

*Reflection Forward Journal for 2025:
2-Week Bible, Prayer, & Journaling Guide*



Theme Verse: *Ephesians 2:10 (NLT)*

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."

Each day includes Bible reading, prayer prompts, questions, and step-by-step journaling instructions to help you deeply reflect and apply insights.

This *Reflection Forward Journal* isn't just about writing—it's about experiencing God's presence as you reflect on His design for your life. Take your time, enjoy the process, and trust that He will reveal Himself to you in beautiful ways!

Set the Atmosphere

- Find a quiet, comfortable place free from distractions.
- Gather your journal, Bible, and a pen.
- Consider lighting a candle, playing soft worship music, or sitting outside in nature to create a peaceful environment.
- **Pray:** Ask God to quiet your mind and open your heart to hear His voice clearly during this time.

Start with Gratitude

- **Write** down 5 things you're thankful for **today**.
- **Reflect:** How has God been faithful to you in this season?
- **Pray:** Take a moment to thank Him in prayer.

Focus on Scripture

- **Read** one or more of the following Scriptures:
 - Ephesians 2:10 – You are God's masterpiece.
 - Psalm 139:13-16 – You are fearfully and wonderfully made.
 - Proverbs 16:9 – God directs your steps.
- **Write:** What stands out to you in these passages?
- **Pray:** Ask the Holy Spirit to reveal how these truths apply to your current journey.

Day 1: Connect the Dots

Reading: Ephesians 2:10 (NLT)

Prayer Prompt: Ask God to reveal how He has uniquely designed you as His masterpiece. Invite Him to show you the “good things” He has planned for you in this season.



Reflection Question 1:

What gifts, skills, and passions have God given you?

Journaling Instructions:

- ♦ Write three columns labeled *Gifts*, *Skills*, and *Passions*.
- ♦ Under *Gifts*, list spiritual gifts you've noticed (e.g., encouragement, teaching, leadership, hospitality). See 1 Corinthians 12
- ♦ Under *Skills*, write practical abilities (e.g., organization, public speaking, crafts, writing).
- ♦ Under *Passions*, jot down activities or causes that bring you joy.

Gifts

Skills

Passions

Reflection 2:

List your current roles, responsibilities, &/or business:

Journaling Instructions:

- ♦ Circle any items from your lists that directly impact your roles & responsibilities.
- ♦ Draw lines connecting these circled items to specific aspects of your work or life.
- ♦ Where do you see alignment and/or gaps:

Pray: Thank God for creating you with unique gifts and passions. Ask Him to show you how to use them for His glory.

Day 2: The Bigger Picture

Reading: Jeremiah 29:11-13 (NLT)

Prayer Prompt: Surrender your future to God, trusting His plans for hope and purpose. Ask Him to help you see how your vision aligns with His greater story.



Journaling Instructions:

- ◆ List your current roles (e.g., mother, business owner, group leader).
- ◆ Beside each role, write one way it brings you peace or joy.
- ◆ Star the roles that bring the most fulfillment.

Current Roles

One way it brings you joy/peace:

Reflection Question 1:

What specific roles or endeavors bring you **the most** peace and joy?

What areas of your life feel out of alignment and 1-3 things that make you feel this way?

Areas Out of Alignment

1-3 Reasons you feel this way

Pray: Ask God for wisdom to focus on roles that align with His purpose for you and courage to let go of anything misaligned.

Day 3: Honoring God with Your Vision

Reading: Proverbs 16:3 & Psalm 37:4 (NLT)

Prayer Prompt: Dedicate your work, business, and responsibilities to God. Pray for wisdom to align your plans with His will.



Reflection Question 1:

Where have you struggled to surrender control of your plans?

Journaling Instructions:

- ♦ List the areas where you feel tension or resistance in surrendering to God.
- ♦ Beside each item, write a prayer of surrender.

What I'm Holding Onto

Prayer of Surrender

Reflection Question 2:

How might you invite God into those areas?

Journaling Instructions: "God, I invite You into..."

- ♦ For each item on the list above, write a surrender prayer.

Pray: Be honest with God about your struggles and fears. Ask Him to help you surrender these areas and trust in His sovereignty.

Day 4: Identifying Blind Spots



Reading: Psalm 139:23-24 (NLT)

Prayer Prompt: Ask God to search your heart and reveal any blind spots that might hinder your vision or calling.

