



# Pray Through.

**A 7-day Prayer Journey into the New Year.**



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The end of the year is a unique season — a chance to pause, reflect, and anticipate. It's a time to recognise God's faithfulness in the past year while stepping forward with hope, expectant for all He has planned.

As we prepare for what's ahead, this 7-Day Prayer Journey is designed to help us centre our hearts on God, release what we need to leave behind, and move into this new year rooted in His presence and promises.

## How this works

The booklet is divided into two sections, which will lead you as you look back on the year gone by, and then turn to face the year to come. Each day, you'll find prompts and activities that will help you reflect. We recommend you sit down for a minimum of 25 minutes to journey through the day's prompt and have an accompanying notebook with you.

### **Section One: Looking Back**

1. Invite Jesus into Your Last Year
2. Thanksgiving
3. Repentance
4. Letting Go (& Letting God)

### **Section Two: Looking Forwards**

5. Dreaming with God
6. A Word for the Year
7. Consecration

I will remember the deeds of the Lord; yes,  
I will remember your miracles of long ago.

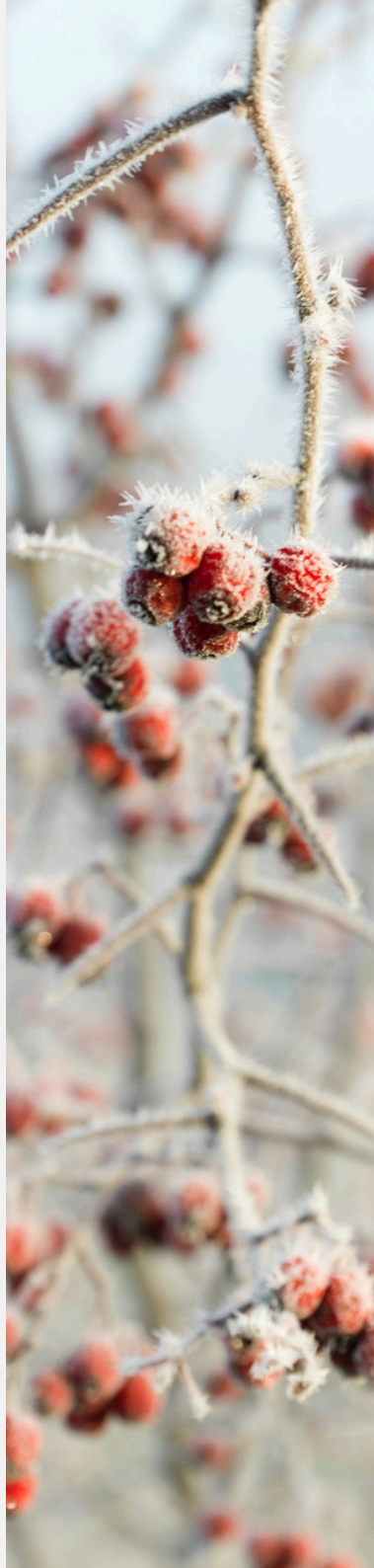
Psalm 77:11

## SECTION ONE

# Looking Back

We will begin this journey by taking some time to reflect on what the last year has held. Over the next four days we will have the opportunity to invite Jesus into everything that's happened, give thanks, say sorry, and surrender it all before God.

Remembrance is one of the most profound tools available to the people of God, allowing us to find joy in the past and hope for the future. By reflecting on God's faithfulness, we not only celebrate His work in our lives but also anchor ourselves in the truth that He remains unchanging and constant. When we remember, we are invited to look back with gratitude, to honour what God has done, and to draw strength from those moments, knowing that the same God who has been faithful before will continue to guide us forward.



## DAY ONE

# Invite Jesus into Your Last Year

*Let's start a conversation with God about the past year. This is the beginning of a dialogue that will carry you through the rest of the week, guiding your heart as you continue to process, release, listen and dream.*

### **Prepare Your Heart**

Find a quiet space where you won't be disturbed. Sit in silence for a few moments, take deep breaths, and ask Jesus to join you in this time of reflection. Pray something simple, like: "Jesus, be with me as I look back on this year. Help me to see what You see."

### **Recall the Highs and Lows**

Start by jotting down some of the standout moments from the past year — both the joys and the struggles. Go month by month if it helps, or simply note whatever comes to mind first. You might want to look at your journal or camera roll to help prompt you. This is not about creating a highlight reel, but rather an honest look at your year. Think about:

- Times when you felt close to God or saw His hand at work.
- Moments of celebration, growth, or success.
- Seasons that were difficult, painful, or left you with questions.

