



SOJOURN SPRING BRANCH  
JANUARY 4, 2023

# ANNUAL EXAMEN



A Guide to Quiet Your Heart,  
Review the Year, Confess your Sins,  
And Look Ahead to a New Year.

# WHAT IS THE STATE OF YOUR SOUL?

Tired	Neglected	Weary
Distracted	Fractured	Anxious
Abandoned	Joyful	Hurting
Withered	Broken	Deceived
Encouraged	Affirmed	Full
Loving	Thawing	Bruised
Alive	Ambivalent	Numb
Hungry	Expectant	Foggy
Burdened	Busy	Heavy
Hurried	Longing	Frazzled
Wandering	Wanting	Overwhelmed
Healthy	Unsettled	Disturbed
Free	Shackled	Disillusioned
Squeezed	Vibrant	Happy
Discouraged	Hardened	Forgotten
Satisfied	Hopeful	Encumbered
Strung out	Agitated	Apathetic

Add any other words or phrases that describe the state of your soul.

Describe 2022 in a sentence.

*"Search me, O God, and know my heart!  
Try me and know my thoughts!  
And see if there be any grievous way in me,  
and lead me in the way everlasting!"*

**–Psalm 139:23-24**

*"My flesh and my heart may fail,  
but God is the strength of my heart and my portion forever."*

**–Psalm 73:26**

## **BE THOU MY VISION**

### **A HYMN BY DALLAN FORGAIL, 6TH CENTURY**

Be Thou my Vision, O Lord of my heart;  
Naught be all else to me, save that Thou art.  
Thou my best Thought, by day or by night,  
Waking or sleeping, Thy presence my light.

Be Thou my Wisdom, and Thou my true Word;  
I ever with Thee and Thou with me, Lord;  
Thou my great Father, I Thy true son;  
Thou in me dwelling, and I with Thee one.

Riches I heed not, nor man's empty praise,  
Thou mine Inheritance, now and always:  
Thou and Thou only, first in my heart,  
High King of Heaven, my Treasure Thou art.

High King of Heaven, my victory won,  
May I reach Heaven's joys, O bright Heaven's Sun!  
Heart of my own heart, whatever befall,  
Still be my Vision, O Ruler of all.

## ANNUAL EXAMEN

*"Let the words of my mouth and the meditation of my heart  
be acceptable in your sight, O Lord, my rock and my redeemer."*

**Psalm 19:14**

### 1. BECOME AWARE OF GOD'S PRESENCE

*"My flesh and my heart may fail,  
but God is the strength of my heart and my portion forever."*

**Psalm 73:26**

Quiet your hurried heart and ask God to bring clarity and understanding. (2 mins)

### 2. REVIEW THE YEAR

*"Give thanks in all circumstances;  
for this is the will of God in Christ Jesus for you."*

**1 Thessalonians 5:18**

Review the year with gratitude. Recall God's **gifts** in your life. How has God been at work in you? What are you most grateful for? List 5 gifts. (5 mins)

Review the **emotions** you had last year. List three experiences that you had this past year that evoked joy, sadness, fear, anger, anticipation, surprise, disgust, trust, etc. (5 mins)

Review **one major event** that happened last year. What happened? Where was God? Pray through and process how it has shaped you. (5 mins)

Record the **highlights** (positive or negative) that stand out to you. What might God be saying or doing in that? (5 mins)

### 3. CONFESS YOUR SINS

*“Almighty and most merciful Father;  
We have erred, and strayed from your ways like lost sheep.  
We have followed too much the devices and desires of our own hearts.  
We have offended against your holy laws.  
We have left undone those things which we ought to have done;  
and we have done those things which we ought not to have done;  
and apart from your grace, there is no health in us.  
O Lord, have mercy upon us. Spare all those who confess their faults.  
Restore all those who are penitent,  
according to your promises declared to all people in Christ Jesus our Lord.  
And grant, O most merciful Father, for his sake,  
that we may hereafter live a godly, righteous, and sober life,  
to the glory of your holy Name. Amen.”*

**Book of Common Prayer**

*“For there is therefore now no condemnation  
for those who are in Christ Jesus.”*

**Romans 8:1**

What do you need to confess that happened last year? Who do you need to forgive? Who do you need to ask for their forgiveness? What lies have you believed that you need to confess to God? Bring these things to the Lord in prayer. (5 mins)

*“Grant to your faithful people, merciful Lord, pardon and peace;  
that we may be cleansed from all our sins, and serve you with a quiet mind;  
through Jesus Christ, our Lord. Amen.”*

**Book of Common Prayer**

When you look to Jesus for your salvation, you are forgiven of all your sins.

#### 4. LOOK AHEAD TO 2023

*"The grace of the Lord Jesus Christ  
and the love of God and the fellowship of the Holy Spirit be with you all."*

**2 Corinthians 13:14**

Pay attention to the **emotions** that surface as you look ahead to 2023. List your emotions and the reason why you feel what you feel. Record these things and pray through them. (5 mins)

What **one thing** should you focus on this year? (5 mins)

*"May the God of endurance and encouragement  
grant you to live in such harmony with one another,  
in accord with Christ Jesus,  
that together you may with one voice glorify  
the God and Father of our Lord Jesus Christ."*

**Romans 15:5-6**

**THE LORD'S PEACE TO YOU IN 2023.**