



new life fellowship

Sermon Title: The Grand Examen
Speaker: Richard Villodas, Lead Pastor
Scripture: Lamentations 3:40

Let us examine our ways and test them, and let us return to the LORD.

(NIV)

Sermon Outline:

When is the last time you spent 30 minutes examining your life?

For many of us, we do not take time to examine and reflect on our lives because we live a life of chaotic rhythms and compartmentalization. It is very easy to live at pace where we are working nonstop, so much so that we don't stop to ask important questions about our lives.

In today's scripture, God is calling his people to examine and probe the way they were living and to return to Him. God is inviting us to do that same thing today, wanting to lead us into the next year ahead.

The invitation for us to not look back at our lives with regret but instead look at our lives with redemption.

- God is always active in our lives.
- God knows how to bring good out of our failures.
- There are lessons God wants us to learn.
- There is a new future available if we would discern the Spirit's activity in our lives.

Four questions to consider in light of 2022:

1. **Look back** – Look over the past 6 months to a year. Reflect on these questions.

-Where have I been?

-What significant changes have come my way?

-When have I been most stressed?

-Where am I now?

2. **Look through** – Identify any patterns, connections or themes that have characterized the past six months to a year.

-If you can, summarize the past year in a sentence or two.

-Do you notice anything or patterns (i.e., patterns of stress, anger, depression, etc.).

3. **Look forward** – Where do you sense God leading you forward?

-What do you sense your soul needs in this season?

-What are your hopes and dreams for this coming year?

-Paint a picture of the kind of life you envision over the next six months.

4. **Look around** – What community support do you need in this season of your life?

-Who are the people you need to invite to walk alongside you?

-How can others best support you?

When we don't take time to examine and reflect our lives, we miss out on revelations, lessons, and hearing God's particular voice and will for our lives.

As you reflect and examine your life, you will find that you serve a God who loves you and reminds you that there is nothing you have to fear.

Sermon Summary:

This Sunday, Richard Villodas, Lead Pastor, leads us in a Grand Examen, where we will spend time examining and reflecting on the past year by answering a few important questions.

Sermon Questions:

1. Do you feel an invitation from Christ in today's scripture passage? Do any of the words resonate with you? If so, why?
2. Set aside time in the next week or two to sit with the four questions listed above maybe doing so in more than one sitting. Being honest with yourself, journal your answers to the questions, especially those that might be challenging or difficult. Find someone to share your responses with, maybe in your small group, with a trusted brother or sister in Christ or with a friend or family member.