Reflection Question 1:

What areas where fear, pride, or insecurity may be holding you back?

Journaling Instructions:

- ♦ Prayerfully consider the three columns: *Fear*, *Pride*, and *Insecurity*.
- ♦ List specific *thoughts, feelings, or actions* under each column.
- ♦ Reflect on patterns or recurring themes.

Fear

Pride

Insecurity

Reflection Question 2:

What might it look like for you to bring these to God in surrender?

Journaling Instructions:

- ♦ Choose **one item** from the list above that **sticks out most to you right now** and write out a prayer. Repeat for other items as you feel led.

Day 5: Opportunities You May Have Missed



Reading: Isaiah 43:18-19 (NLT)

Prayer Prompt: Pray for fresh eyes to perceive the new things God is doing in your life and work.

Reflection Question 1:

What opportunities has God presented that you might have overlooked this past year?

Journaling Instructions:

"Past Opportunities"

- ♦ *List any ideas, invitations, or challenges you feel you've ignored or dismissed.*
- ♦ *List the reasons these opportunities may have been missed*

Reflection Question 2:

How might these present themselves again this year?

Journaling Instructions:

- ♦ *Write a practical step beside each opportunity that you could take if these opportunities come again:*

Past Opportunities

Reasons Missed

Practical Step

Pray: Thank God for these opportunities and ask Him for discernment as you step forward.

Day 6: Rest in God's Sovereignty

Reading: Matthew 11:28-30 (NLT)

Prayer Prompt: Thank God for being the source of your rest and strength. Pray for His peace to guide your decisions.



Reflection Question 1:

Write: What does success look like for you from a kingdom perspective? (E.g., faithfulness, impact, peace.)

How can you work from a place of rest instead of striving?

Journaling Instructions:

- ♦ List activities in your life that feel **restful and life-giving**.
- ♦ Write down areas where you feel you're **striving**.
- ♦ Reflect on how to shift **one striving area** into a restful rhythm.

Reflection Question 2:

Prayerfully consider what God might be asking you to **release or delegate this year?**

Journaling Instructions:

- ♦ Write at least one item and a potential **delegate or strategy**.

What I Should Release

Who Can Help

Pray: Ask God to help you embrace His definition of success and release any unrealistic expectations or possible limiting beliefs.

Day 7: Reviewing Week 1



Reading: Philippians 1:6 (NLT)

Prayer Prompt: Celebrate the ways God is working in your life and trust Him to continue His good work in you.

Reflection Question 1:

What has God revealed about your vision, blind spots, and opportunities this week?

Journaling Instructions:

Under each heading, summarize your key insights from the week.

Vision

Blind Spots

Opportunities

Reflection Question 2:

How is your understanding of your purpose becoming clearer? How God is shaping your understanding of your purpose?

Journaling Instructions:

Write a prayer of gratitude, thanking God for what He's shown you.

Day 8: Clarifying Your Sphere of Influence



Scripture Reading: *Matthew 5:14-16 (NLT)*

"You are the light of the world—like a city on a hilltop that cannot be hidden... let your good deeds shine out for all to see, so that everyone will praise your Heavenly Father."

Prayer Prompt:

Ask God to open your eyes to the people He has uniquely positioned you to serve in this season. Pray for clarity about their needs and how He wants you to shine His light in their lives.

Activity Instructions:

Reflect on past interactions: Write down three groups of people or individuals who consistently seek your advice, support, or encouragement.

Group/Individual 1: Group/Individual 2 : Group/Individual 3:

Needs
they
have*

How you
can point
them to
Christ
aligned
to your
God-given
design

*e.g., emotional support, spiritual growth, practical help

Day 9: Defining Success God's Way

Scripture Reading: Colossians 3:23-24 (NLT)

"Work willingly at whatever you do, as though you were working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ."

Prayer Prompt:

Commit your work to God and ask Him to show you how to measure success by His standards. Pray for the wisdom to focus on faithfulness over results.

Activity Instructions:

1. **Self-assessment:** Reflect on how you've measured success in the past year. Write down three key measures of success you've used (e.g., financial gain, recognition, productivity).
2. **Scripture reflection:** Write in your journal how Colossians 3:23-24 specifically challenges or reshapes your definition of success right now.
3. **List faithfulness priorities:** Identify three practical ways to prioritize faithfulness in your work in 2025 (e.g., focusing on relationships, serving others, or maintaining integrity).