### **Look for Key Moments**

Look at the list you created. Circle or highlight the events that feel significant — both the moments that brought you joy and the ones that were challenging. Why don't you ask yourself:

- Where did I see God's hand in these moments?
- How did these experiences impact me?

## **Invite Jesus into Each Memory**

For each key moment, pause and pray: “Jesus, show me where You were in this memory. Help me see Your presence and hear what You want me to learn from it.” Then take a moment to listen. You might sense His comfort, feel a different perspective on that time, or see a picture of Jesus with you in a specific environment. Was there a new way He showed His love or presence? You might hear Him remind you of a promise in the Bible. Write down anything that feels significant.

## **Close with Gratitude**

Thank Jesus for walking through these moments with you, even if you couldn’t see it at the time. Pray a simple prayer of gratitude, like: “Thank You, Jesus, for being with me through every part of this year. I trust You with my past and with what’s to come.”

*This reflection is the beginning of unpacking your year with Jesus. In the days to come, we’ll spend time giving thanks, releasing difficult moments, and preparing for the year ahead. For today, allow Him to meet you where you are and walk through your memories with His loving presence.*



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## Response Ideas

- **Timeline of Faithfulness:** Create a timeline of the year, marking significant events. Alongside each event, write a brief note or prayer recognising how Jesus was with you during that time, even if it wasn't clear in the moment.
- **Draw or Sketch Your Year:** Create a simple visual representation of your year. Draw key moments as symbols or images and invite Jesus to show you where He was in each of those scenes. You don't need to be an artist; even basic doodles can be meaningful.
- **Reflection Walk:** Take a walk in nature and use that time to talk to Jesus about your year. As you walk, let each step recall a memory, and consciously invite Him into that moment. When you finish your walk, write down anything you heard from Him.
- **Memory Stones:** Gather small stones and with a permanent marker, write one key memory or lesson from the year on each stone. Place these stones somewhere visible as a reminder of God's faithfulness in those moments, like how the Israelites set up stones of remembrance in Joshua 4:7.





## DAY TWO

# Thanksgiving

*As we continue to reflect on the past year, today is about giving thanks. The Bible shows us that gratitude reorientates our perspective. As we thank God for the blessings we have we are deepening our trust, dependance and contentment in Him. Use yesterday's reflections as you go through these steps.*

### **Acknowledge God's Goodness**

Find a quiet space. Start by thanking God for His goodness in your life. Look back on your reflections and list or highlight everything you're thankful for, both big and small. Reflect on moments of joy, relationships that supported you, lessons learned, and moments where God's presence was evident.

### **Express Gratitude in Prayer**

Once you have your list, spend some time in prayer, thanking God for each of these blessings. Acknowledge His provision and care over the year.

### **Find Gratitude in Challenges**

Take a moment to acknowledge times when things didn't turn out as you hoped, yet there was still something to be thankful for. Perhaps an opportunity you missed led to personal growth, or a difficult situation revealed a new strength in you. "And we know that in all things God works for the good of those who love him" (Romans 8:28). Reflect on how God's hand was at work even in imperfect circumstances and give thanks for the lessons learned.

### **Give Thanks with a Joyful Heart**

As you reflect, let your gratitude overflow into worship. You might want to play a worship song, or write God a letter to say Thank You. Whatever you do, thank God not only for what He has done but for who He is.



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## Response Ideas

- **Memory Jar:** Fill a jar with small notes, each naming a moment from the past year that you're thankful for. Take time to read through them and thank God for each. You could continue adding new memories throughout the next year.
- **Worship Playlist:** Create a playlist of worship songs that remind you of God's faithfulness. Set aside time to listen and to worship God, praising Him for His goodness and His faithfulness.
- **Photo Reflection:** Review your photos from the past year and choose your favourites — perhaps those that capture moments of joy or unexpected blessings. Make a collage, either physical or digital, with short captions explaining why each moment was special.
- **Thank-You Notes:** Write notes to people who you are thankful for this year. Share your appreciation for them, and let them know how they blessed you. This will remind you of your blessings and spread the encouragement to others!

