



A Year End Examen

Reflect,
Release, and
Renew with
God

**A Guided Prayer Practice for
Beloved Daughters of God**

by Patrice Gerideau

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Welcome Sister!

I'm Rev. Dr. Patrice Gerideau, and I created this guide to help you lay down the weight of being 'everything to everyone' and step into God's healing rest. I'm honored to walk this journey with you.

My Sister, as the year comes to a close, this guide invites you to pause and reflect on God's presence in your life over the past year. Through the Examen—a prayerful practice of reflection—you'll release what weighs on your heart, celebrate God's blessings, and prepare your soul to embrace the coming year with hope and faith.

This guide is a sacred space to be still with God and listen deeply to the Holy Spirit. You'll begin by inviting God into your reflection, explore moments of challenge and joy, and end by entrusting the year ahead to God's care.

Take your time as you move through each section, allowing space for prayer, journaling, or simply sitting in God's presence.

Year-End Examen

Your Guided Prayer

1

Release the Stuff of the Old Year

2

Celebrate the Gifts of the Year

3

Embrace the Promise of the New Year

4

Rest and Flourish

5

Pray and Commit

Movement 1

Release the Stuff of the Old Year

Prayerful READING

As you read, pay attention to the word or phrase that speaks to your heart.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." -Matthew 11:28-30

Sacred CONVERSATION

Invite the Holy Spirit to guide your conversation with God.

"Holy Spirit, help me to see this past year through Your eyes. Reveal Your presence in my life and help me release what weighs on my heart."

Inner REFLECTION

- Reflect on the challenges of the past year.
- What disappointments or struggles are you ready to surrender to God?
- Where did you experience a decrease in faith, hope, or love?

Creative RESPONSE

When you're ready, visualize placing these burdens at the feet of Jesus, trusting Him to carry them for you.

Soul JOURNALING

Savor the experience and write down your reflections.

Movement 2

Celebrate the Gifts of the Year

Prayerful READING

As you read, pay attention to the word or phrase that speaks to your heart.

"Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's." -Psalm 103:2-5

Sacred CONVERSATION

Invite the Holy Spirit to guide your conversation with God.

"Holy Spirit, help me to see this past year through Your eyes. Reveal Your presence in my life and help me gather the graces of Your gifts and blessings."

Inner REFLECTION

- What blessings, big or small, are you thankful for?
- Where did you feel closest to God?
- What brought you joy, peace, renewed faith, hope, or love?

Creative RESPONSE

When you are ready, imagine being in God's presence. Take a moment to praise God for His faithfulness, either silently or aloud.

Soul JOURNALING

Savor the experience and write down your reflections.

Movement 3

Embrace the Promise of the New Year

Prayerful READING

As you read, pay attention to the word or phrase that speaks to your heart.

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." – Isaiah 43:18-19

Sacred CONVERSATION

Invite the Holy Spirit to guide your conversation with God.

"Holy Spirit, help me to see the coming year through Your eyes. Reveal Your presence in my life and prepare my mind, body, and spirit to align with Your plan and purpose for my life."

Inner REFLECTION

- What dreams, prayers, or hopes is God stirring in your heart?
- What areas of your life do you want to entrust to God in the new year?

Creative RESPONSE

When you are ready, picture yourself walking into a bright, open space—this is the future God has prepared for you, full of His love and mercy.

Soul JOURNALING

Savor the experience and write down your reflections.

Movement 4

Rest and Renew

Prayerful READING

As you read, pay attention to the word or phrase that speaks to your heart.

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." – Psalm 46:10

Sacred CONVERSATION

Invite the Holy Spirit to guide your conversation with God:

"Holy Spirit, help me to see the way I live my life through Your eyes. Reveal Your presence in my life and help me trust that You are with me, sustaining and renewing me."

Inner REFLECTION

- What do I want to carry forward from this time with God?
- What practices will help me live more deeply in faith, hope, and love in the new year?