Day 10: Partnering with God in Your Next Steps

Scripture Reading: Proverbs 3:5-6 (NLT)

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take."

Prayer Prompt:

Ask God to reveal the next steps He is calling you to take. Pray for trust to follow His leading, even if the path feels uncertain.

Activity Instructions:

1. **Listen for God's prompting:** Spend 10-15 minutes in silence after prayer, asking God to show you one specific next step He wants you to take.
2. **Write down any thoughts or impressions that come to mind.**
3. **Break it down:** Break that step into smaller, manageable actions. For example, if God is prompting you to mentor someone, list the actions: praying for them, reaching out, and scheduling a meeting.
4. **Take a tangible step:** Commit to completing one of these smaller actions by the end of the week.



Day 11: Courage to Follow Through

Scripture Reading: *Joshua 1:9 (NLT)*

"This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go."

Prayer Prompt:

Ask God for courage to overcome fears or resistance. Pray for His strength to act on the vision and plans He has given you.

Activity Instructions:

1. **Identify fears:** Write down one fear or hesitation that is holding you back from stepping into God's calling. Be specific about what it is and how it impacts you.
2. **Personalize the promise:** Write Joshua 1:9 in your journal and insert your name into the verse (e.g., "[Your Name], be strong and courageous...").
3. **Face a fear:** Choose one small action to address that fear today (e.g., making a call, starting a task, or having a difficult conversation).
4. **Consider** what support or accountability would help you follow through and write out how you would implement this into your life this week.



Day 12: Stewarding Your Resources

Scripture Reading: 2 Corinthians 9:8 (NLT)

"And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others."



Prayer Prompt:

Thank God for His provision in your life. Ask for wisdom to use your time, talents, and resources in ways that honor Him and fulfill your calling, aligned to your God-given design.

Activity Instructions:

- **List Your Key Resources:** Begin by categorizing your resources into the following groups:
 - **Time:** Assess how much of your time is spent on various activities and identify where you would like to make adjustments.
 - **Talents & Skills:** Write down your unique abilities, expertise, and strengths. Consider both personal and professional skills.
 - **Treasures & Finances:** Reflect on your financial assets, income, and material possessions.
 - **Connections & Relationships:** Identify the people in your network, including mentors, peers, and collaborators, and consider the ways they support or could be involved in your goals.

 - **Reflect on Usage:** For each category, write a brief assessment of how effectively you've been utilizing these resources.

 - **Highlight** areas where they are being well-leveraged and note any areas where you feel underutilization or mismanagement may exist.

 - **Set Priorities:** Rank your resources in terms of their current alignment with your core values and goals, and identify opportunities for realignment or improvement.
1. **Pray for stewardship:** Spend 5-10 minutes in prayer, asking God to guide you in using these resources intentionally.
 2. **Create a resource plan:** Write one way you hope to use each resource in 2025 to serve others or advance your calling.

Day 13: Gratitude for God's Faithfulness Forward

Scripture Reading: 1 Thessalonians 5:16-18 (NLT)

"Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."



Prayer Prompt:

Spend time thanking God for His faithfulness in your life. Pray for a heart of gratitude to shape your outlook on the year ahead.

Activity Instructions:

1. **Gratitude reflection:** Write down five specific ways God has shown His faithfulness to you in the past year.

2. **Gratitude letter:** Write a letter to God expressing your thanks for His goodness & provision and how you want this gratitude to affect my steps onward into 2025.

3. **Share your gratitude:** Share one specific example of God's faithfulness with a friend or family member to encourage them. (Psalm 145:21 ESV)

Day 14: Walking in Confidence

Scripture Reading: Hebrews 12:1-2 (NLT)

*"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down... And let us **run with endurance the race** God has set before us. We do this by keeping our eyes on Jesus..."*



Prayer Prompt:

Ask God for endurance and focus as you commit to the race He has set before you. Pray for confidence in His leading and strength to follow through.

Activity Instructions:

1. **Review reflections:** Spend time reading through your journal entries from the past two weeks. Highlight **recurring themes** or **key insights** God has revealed.
2. **Craft a mission statement:** Write a personal mission statement for 2025. Consider this template:
 - o "In 2025, I will [focus/serve/impact] by [action/role/calling] to glorify God and walk in alignment with my God-given design."
3. **Commit to the race:** Close this journal journey with a prayer of dedication, surrendering your year to God and asking Him to guide each step.

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