## DAY THREE

# Repentance

*We are all human. There will be moments this year where each of us will have fallen short — maybe through selfishness or pride, fear or doubt. Today, we have an opportunity to say sorry for those things and meet God in His grace and abundant mercy. As we move into the new year, we no longer need to carry shame or disappointment but can instead find freedom and peace.*

*It's important to remember that repentance is not about condemnation, but about humbling ourselves before God, acknowledging where we've missed the mark, and returning to Him with honesty. It's a beautiful chance to experience His mercy, which the Bible tells us is new every morning (Lamentations 3:22-23). As you walk through this process, know that each step brings you into deeper relationship with Him, where grace and love abound.*

### **Reflect**

Find a quiet space to be with Jesus. In Psalm 139:23 David prays "Search me, O God, and know my heart." Let's pray this same prayer, asking God to recall any times when we have allowed selfishness, anger, doubt, or actions that were not in line with His heart.

### **Write Down Your Confessions**

Write down anything that comes to mind as you reflect — moments you've fallen short, times when you've missed the mark. Confess these things to God honestly, knowing that He is always ready to forgive. "If we confess our sins, he is faithful and just and will forgive us our sins" (1 John 1:9).

## Acknowledge His Forgiveness

After confessing, take a moment to pause and let the weight of guilt lift off your shoulders. Thank God for His boundless mercy and forgiveness. His grace is sufficient, and in it, we find freedom.

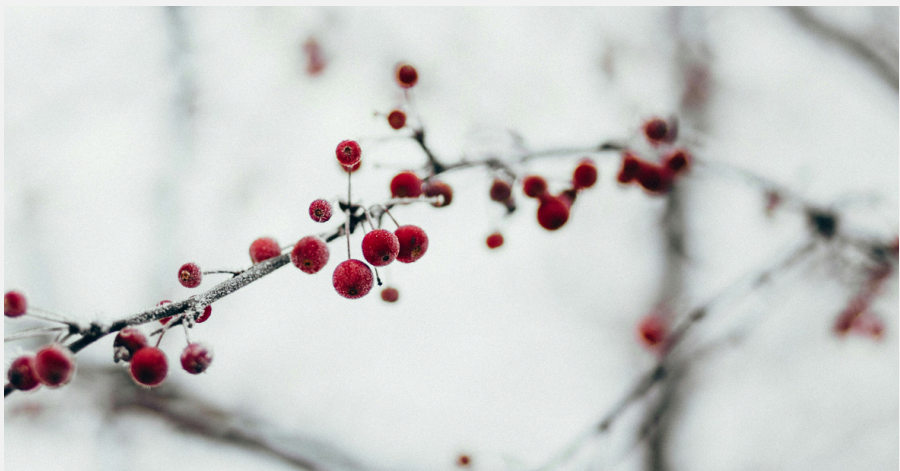
## Listen to God's Voice

Once you've confessed and thanked Him for His forgiveness, spend a few minutes quietly listening. Allow God to speak words of love, peace, and encouragement to your heart. Let Him remind you that you are chosen, deeply loved and forgiven.

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## Response Ideas

- Repentance Letter: Write a letter to God confessing where you've struggled and expressing gratitude for His forgiveness. Read it as a prayer and keep it in your journal as a reminder of His mercy.
- Stone of Release: Hold a small stone and reflect on your burdens as you confess. Visually place your guilt into the stone, then release it outside as a symbol of leaving those burdens with God.
- Speak Aloud: Speak your confessions aloud in a private space, acknowledging your mistakes to God. Hearing your own voice can make the moment more tangible and help you embrace His forgiveness more deeply.



## DAY FOUR

# Letting Go (& Letting God)

*As the year draws to a close, we've taken time to remember, to give thanks and to say sorry. Yet, the reality is that life rarely fits into a neat, finished package. There may still be lingering hopes, promises you're waiting to come to pass, and questions that weigh on your heart as this year ends.*

*Today is about surrendering everything to God, trusting Him with what we cannot control, and finding peace in His faithfulness. When we surrender we are not simply giving up, but giving over — trusting that God is working behind the scenes, even when things are unclear. Choose to release control and let Him lead, confident that His promises are true and will come to pass in His timing.*

### **Reflect on What Is Still Open-Ended**

Find a quiet space, and reflect on the hopes, dreams, and prayers that haven't yet come to fruition. Think of situations that still defy explanation, waiting periods that seem endless, or pain that lingers without clear resolution.

