



## REFLECTIONS ON THE OLD & NEW YEARS

Based on Leighton Ford's prayer "A Prayer at the End and Beginning of a Year"  
distributed in December 2009.

Spend unhurried prayerful time on a few of the following at a time. Make notes of your answers.

Share them with a friend who has also worked on them.

A mentor will also find it helpful to have their mentoree complete these and use the outcome in the first few mentoring sessions in the new year.

The mentor should consider completing them him/herself and sharing what is appropriate.

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**"Lord, give me I pray:**

1. "A **remembering** heart for the things that have happened."  
+ *From the positive or negative happenings during last year what must you never forget?*
2. "An **attentive** heart to what I have learned."  
+ *What was the most significant lesson you learnt last year?*
3. "A **forgiving** heart for what has hurt."  
+ *Have you forgiven everyone who hurt you?  
If not, what steps will you take to be obedient to our Lord's command ? (Matt.6:12,14,15)*
4. "A **grateful** heart for what has blessed."  
+ *What was the greatest blessing from God last year in your family, work, and personal and spiritual life?*
5. "A **brave** heart for what may be required."  
+ *What do you anticipate will be your greatest challenge during this coming year?*
6. "An **open** heart to all that may come."  
+ *Are there any individuals or groups from which you feel distanced? Why is that? What may you need to do in order to reflect Christ's openness to all who came to him?*
7. "A **trusting** heart to go forth with You."  
+ *How big is your idea of God? Do you have the faith to believe that God has gone before you into whatever situations will arise?*
8. "A **loving** heart for You and all your creation."  
+ *What may be involved in growing closer to loving God with your whole being and also not limiting your loving of others but loving them as Christ loved?  
What else do you see is implied in loving "creation"?*
9. "A **longing** heart for the reconciliation of all things."  
+ *Where are some areas in which reconciliation is needed? What role could you possibly play to bring about this reconciliation?*
10. "A **willing** heart to say "Yes" to what You will."



# Christian Mentoring

JOHN MALLISON MINISTRIES

- + *How willing are you to do whatever God has planned for you? Being totally available to God may be very costly. What limits do you normally put on your availability? (Spend unhurried time with Jesus during his agony in the Garden to hear and see what it cost him to say, “Not my will but yours be done” and then kneel before his cross and ask for grace to have his willing heart.)*

John Mallison 2010