

A person with short, light-colored hair is seen from behind, sitting cross-legged on a dark, jagged rock. They are wearing a yellow long-sleeved shirt and dark pants. The background is a vibrant, golden sunset or sunrise over a body of water, with a bright sun low on the horizon. The sky is filled with warm, glowing light and some darker, textured clouds. The overall mood is contemplative and hopeful.

SAY HELLO TO  
- AN AWESOME -  
**New You**  
- AND BYE -  
TO THE OLD

*A practical guide  
for processing pain and loss,  
finding the hope, strength & joy  
to move forward*



As you finish your lists, go back over the 7 JOYS.

Were any of them a complete surprise? Which ones? How so?

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Are there specific steps you took to make any of these a reality?

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What have you learned from these moments?

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How are you different because of these moments?

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One or more of these moments can serve as an Ebenezer –  
A pillar of hope for future situations that don't look as positive.

Always remember that hope can become reality any moment, and that there are steps (no matter how small) we can take to bring our dreams closer.

Now look at the 7 pains (negative moments/events). You're welcome to spend as much time as necessary on each one. If any of them bring out a lot of regret or shame, try to simply hold the event out in front of you as best as possible.

Are there things to learn from these moments?

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What could happen in the future to begin a redemptive process (no matter how crazy, far-fetched or wild the idea seems)?

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Is there a visible first-step you can take towards the redemptive process? If so, what is it?

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Don't feel the pressure to jump on a high-speed train towards moving-on from the negative moments; it can take time. But know that it is not only possible, but it is likely in your power to begin the process.

Keep this list as long as necessary, and maybe keep it on a nightstand or desk for the next few days of to come back to, add to the list or make notes on how this could be the best life ever!









Is there a situation in which you felt wronged by a group of people?

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Sometimes we don't feel ready to forgive – it can be a very hard choice. But here are a few things to consider.

Forgiving does not mean forgetting. We don't have a magic eraser – I wish we did.

Forgiving does not mean we have to let someone do something to us again. Sometimes we need to put up boundaries to protect ourselves from situations or people.

Forgiving does not mean they won't hurt us again. Think about the person at work who is constantly saying negative things about you – there may be some resolve in confronting or setting up boundaries – but some people continue to do things that hurt others. This is what I call **ACTIVE FORGIVING**. Posturing your heart, having forgiven them, reminding ourselves that we have already forgiven them and ready to forgive again if something new takes place.

## Forgiving is choosing to love.

We are designed to forgive! God didn't design our bodies to carry unforgiveness. (I won't go into it here, but if you're interested do a search for the effects of unforgiveness or bitterness on our bodies)

If God didn't design us to carry unforgiveness, then we must be designed to forgive and we are empowered by God with the ability to forgive.

Question 3: What would it take to begin the process of reconciliation?

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CHALLENGE 4:

# Move On by Forgiving Yourself

In the last challenge we talked about forgiveness. It's a difficult task that requires a lot of thinking, action and even more intentionality.

BUT, what if the person you need to forgive is yourself? Sometimes it feels like the only one in the other corner of the boxing ring is our own self-criticism.

Try this:

Do you feel shame about anything? If so, why? Is it possible that you're the only one really dwelling on the situation?

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If this is something ongoing – is it something to add to the list of things to leave behind in 2015? Is it something you can (if you haven't already) share with a trusted friend or leader to help you begin processing?

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Perhaps the biggest situation in which you need to forgive is a situation involving yourself.

If this is true, it may be good to take a moment and recognize that you're still here. You're still you, and no matter what has happened, it's probably severely worse in your head than it actually is (period)..

Maybe the beach ball (as mentioned in challenge 2) isn't forgiveness you need to give someone else, but maybe it's forgiveness you need to give to yourself.





CHALLENGE 5:

# Remember It well by Thinking It Through

In the first challenge we talked about the importance of healthy reflection. One of the challenges was to write down 7 joys and 7 pains from the previous year. Since then we've talked about forgiveness, regret and some tips for handling the negative turns that have occurred in the last year. Now we're going to turn towards the gifts and joys that you've experiences.

If you still have the list nearby, look back over the 7 joys. If you're list is elsewhere, take a few minutes to think back or write down a new list.

Whether it takes 7 min. or 7 hours, go through each moment on the list and ask yourself a few questions.. (also, if the gifts have changed since it happened, don't worry about tracing the change, just consider the moment itself)..

Can you think of the situations that directly led up to the gift? What were they?

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Was the moment a wild chance, expected or somewhere in-between?

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Is there a physical item/song you have that reminds you of the moment?

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## CHALLENGE 6:

# Wrapping up!

Take a few moments to review what you've written out and take a couple more steps!

