



Yearly Examen: 2020

- **Find a quiet place** to be in the presence of God. Put away your phone, turn off the music, shut off the TV, and notice your breathing. Exhale any distractions, burdens, pains; inhale the peace of Christ, the peace that passes all understanding.
- **Give thanks** to God for this past year. Write a prayer of gratitude and/or list all that you are thankful for.
- **Review your year.** What did you accomplish this year? When did you encounter Christ? Where did you go? What relationships were formed? Lost? How did you grow? Did you experience pain and heartbreak? Joy and life?
- **Face your shortcomings.** Knowing that the grace and mercy of God covers all things, where did you fail this past year? Sin? Left things undone? Confess your shortcomings to the Lord.
- **Looking toward 2021.** Who is God calling you to be this year? How do you need his presence in your life? For a more structured way to guide your 2021, see "Rule of Life: 2021."