.  
And lead us not into temptation,  
but deliver us from evil.  
For yours is the kingdom, and the power,  
and the glory, for ever and ever.  
Amen.