

20—  
19/20

**NEW** YEAR'S  
PRAYERS

[www.godlovesallofme.org](http://www.godlovesallofme.org)

*glam*  
GOD LOVES ALL OF ME

# A WORD FROM BROOKE

A few January's ago I started exchanging New Year's Resolutions for something I call New Year's Prayers. Rather than setting New Year's Resolutions on January 1st for the upcoming year, I instead start a dialogue with God about some areas of my life in need of renewal, transformation, and/or healing. I started doing this after realizing that resolutions just didn't work for me. They always seemed to bring out the ugliest parts of me; black and white thinking, inner-obsessive control, pride, shame, and worst of all it put me in control of the change in my life rather than God. So, I decided to try something different and I've been doing it ever since.

These New Year's Prayers kick off the year with a little less hustle and a lot more grace and they remind me that God does the transformation in my life, not me. They also aren't results-based, they're journey-based, meaning; I leave the results and outcome to God and take responsibility for my commitment to the yearlong journey.

If you are like me and want to try New Year's Prayers instead of resolutions, I've written this guide just for you! So, carve out some time, pull out your pen/journal/bible, and join me in reflecting on 2019, and praying through 2020.

Expectant and excited for a great year ahead,  
with Him as our Guide,

Brooke :)





# Prayer

Dear Lord,

*I acknowledge that you have been with me all year. Thank you that no matter where I go, and no matter what I do, you are always with me. I praise You for being a Good Father, One who loves His children, rejoices over them with singing, and thinks up great plans for their lives. As I reflect on 2019, I invite Your Holy Spirit to be with me. I know that You have things you want to say to me and show me. As I look toward the New Year, I claim and believe in the good plans you have for me. Come and be with me in this time of reflecting and processing. Open my eyes to the things you want me to see, notice, and remember. Convict me and call me out tenderly in the areas of my life that are in need of transformation and renewal. And give me the grace to look at those areas with courage. Protect me from shame and fill me with your everlasting love. I commit this year to You, Lord. Help me to live my life in such a way that honors and glorifies You!*

*In Jesus' Name, Amen.*

# REFLECT

/rə'flekt/

*verb*

: to turn over in one's mind

Let's begin by reflecting on 2019.

My top three highlights/favorite moments from the year were:

1.

2.

3.

My top three most difficult moments from the year were:

1.

2.

3.



What new things happened this year? (New job, new home, new friendship, etc.)

What things ended this year?

I want to celebrate these things from the past year (personal growth, accomplishments, milestones, etc.):

If I haven't done so already, to celebrate this/these, I'm going to:

What things gave you life this past year? What things made you feel more alive, more excited, more full?

What things drained you this past year?

What things inspired you this past year?

Reflect on your schedule. How did it feel to you? Circle One.

Overwhelmed      Full      Balanced      Light      Underwhelmed

Reflect on your rhythms of rest. What sort of things did you do that rested you this past year? (Trips, weekly Sabbath, reading, getting out in nature, baths, etc.)

Were your times of rest consistent? If not, why?



If I had to summarize this past year in 1-3 words, I would say:

Here are the things, both big and small, that I am thankful for this past year:



Use the space below to write a letter, poem, or drawing to God reflecting on this past year. Tell Him what you are thankful for, tell Him what hurt you (perhaps is still hurting you), tell Him what you are longing for and in need of, tell Him what you are celebrating, tell Him whatever it is that is on your heart and mind.



# DIALOGUE

/'dīə,läg,'dīə,lôg/

noun

: a discussion between two or more people, especially one directed toward exploration of a particular subject or resolution of a problem.

Now, that you've had a chance to reflect on 2019, it's time to look forward to 2020. Remember, this isn't black & white, it isn't permanent, and we aren't really setting goals. Rather, I think it's helpful to think of this more like starting a conversation with God about different areas of your life. The hope is that you would pull this guide out every few months as a way to keep the conversation going between you and God.

So, to start, let's first take some time to pray. Feel free to use the prayer below, or pray in your own words to center your mind, heart and soul on what God might want to say to you, and lead you in this new year.

## Prayer

*Dear Lord,*

*As I look toward 2020 I acknowledge that you have good desires and plans for me—plans to prosper me and not harm me, plans to give me hope and a future! Will you reveal to me the areas of my life that are holding me back, weighing me down, and separating me from you? And as I reflect on these areas and process them with you, please cover me in grace, reminding me that I am not bad, or too far gone, or flawed in your eyes. I also pray for courage as I confront different areas of my life, seeking to do so honestly and authentically. I pray you would help me lean on you and rely on you in these areas. I know there will be a temptation to take matters into my own hands, pull myself up by my bootstraps and fix these areas. Instead, please remind me that there isn't some destination to reach, or a goal to achieve, but rather, there are simply next steps to take on my journey with you, and you will lead me to them. I hand this time over to you, God. Please lead me and guide me as you see fit. In Jesus' name I pray, Amen.*

Are there any areas of your life that God has revealed to you in this past year that are in need of transformation/growth/healing/freedom?

Below are some categories to help guide you. Check the ones that you sense God desiring transformation for you:

- Quiet Times/Personal Time with God
- Friendships/Isolation/Loneliness
- Family
- Body/Eating/Exercise
- Church
- Marriage/Romantic Relationship
- Money/Spending/Shopping
- Substances (Alcohol, Drugs, Etc)
- Rest/Work Balance
- Co-dependency/People Pleasing
- Control/Anxiety/Depression
- Social Media

Taking the categories that you checked above, expand on those a bit more below. What do you sense God desiring for you specifically in each of the boxes you checked? What change might He want to help make in your life in these areas? Take some time to pray and ask Him for direction.

