

**Agape House of Worship
Wednesday Bible Study**

Topic: Finishing the Year Spiritually Strong
Reference Text: Isaiah 40:31

Wednesday, November 26, 2025
Facilitator: Pastor Jide Lawore

Introduction

As the year winds down, many believers find themselves wrestling with fatigue, busyness, and spiritual distractions. Without a lot of intentionality, what began in January with passion and resolve and spiritual fervor can easily fade into complacency by November and December. Yet God's desire is that we finish strong—not in our own strength, but with a renewed fire on the altar of our hearts (Leviticus 6:12–13). This study invites us to pause and do some reflections and realign ourselves as necessary. Today, we will address the common causes of the year-end spiritual slump and discover practical and biblical ways to stay spiritually sharp and finish the year with strength, focus, and gratitude.

Avoiding The End of the Year Slump

Many believers start their year spiritual strong, motivated and on fire. Many, however, end the year in a spiritual slump. The end of the year spiritual slump is a colloquial term for a period of low spiritual motivation, apathy, or disconnection from one's faith or spiritual practices that occur during the final months of the year, particularly around November and December.

Galatians 6:9 “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Isaiah 40:31 “but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Common contributors to the slump include:

- **Seasonal Changes:** Shorter daylight hours and gray weather, especially in our Northern Hemisphere, can trigger a seasonal slump or exacerbate symptoms of Seasonal Affective Disorder (SAD), which impact mood and energy levels.
- **Holiday Stress and Busyness:** The demands of holidays, social engagements, and family dynamics can lead to physical and emotional burnout, making it difficult to prioritize spiritual well-being.
- **Introspection and Reflection:** The natural end of a calendar cycle often prompts reflection on the past year's accomplishments, challenges, and unfulfilled expectations, which can lead to feelings of failure or disappointment.
- **Routine Disruption:** Normal routines, including regular spiritual activities like Bible studies or small groups, are often disrupted by holiday schedules and vacations, causing individuals to lose the ground they may have gained during the year.

Discussion Question 1: What signs do you personally notice when you begin to slip into a spiritual slump, and how do you usually respond to them?

Develop A Heart of Gratitude

One of the antidotes to end of year spiritual slump is developing a heart of gratitude. If your year was anything like mine, then maybe you can't believe it's already almost over. When we're so caught up in all of the things we feel we have to do, it's easy to lose sight of the perspective of gratitude. Paul models gratitude and contentment in Philippians 4:11-13 even though we greatly take it out of context:

“I have learned in whatever situation I am to be content. I know how to be brought low and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance, and need. I can do all things through Christ who strengthens me.”

Discussion Question 2: What is one thing this year that you are genuinely grateful to God for—something that strengthened your faith or shifted your perspective?

Review And Assess Your Plan for the Year

2 Corinthians 13:5 *“Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test? (NIV)*

Reviewing your year-end plan is crucial for assessing what went right and wrong, celebrating successes, learning from failures, and adjusting strategies to improve your performance and well-being for the next year. This process ensures you are on the right track, helps you adapt to changes, and sets a foundation for future goals by providing accountability and actionable insights

- Celebrate progress: What area did you meet your goal?
- What area did you fail and why?
- Identify hindrances or distractions
- Gain self-awareness: Taking stock of your performance helps you understand your habits, strengths, and weaknesses. This self-awareness can lead to more informed decisions about your life.

Discussion Question 3: *If you had to identify one area of spiritual growth this year and one area of struggle, what would they be—and what do you think contributed to each?*

Recommit Yourself to Do Better

One of the reasons people have spiritual slump towards the end of the year is the feelings of failure and disappointment. There is no need to be salty about what didn't go well in the year. However, it is important to do something about them. Life is about progression. Failure, correction and going again are part of the journey. Paul said in Philippians 3:13

“Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead” (NIV)

Instead of focusing on perfection, you should focus on progression and perfection will come.

2 Corinthians 3:18 *“But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.”*

Discussion Question 4: *What is one specific spiritual discipline or habit you want to recommit to before the year ends, and what step can you take this week to strengthen that commitment?*