

## Asking for a Friend

### Pastor Jason's 17 self-reflection questions from 2017

- What was the best thing you learned in 2017?
- What was the single most challenging thing you faced in 2017? What did you learn from that experience?
- If you could go back to January 1st, what is one piece of advice you would give yourself about this year? How can that insight help you in 2018?
- What is one thing you're letting go of from 2017, that you will not let go with you into 2018?
- What was your single biggest time waster in your life in 2017? What are you going to do about it?
- What relationships in your life were life giving in 2017?
- What relationships in your life were life draining in 2017? What changes (if any) need to be made?
- What was your biggest personal change from January to now?
- In 2017, did your relationship with Christ grow, stay the same, or take a step backwards?
- In 2017, how would you rate your prayer life on a scale from 1-10? In what ways will you improve it in 2018?
- What is one thing you are grateful to God for in 2017?
- Who do you need to forgive or apologize to?
- How can you be better at showing God's love to others in 2018 than you were in 2017?
- How can you improve your relationships?
- How have you allowed fear to hold you back in 2017?
- Looking back at 2017, where do you need to allow yourself grace?
- What is one thing you are grateful to God for in 2017?



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