### **Write Them Down**

In your journal, write down each of these hopes, questions, or situations that feel unfinished. Be open and truthful about what you are carrying, from delayed promises to ongoing struggles. This is your chance to place everything before God, honestly and without filters.

## **Surrender in Prayer**

With your list in hand, bring each item to God in prayer. You might say something like: "Lord, I surrender this to You. I trust that You know my heart and my needs. I release my expectations and fears into Your hands, confident that You are working even when I cannot see it."

## **Release and Trust**

As you pray, imagine physically placing each concern into God's hands. You can even use your hands as a symbol, holding them out, and then imagining handing over each item one by one. Picture yourself letting go of the weight of these things, trusting that God can carry them.

## **Letting God: Acknowledge Your Trust in Him**

After surrendering, affirm your trust in God's plan and timing. His ways are higher than ours, and His timing is perfect. As you do this, allow God's peace to fill your heart. Take a moment of stillness, listen for His voice, and let His peace fill you. Rest in the assurance that He holds your future.

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## **Response Ideas**

- **Share with a Friend:** Talk with a trusted friend about the longings or unanswered prayers you're holding on to. Allow them to pray with you, helping you release the burdens you've been carrying alone.
- **Write a Letter to God:** Write a letter expressing your longings, prayers, and the things you're struggling to surrender. In the letter, acknowledge your trust in His timing and ask for peace as you release control.
- **Prayer Walk:** As you walk, take each unfulfilled desire or unanswered question and lift it up to God in prayer. Visualise letting go of the weight of each burden with each step, trusting that He is handling it.

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

Isaiah 43:18-19

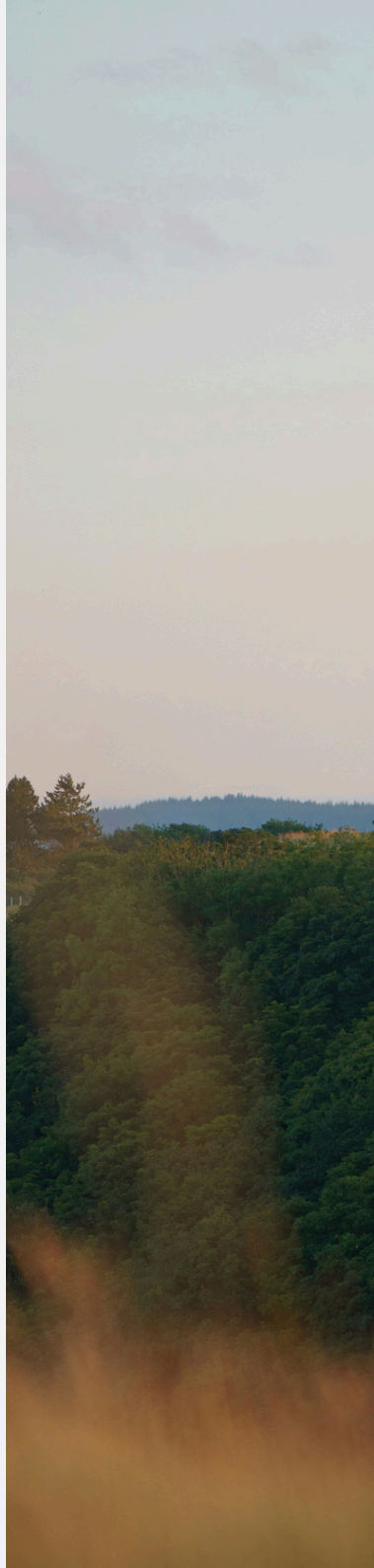


## SECTION TWO

# Looking Forwards

Over the next three days, we will turn our attention to what lies ahead. When we follow Jesus, we are invited into a journey of continual renewal and transformation. His presence in our lives brings fresh hope, opportunities, and purpose. Jesus isn't bound by what's behind us; instead, He calls us forward into something new — new mercies, new blessings, and new growth. He is always working to reshape our hearts, deepen our faith, and align us with His Kingdom purposes. As we trust Him, we can step boldly into the unknown, confident that He is leading us into His best.

This is a moment to dream with God, listen to His voice, and embrace the opportunities He is preparing. With open hands and expectant hearts, we step forwards, ready to see His work unfold in and through us in the year ahead.