If you're able, get out 2 pieces of paper or use the spaces on the next page:

Write "Moving Forward" at the top of one sheet and "Leaving Behind" at the top of the other or

### CHALLENGE 1: MOVING FORWARD BY WRITING IT DOWN

On the "Moving Forward" sheet, make a list of the positives to keep with you and remember. Since you've already written this out – just make a bullet list.

### CHALLENGE 2: FORGETTING IT BY EVALUATING AND PROCESSING

On the "Leaving Behind" sheet, make a list of what you want to leave behind in 2015 – You'll be throwing this away at midnight symbolically or literally if you want!

Add to the "Moving Forward" sheet a list of what you want to take with you into 2016.

### CHALLENGE 3 & 4: FORGIVING

Look back over the names you've written down for these challenges. Commit to processing these wounds with someone you trust. If there are people, including yourself, that you have forgiven, think about adding some type of statement to the "Moving Forward" sheet.

"I am moving forward into my new life, choosing to forgive \_\_\_ for \_\_\_\_." You may want to keep these vague or use abbreviations for peoples names because I encourage you to keep this list with you and refer back to it.

### CHALLENGE 5: REMEMBERING IT WELL!

If there are important details you want to be sure not to forget, write these down on the "Moving Forward" list.

Who are the top 7 people who have impacted you for the better this year? What would it look like to take a few moments to thank these people? (see the resource on page 18) It could just be a text, an email, a phone – or maybe coffee or take them out for dinner. The step may be different for each person on the list – But challenge yourself over the course of the next few days to connect with them and let them know or pick a date with them that you will!

As we finish one season well, we  
Move clean into the next & leave as  
much baggage behind along the way.

# Leaving Behind

# Moving Forward

Two columns of horizontal dashed lines for writing.



FINAL CHALLENGE:

# Ask Him!

Before the new year rings in, spend some time with the Lord in prayer and ask the following questions and write down what He shows you or brings to mind. Have your “Moving Forward” list in front of you and a pen.

Ask the Lord:

Is there a specific verse or passage from the Bible you want me to focus on as I consider these things? Write it below.

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Are there any words He would give you for this year? (this may be something different for you, but just ask and see! For example – last year in December the Lord told me it would be a year of knowing Him more deeply – and MAN it was!) Take a few minutes, rest for a bit with a pen in your hand and your bible open.

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And for the last question: what are the standout things you’ve seen in processing these challenges that you want to make sure you don’t forget?

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Wherever you are in life, take a moment to thank the Lord for His journey He has us in and feel the expectancy for all He's going to do!

It's our hope and prayer that you're able to come back to these lessons to continue the process of renewing your mindset and emotions to become more healthy and have the best year ever!

Our suggestion is to rinse and repeat as often as necessary. Go through these challenges out of order if needed and really customize the experience to fit your needs and who you are. Finally, know that you and your story both matter to the world and without either the world would be worse off.

# Be Love!

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# RESOURCES: Additional helps

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# THANK YOU!

I will ●Text ●Email ●Call ●See In Person

Name \_\_\_\_\_  
Thank You For \_\_\_\_\_  
\_\_\_\_\_  
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I will ●Text ●Email ●Call ●See In Person

Name \_\_\_\_\_  
Thank You For \_\_\_\_\_  
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I will ●Text ●Email ●Call ●See In Person

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I will ●Text ●Email ●Call ●See In Person

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Thank You For \_\_\_\_\_  
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I will ●Text ●Email ●Call ●See In Person

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I will ●Text ●Email ●Call ●See In Person

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Thank You For \_\_\_\_\_  
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# I Apologize...

I will ● Text ● Email ● Call ● See In Person

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I want to apologize For \_\_\_\_\_

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I will ● Text ● Email ● Call ● See In Person

Name \_\_\_\_\_

I want to apologize For \_\_\_\_\_

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I will ● Text ● Email ● Call ● See In Person

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I will ● Text ● Email ● Call ● See In Person

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**Leaving Behind:**

What you want to leave behind in 2015?

**Remembering:**

Who are the top people who have impacted you for the better this year?

- 1. \_\_\_\_\_ 4. \_\_\_\_\_ 7. \_\_\_\_\_
- 2. \_\_\_\_\_ 5. \_\_\_\_\_ 8. \_\_\_\_\_
- 3. \_\_\_\_\_ 6. \_\_\_\_\_ 9. \_\_\_\_\_

What are some of the victories?

**Moving Forward:**

What you want to take into this new life?

What do you want to be different in this new life?

Ask the Lord if there a specific verse or passage from the Bible you want me to focus on in 2016 or over the next few weeks as 2016 begins?

Ask the Lord if there any words He would give you for this year?

Ask the Lord how He would want this new life to be different?

Are there people you need to forgive? Yourself? God?



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