

INTO 2018

Expand!

Psalms 119:32 Isaiah 54:2

Reflection and Reordering

E - Extend

yourself into last year

X - Exclaim

to God thanks & need

P-Project & Pray

into next year

A - Aim

at priorities

N - Name

concerns, fears,
desires

D - Declutter & declare



*Let this exercise expand your confidence
and hope as you face another year!*

Expansion of heart, of influence, belief,
understanding; I'm planning this year to take
a hold of opportunities for **growth and expansion**
of soul. As I took some time this year to look back
and look forward into next year & I used the word
EXPAND as an acronym for reflection:

Ideas to help you reflect and reorder your life

- Do this as an **hour exercise** or a day or weekend retreat to go deeper. *Ut ante:*
- Gather some others to **join with you** in this practice.
- Use it as a few sessions for a group to think through and discuss to help each other.
- **Pull out themes** and lessons from your past year. Use these to share with others.

EXPAND INTO 2018

E - Extend yourself back into last year and *make a gratitude list*, and an unfinished business list. Use calendar, emails, pictures, FB, journal whatever works best for you to do a review of last year. Don't underestimate the power of this! I drew out some helpful themes/lessons for the year. (Deut. 4:9, 10)

X - Exclaim *Take your lists* and exclaim to God how thankful you are...and cast on Him the things that need attention and ask what it is He wants you to do. Let Him lead you in His Word. You may want to use a Psalm. (18, 40, 91, 144)

P - Project & Pray into next year. *Write out* each month and what's coming: events, travel, meetings, projects at home or work, family gatherings, etc. Ask God to speak into these. What would he like to see or do in you & through you? What desires, longings linger in you that need to be called out? What is He asking you to step into, that is beyond you and your resources? Start praying into these places. (Prov. 20:18)

A - Aim at the things that are priority for you at this time and put the other things on hold for now. This is where you focus and decide how to prioritize; what are your target outcomes. There's too much to be done but it's not all on you! What is your part? Remember, "Less is more". (1 Tim. 4:14,15)

N - Name concerns, fears, desires re: your priority list. What is God pointing out to you in this process? Name the *next steps* for getting to those outcomes. (Phil. 4:6)

D - Declutter and declare - Declutter your life. What needs to be *put aside*? What in your life do you need to clear out in order to focus on the things you really want? Declare His power in you to will and to do his good pleasure! (Phil. 2:13)



How am I moving toward God in boldness and belief for what I don't deserve but will further his kingdom