

# FINISH FREE

A QUIET GUIDE TO END THE  
YEAR LIGHT, HONEST, AND  
HELD BY GOD.

# settle in . . .

Find a quiet moment.  
Breathe.  
Let the noise slow.  
Invite the Holy Spirit to be near:

## Speak, for your servant is listening.

1 Samuel 3:10b NIV

Ask the Lord to show you where He has been with you this year.  
Pause.  
Let His presence still your body and your thoughts.

# REMEMBER WITH HONESTY

2025 wasn't simple.  
It held wins and losses.  
Joy and ache.  
Faith and questions.

You don't need to tidy this up for God.  
Write honestly:

## **WHAT FELT HEAVY THIS YEAR?**

**What you carried, what you pushed through, what broke your heart or stretched your faith.**

## **WHAT FELT HOLY THIS YEAR?**

**Moments that reminded you God was with you, even in the ordinary.**

# release

## THE PRESSURE YOU PICKED UP

We all collect pressure without noticing:

- pressure to be "further along"
- pressure to perform
- pressure to be strong for everyone else
- pressure to pretend
- pressure to keep going when you're tired
- pressure to not disappoint
- pressure to fix what only God can redeem

ASK THE HOLY SPIRIT:

**What pressure have I carried that You did not ask me to?**

Write what He brings to mind.



Then pray:

*Jesus, I release this to You. I let go.  
Let Your peace settle where pressure has been living.*

# REMEMBER GOD'S FAITHFULNESS

Before moving forward, take a moment to look back.  
Even in the heaviness, God was present.  
Even in the uncertainty, His faithfulness held you.  
Even in the ordinary, His goodness was at work.

Write honestly:

## WHERE DID YOU SEE GOD'S FAITHFULNESS THIS YEAR?

Moments big or small — a word, a prayer answered, a guiding hand, or a quiet comfort.

## WHERE DID YOU NOTICE HIS GOODNESS?

Times of joy, provision, peace, or love that surprised you.

# LET GOD SPEAK.



Sit for a few slow breaths. Let God speak—  
not with pressure, but with presence.

**What do you sense Him whispering as the year ends?**

His voice is freeing, not demanding. Kind, not  
crushing. Strengthening, not shaming.

**Write what you hear.**



# receive

## GRACE FOR THE YEAR AHEAD

You don't need a perfect plan.  
You don't need a big resolution.  
You don't need to map 2026 from your own strength.

*INSTEAD, PRAY:*

**Lord, give me grace for what's next.  
Give me faith for one step at a time.  
Give me freedom from what weighs me down.  
Lead me gently into the new year.**

Let Him bring one word, phrase, or Scripture to shape your posture for the year ahead. Write it here:

**MY GUIDING WORD  
OR PHRASE FOR 2026:**

**THE SCRIPTURE I'M  
CARRYING:**

# a prayer to close.

Jesus, thank You for being faithful through every moment of this year — the ones I celebrated, the ones I survived, the ones I didn't understand, and the ones where You carried me without me even realising it.

I release the weight, the pressure, the striving, and I receive Your peace, Your nearness, and Your freedom.

Walk with me into this next year. Lead me with Your voice. Fill me with fresh grace, new strength, and holy expectation.

I am Yours, amen.

**The Lord himself goes before you and will be with you.**

Deuteronomy 31:8a NIV