

Reflecting FOR FAMILIES

2024-2025





Growth & Gratitude

When my kids saw my husband and I do our year-end reflections and gamely joined in, my 7-year old candidly said, "Mama, I really like this time with you. But can you make a version for kids?"

So I interviewed her on the kind of questions and design she wanted for her very own retreat guide to help her:

- **reflect** on special moments she had with God in the past year
- **rebound** from the past year's challenges (which were many!)
- **reimagine** the person she hoped to grow to become

Feel free to adapt the questions according to the maturity and ages of your kids. If your child is too young to write, drawing is absolutely permitted! Make it fun!

You don't have to do all the questions, and you certainly can do them over different sessions. Let the process guide you!

I encourage you to print a copy out for every member of the family, even yourself. Kids love to hear our experiences and we model healthy sharing for them when we do.

I hope this will open up a safe and special place for conversation and connection. May this time of rest, reflection and re-imagination refresh you and your kids with gratitude and growth.

Wai Jia

My Big Moments

What big things happened to you in the past year?

Jan - Mar:

Apr - Jun:

Jul - Sep:

Oct - Dec:

What were your favorite parts?

What feelings did you have?



Share a time when you felt really close to God.

What did He say to you?

My Proud Moments

What new things did you try or what fears did you overcome in the past year?

How did that make you feel about yourself?



My Kind Moments

What is the kindest thing you did for someone else in the past year?

What was something kind someone did for you that made you feel loved?

My Challenges

What was something that was hard for you this year, and how did you handle it?

What feelings did you have?



How did God help you?

What did He say to you?

My Adventures

If you travelled overseas, what countries did you visit? What were your favorite parts?

If you stayed locally, what were your favorite field trips or visits? What were your favorite parts?



My Hopes



What is something you want to get better at in the coming year?

What are some hopes/goals you have for yourself next year?



What change will you make?

What can you do to make that happen?



My Favorite Memory

Draw your favorite memory from this year.

Imagine a Future You

Who do you want to be and what do you want to do when you are bigger? Draw him/her and describe your picture.

My God-message

Share a word or picture that you feel God has put into your heart for the year ahead. It's okay to take time to pray!

Pray Together as a Family

Dear God,
We are so thankful for:



Dear God,
This year we commit to loving You.
What kind of family do You want us
to be?

What kind of practices help us grow
closer to one another and to You?



Is there a word You have for our
family to cherish this year?

Hope
Gentle
Nurture
Rejoice
Faith
Worth
Gratitude
Compassion
Joy

What are 3 big things we can try next
year to be a blessing to those around
us?