## DAY FIVE

# Dreaming with God

*Today is about dreaming with God and reflecting on the hopes and desires that He has placed in our hearts. Dreams are a beautiful gift, and He delights in partnering with us as we pursue the things He has created us for.*

*There is so much freedom in our relationship with God. He is not rigid and scolding, telling us exactly what to do. He leads with love and gives us the freedom to make choices, and He finds joy in walking with us along the way. As you dream, know that God is guiding you, and there is freedom in exploring His heart for you.*

### **Start with Prayer**

Find a quiet space — you might want to sit somewhere different to usual to spark creativity. Invite Holy Spirit into this time. Ask God to guide your thoughts and help you dream His dreams for the year ahead. Trust that He is eager to show you His plans, and He delights in walking with you.

### **Reflect on the Year Ahead**

Think about your hopes and goals for the coming year. Be specific and write them down, breaking them into categories such as relationships, spiritual growth, work, fun, and health. Don't hold back — dream big! Feel free to draw, make lists, or create a vision board to help connect with the dreams and desires on your heart. What do you want to achieve or experience by this time next year?

## Bring Your Dreams Before God

Present your hopes to God in prayer, and begin a conversation with Him about what you have been dreaming. Perhaps you might want to journal your prayers, or take a walk in nature as you talk to God. Some questions you could ask Him, are:

- What are You excited about for me this year?
- What is Your vision for this part of my life?
- Where am I dreaming too small?

As you are doing this, reflect on any dreams from your past that you might have forgotten about, and ask God to breathe new life into them.

## Surrender and Trust His Timing

Finish today by surrendering your dreams to God, holding them with open hands. As we surrender, we trust God to work in and through our hopes and desires, releasing control while inviting Him to shape and refine them. It's not about giving up but about inviting His purposes to take precedence, confident in His wisdom and timing. Ask Him to align your dreams with His will and lead you forward in faith, knowing that His plans are always for your good. "In their hearts humans plan their course, but the Lord establishes their steps." (Proverbs 16:9).

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## Response Ideas

- Vision Board: Gather images, quotes, or symbols that represent your dreams and goals. As you create, invite the Holy Spirit into the process, asking Him to guide your imagination and reveal His heart for you.
- Collaborative Dreaming: Hold a 'Dreaming with God' night with friends. Take some time for each person to share their hopes and desires for the year ahead, and pray for each other for the coming season.
- Dream Journal: Each time you have new hopes, dreams or ideas, jot them down in a dedicated notebook. Over time, reflect on any patterns that emerge, and ask God to reveal your next steps.

## DAY SIX

# A Word for the Year

*After dreaming with God, it's time to invite Him to reveal a specific word or theme that will guide you in the year ahead. Many followers of Jesus practice this each year, as a specific word from God can bring clarity and peace as you step forwards. This process will begin now, but take time to reflect and let the word settle in your heart over the coming days before you finalise it.*

### **Reflect on Your Hopes and Dreams**

Find and quiet space and take a moment to welcome Holy Spirit. Review yesterday's dreams, paying attention to what you are feeling as you review them. Where do you feel uncertain, excited, or expectant? What themes or desires stand out the most to you? Are there any patterns emerging?

### **Ask God to Highlight a Word**

With your dreams before you, ask God to give you a specific word or theme for the year ahead. This word might be a concept like 'Courage,' 'Grace,' 'Abundance,' or 'Rest.' Allow God to highlight a word that resonates with your heart and addresses your dreams or challenges for the coming year.

### **Listen and Wait**

After asking for God's word, take some time to listen. This word may come to you quickly, or it may take some time to settle in. As you wait, what is stirring in your heart? Are there particular Scriptures, words, or phrases that seem to keep coming to mind?

Sometimes when we are trying to listen to God's voice, it can sound a bit like the voice in our own head! Write down any ideas that come into your mind, and be patient, trusting that God will reveal His guidance in His timing.

## **Confirm the Word**

God's guidance will never contradict the truths of Scripture, so use the Bible as your anchor for clarity and confirmation. Write down any impressions or ideas you have, and reflect on how they resonate with both God's character and His promises. In this process, allow His Word to shape and refine your hopes and dreams.

Once you feel you've received a word, take time to ask God to clarify the meaning of this word for your life, and spend some time in Scripture, prayer, or journaling to make sure it resonates. You may want to share it with a trusted friend or mentor.