God, I sense you desiring transformation for me in this/these area(s) of my life.... (just list them here, in your own words, to summarize)



REP  
ENT

Repentance is not some shameful act. It doesn't mean you are a bad person. In fact, God's word tells us that it's God's *kindness* that leads us to repentance. When we repent there is this gracious exchange that takes place that allows the weight of our sin to be lightened.

If we are wanting the change and transformation that God desires for us in this or these areas of our life, then some of us may first need to repent.

So, take some time now and tell God you are sorry for anything you've done in these areas to hold you back from Him and His will for you.



Take some time and ask God to help you change/transform/heal/grow/find freedom in this or these areas of your life. Remember: this is the start of, or continuation of a dialogue with God. This isn't about some destination to reach, or fixing an area of your life, or checking some box. Rather, this is about acknowledging that you want change in this or these areas, and then placing your trust and reliance on God to lead you through it.

Is there a verse that keeps coming to mind, popping up, or aligns with these areas God has revealed to you?

Some people like to choose one word to focus on for the new year. Based on your reflection, dialogue, and prayer, is there a word that summarizes what you've been hearing from God about 2020?

Are there any steps God might be asking you to take right now in order to journey toward transformation in this or these area(s)?





Below you will find additional questions to think through as you process God's plans and desires for you in 2020. You don't need to answer them all, or any for that matter, simply use them as a tool if they are helpful to you.

In 2020 I sense God leading me to more of:

In 2020 I sense God leading me to less of:

These are the relationships I want to pursue, invest in, pour into in 2020: (friends, spouse, mentor, mentee, etc)

*\*Be intentional about who you write down and try not to make your list too long.*



Are there any changes God is leading you to make to your schedule in 2020?

Are there any boundaries God is leading you to set, or re-set in 2020?

Is there anything else God is laying on your heart as it relates to 2020?





I hope this guide has been helpful for you! Feel free to tuck this away in your bible, or journal, and pull it out every few months. This will be a great way to ensure you are continuing this dialogue with God. And remember, if you pull this guide out and you've completely forgotten to talk with God about these areas of your life, it's ok! Just jump right back in. There is no shame, or bad, or wrong-doing here.

Happy New Year, friend. Believing God for good, good things in 2020,

Brooke

# ABOUT GLAM

GLAM, which stands for God Loves All of Me, is a non-profit organization focused on deepening your journey with God and helping you remove spiritual barriers. We do that through our small group curriculums, devotionals, in-person and online communities, workshops, and events.

We are guided by this belief:

*God loves all of me; the cleaned up parts and the messy, the broken pieces and the whole, the secret thoughts and the public confessions, the past regrets and future dreams, the doubts and moments of faith, the good things I've done and the things I wish never happened, the successes and the mess-ups. God Loves All of Me. Therefore, I will show up with all of me. I won't hide parts of myself in shame or conform to the ways of this world. I will take off my mask and live as the whole person God made me to be.*

# CONTACT US

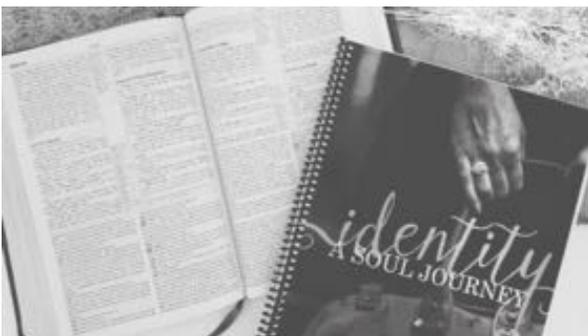
[www.godlovesalofme.org](http://www.godlovesalofme.org)  
@godlovesalofme  
[glaminformation@gmail.com](mailto:glaminformation@gmail.com)

# OTHER RESOURCES

## Identity: A Soul Journey

A Small Group Curriculum

*A seven chapter workbook + video teaching study of discovering who you are and who you were made to be.*



## Recover

A Devotional on Rest

*An 8-entry devotional written to accompany you on your next vacation, time off, or weekend. Based on the verse, Matthew 11:28-30, this devotional will guide you into a better understanding of the rest God intended for you.*



COPYRIGHT 2018 BY BROOKE LEE  
ALL RIGHTS RESERVED

INTERIOR PHOTOGRAPHY: LIFESTYLE BUNDLE 17 BY FLORAL DECO  
<https://creativemarket.com/maximleshkovich/3202844-Lifestyle-Bundle-17>

NO PART OF THIS GUIDE MAY BE REPRODUCED IN ANY FORM, BY ANY  
MEANS WITHOUT THE EXPRESS PERMISSION OF THE AUTHOR. THIS INCLUDES  
REPRINTS, EXCERPTS, PHOTOCOPYING, RECORDING, OR ANY FUTURE  
MEANS OF REPRODUCING THE TEXT.

IF YOU WOULD LIKE TO DO ANY OF THE ABOVE, PLEASE SEEK PERMISSION  
FIRST BY CONTACTING US AT [GLAMINFORMATION@GMAIL.COM](mailto:GLAMINFORMATION@GMAIL.COM)

FIRST RELEASE, 2018

[WWW.GODLOVESALLOFME.ORG](http://WWW.GODLOVESALLOFME.ORG)