Creative RESPONSE

When you are ready, imagine sitting in the lap of God. Talk to him about what you need to live a more balanced life in the coming year. What is God telling you to do more and less in the coming year?

Soul JOURNALING

Savor the experience and write down your reflections.

Movement 5

Pray and Commit

Prayerful READING

As you read, pay attention to the word or phrase that speaks to your heart.

"Commit to the Lord whatever you do, and he will establish your plans." – Proverbs 16:3

Sacred CONVERSATION

Invite the Holy Spirit to guide your conversation with God:

"Holy Spirit, help me to see my entire life through Your eyes. Reveal Your presence in my life and help me commit my dreams, plans, and intentions for this year into Your hands. Guide my steps and shape my desires to align with Your will."

Inner REFLECTION

- What do I want to carry forward from this time with God?
- What practices will help me live more deeply in faith, hope, and love in the new year?

Creative RESPONSE

When you are ready, imagine sitting with God in your prayer closet. Picture yourself offering your plans and dreams to Him, trusting that He will guide you. Write a prayer of dedication, offering the new year to God and asking for His guidance, strength, and peace.

Soul JOURNALING

Savor the experience and write down your reflections.

Conclusion

Moving Forward in Faith

As you complete this time of reflection, rest in the knowledge that God has been with you through every moment of the past year and will continue to guide you into the year ahead. Through this Examen, you've taken time to release what weighs on your heart, celebrate God's faithfulness, and embrace His promises for the future.

Remember, the journey doesn't end here. The insights and commitments you've made during this time are seeds of transformation. Carry them forward with intention, trusting that God will guide your steps and sustain you with His grace.

Thank You!

Sister,

Thank you for taking this journey.

Thank you for allowing me to walk alongside you in this sacred space.

You didn't have to open your heart.

You didn't have to say yes to the stillness.

But you did—and that means something holy happened here.

It is no small thing to pause, to reflect, to be honest with your soul. Whether you showed up in every moment or gently moved through the margins, your presence here is powerful. And I'm deeply honored you entrusted this part of your journey to Sister Soul Care.

My prayer is that something in these pages reminded you of who you are:
Beloved. Worthy. Whole.

Not because of what you've done—but because of who you are in God.

This is not the end. It's a continuation.

Keep listening. Keep healing. Keep receiving the love that's always been yours.

With gratitude and grace,

Patrice

What's Next?

Deepen Your Experience with the Book

Discover practical tools and powerful stories to help you release the weight of “doing too much” and step into God’s grace. Grab your copy of *From Stressed to Sabbath Rest* to take this journey deeper.

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If this prayer guide blessed you and you’d like to help us create more resources like this, your support means so much. Together, we can continue nurturing spaces for Black women to heal, grow, and flourish in Christ. You can give at patriceonline.com/give or click below.

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Meet Patrice



About Me

I'm a storyteller, speaker, and spiritual director dedicated to helping Black women heal, grow, and flourish in Christ Jesus.

As someone who has wrestled with the pressure to be "strong no matter what," I know what it means to carry the weight of doing too much and being too much for everyone else. God led me on a journey to release those burdens, rediscover His rest, and embrace my true identity as His beloved daughter.

Now, I help other women do the same—through my book *From Stressed to Sabbath Rest*, the *Sister Soul Care* Podcast, and soul care resources like this guide. My work is rooted in faith, compassion, and the belief that we are all reflections of God's love.

I'm honored to walk alongside you as you unmask the Super Shero, lay down the weight, and step into God's healing grace.

Rev. Dr. Patrice Gerideau
Founder, Sister Soul Care

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Blessings for the Journey



Dear God...

Thank You for meeting us in this sacred time of reflection. We trust You with our past, our present, and our future. Help us to walk boldly in faith, rooted in Your love and guided by Your truth. May this year be one of growth, healing, and flourishing as Your bold, balanced, and beloved daughters. In Jesus' Name, Amen.

Until Next Time...

May God bless and keep you, may God's face shine upon you, and may God grant you peace as you continue to heal, grow, and flourish as God's beloved daughter.