## **Embrace the Word**

Once confirmed, receive the word as a meaningful guide for the year ahead. Keep it visible — write it creatively or place it somewhere you'll see often. Reflect on it throughout the year, letting it shape your decisions and actions and asking God to reveal new layers of its meaning.



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## Response Ideas

- **Word Art:** Create a piece of art featuring your word for the year. It could be a painting, calligraphy, or a digital design that you can display in your home or workspace as a visual reminder.
- **Word Reflection:** Create a small box or journal where you place notes, thoughts, or prayers that represent how your word is unfolding throughout the year. Take time through the year to reflect on how God used your word to shape your journey.
- **Prayer Retreat:** Dedicate a few hours or a day to a personal prayer retreat focused on the year ahead. Bring a journal, Bible, and any resources that inspire you. Creating intentional space like this allows you to slow down, listen deeply to God's voice, and reflect on the word He's given you. Pray over it, seeking insight and clarity, and explore how it might shape your year ahead.



## DAY SEVEN

# Consecration

*Today marks the final step of your 7-Day Prayer Journey. As you look forward to the year ahead, take this time to consecrate yourself to God. Consecration means setting yourself apart for God's holy purpose, dedicating your life and all that it encompasses to Him. It is an act of surrender and commitment, a way of saying, "Lord, I am Yours, wholly and completely."*

*In Joshua 3:5, Joshua told the Israelites, "Consecrate yourselves, for tomorrow the Lord will do amazing things among you." This was spoken as they were about to cross the Jordan River into the Promised Land. They had wandered for years in the wilderness, but now stood on the brink of God's promise being fulfilled. However, before they could move forward, they needed to set themselves apart. Just as the Israelites prepared their hearts for what was ahead, we too are called to consecrate ourselves as we step into the unknown of a new year, trusting that God will do amazing things in our midst.*

### **Find a Quiet Space**

Choose a place where you can sit without distraction. Have your journal and pen nearby to jot down thoughts or prayers as they come to mind. Begin with a few deep breaths, inviting God's presence.

### **Reflect on What Consecration Means**

Spend a moment reflecting on what it means to consecrate yourself. It is not just dedicating your intentions but your entire being — your heart, mind, and actions — to God's purposes. Romans 12:1 says, "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God — this is your true and proper worship."

## **Surrender Each Part of Your Life**

Quietly, name specific areas of your life that you want to surrender to God. This could include your:

- Work and career
- Family, relationships and friendships
- Time and daily routines
- Finances and resources
- Personal habits and decisions

Say out loud or write down: "Lord, I give You my [area of life]. I trust You to guide and shape it for Your purposes."

## **Write a Personal Prayer**

Take a few minutes to write your own prayer of consecration in your journal, dedicating yourself fully to God for the year ahead. This will be a tangible reminder of your commitment and a source of encouragement throughout the year.

## **Finish with Worship**

Close your time by worshiping God, either by listening to a worship song or sitting in silence, praising Him for His faithfulness. Reflect on Joshua 3:5, trusting that as you dedicate yourself to Him, He will do more than you can imagine in the days to come.

*By taking this final step, you acknowledge that every part of you belongs to God and that His plans are greater than your own. Let this be the foundation upon which you enter the new year, filled with hope and a renewed sense of identity and purpose.*



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## Response Ideas

- **Consecration Symbol:** Choose a symbolic item, such as a piece of jewellery, a stone, or a cross. Keep it with you or place it somewhere prominent to remind you of your commitment to Him throughout the year.
- **Prayer Walk:** Take a walk in nature and reflect on your journey of consecration. As you walk, pray for each area of your life you're surrendering to God, and listen to what He might be saying.
- **Dedicate a Day to Fasting or Silence:** Set aside a day to fast or spend in silence as an act of consecration, offering yourself wholly to God. Use this time to quiet your heart and listen for His voice, and allow this intentional act of dedication to mark the beginning of a year rooted in His presence and purpose.





# To finish.

As this 7-Day Prayer Journey concludes, take heart in the truth that God meets us exactly where we are. Whether you feel energised and expectant for the new year or uncertain and unprepared, His grace is sufficient for you today.

God doesn't rush. He leads with patience, often inviting us to simply take the next step rather than revealing the entire path ahead. His perspective far exceeds what we can see, and as we trust Him, we can move forward in faith, knowing He holds our future. Let us remain a people who prioritise His presence, listening, seeking, and trusting Him every single day of our year.

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## Let us pray

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.

causeway coast **vineyard**