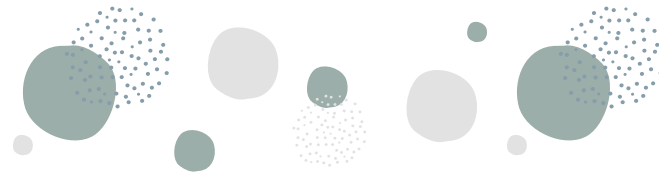


# *Quarterly Reflection Guide*

Individual & Marriage reflection guides  
by Flip the Script



NAME:

YEAR:

LOCATION:

QUARTER:

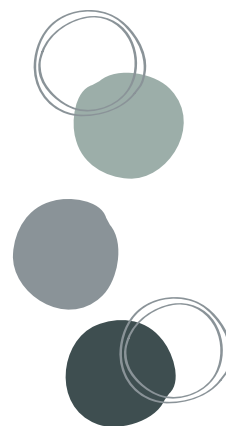
# quarterly reflection guide

by flip the script

I will remember the deeds of the Lord; yes, I will remember your wonders of old. Psalm 77:11



## about



From creation to Christ to now awaiting His return, God's people have always been called to three things:

1. Remember what He's done in the past (Ps 77:11, Phil 4:6)
2. Live faithfully in the present (Deut 30:15, Mk 13:35)
3. Hope expectantly for the future promise (Ps 130:7, Titus 2:13)

The quarterly reflection guide can be used to review the past year or quarter and envision the near future.



**PULSE:** Evaluate areas of growth



**JOURNAL:** Reflect on the past quarter and what you envision for the upcoming future.



**DIAGNOSTIC QUESTIONS:** Briefly evaluate the health of your marriage





# REFLECT

**Look over any journal entries from this past quarter.**

Note any recurring themes or answered prayers.

Complete

**Have there been any recurring themes in your walk with the Lord?**

**What have been some highs in life spiritually or emotionally?**

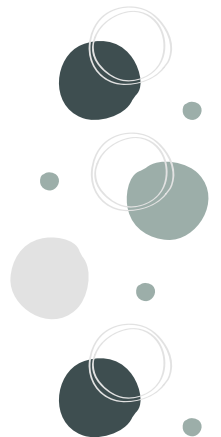
**What have been some lows in life spiritually or emotionally?**

# REFLECT

What is the one thing you have cared for most over the quarter?

List out some prayers you've seen answered.

What books or podcasts were you taking in this quarter?  
What did you learn/love?



# REFLECT

What areas of life have you experienced the most growth?

What areas of life do you feel like you're struggling in?  
What do you think is the root cause of those struggles?

How did this last quarter impact your view of God or how you relate to Him?

# VISION

## Pray

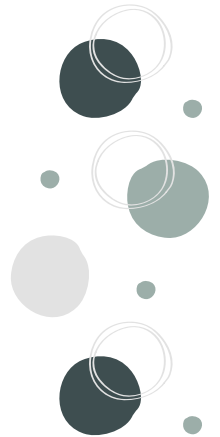
Ask God to reveal any specific paths He is leading you on this upcoming quarter or year.

Complete

**What's coming up in the future?**

**What are your priorities?**

**Do you see any connection between themes in your walk with God and with what is ahead?**



# VISION

## Who do you hope to be?

Describe the identity, character and attributes you hope to have at the end of this quarter or year.

**What actions or habits would align with that identity?**

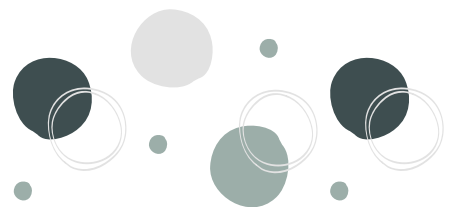
**If you could change one habit, what would have the most impact? What are your barriers to making that change?**



# VISION

Think through any topics relevant to this upcoming quarter (suggestion: Pick 3-5)

- Finances
- Relationships
- Church Community
- Non-christian friends
- Spiritual Disciplines
- Physical health
- Work
- Living Situation
- Family
- Other:



# VISION

## What are your individual goals?

Focus on input goals rather than output goals: for example, an input goal would be reading 10 minutes a day but an output goal would be 20 books per year.

## What will it take practically to achieve your input goals?

## What are you giving up by pursuing these goals?

If you are not married,  
proceed to Debrief section





# MARRIAGE REFLECTION FORM

by Flip the Script

And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. Hebrews 10:24-25

## Pray for your time together.

Pray for the Holy Spirit to lead your thoughts and conversation.

Complete

## PULSE

Quarterly growth (1 = Ultimate Regression, 5 = Neutral, 10 = Ultimate Progress)

### Growth as a spouse



### Growth as a parent



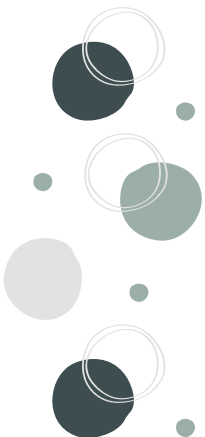
# REFLECT

If completed, discuss your three major takeaways from the Quarterly Individual Reflection.

Complete

In general, where do you feel God has been growing you both these past 3 months?

In your marriage these past 3 months, where have you seen God at work most?



# REFLECT

## **What has God taught you through each other?**

God often teaches us things through our spouse specifically.

## **Discuss your joint heart and action toward the church.**

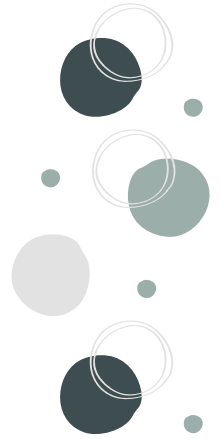
In other words, do you each feel invested in the local body of Christ? How has that looked for y'all this past quarter?

## **Discuss your joint heart and action toward the lost.**

That is, do you each feel God's Spirit drawing you into relationship with non-believers? Have you had opportunities to serve, love and witness to non-believers together?

# REFLECT

Where are you honoring God in your marriage?



Where can you honor God more in your marriage?

What have you enjoyed doing together? What serving opportunities have been filling to you? Is there anything you aren't currently doing that might be worth trying?

## REFLECT

Is there anything you're currently doing together but it's not enjoyable or fruitful? Any frustrations you keep running into?

What can you do to help each other flourish over the next quarter?

# DIAGNOSTIC QUESTIONS



How is your prayer life together?

When is the last time you genuinely owned a fault?

How is your prayer life together?

When is the last time you genuinely owned a fault?

When is the last time you went out of your way to show appreciation?

When is the last time you planned a surprise?

When is the last time you planned a surprise?

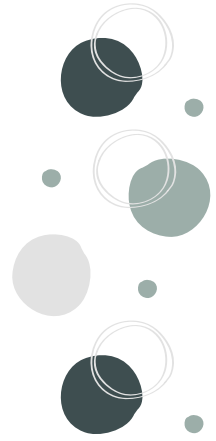
What would others think about your spouse just by listening to you speak about him or her?

In regards to your marriage, have you been thinking more about what you are getting instead of what you're giving?



# VISION

What is your mission?



What are your priorities?

What are your marriage goals, dreams or desires?



# Debrief

Summarize your thoughts



## DEBRIEF

**If you had to choose, what are three takeaways from your time in reflection?**

**What is exciting about this next quarter?**

**What makes you nervous about this next quarter?**

**Who can you share your thoughts and reflections with?**

**Finish with a time of worship, prayer and thankfulness for the past quarter. Sit with open hands asking for His will to be done this next quarter and year.**

Complete