



Tips to Choose Your Word for the Year

1. Begin with prayer.

Spend some time asking God what HE wants you to focus on in this season. The answer to this may arise out of your regular Bible reading, in a church service, a conversation, or anywhere. Seek God's heart for what He is planting, watering, and growing in you.

2. Start thinking about a word.

Don't go looking for a verse. Be sensitive to words that seems to keep coming up in your mind or that draw your focus when you read the Bible. Here are some examples:

- Grow
- Trust
- Healing
- Courage
- Rest
- Renew

3. Write down several and give some time for one word to rise to the top. Once you have one that stands out to you, start praying about whether that is where you should focus. If, over some time, it sits well with your spirit, that word will be the key.

4. Find where that word shows up in the Bible.

You can do a Google search or use a Bible tool to find verses with the word you are considering. Make sure you have a clear understanding of the verse including its immediate context.

For example, lots of people choose Philippians 4:13, "I can do everything through him who gives me strength." It's a powerful verse. Yet this verse is not a promise that the Lord will strengthen us in everything we do. Paul was writing about God's provision in the direst of circumstances. It's a promise that in the middle of the greatest of difficulties, God will give you the capacity to overcome. That is how the verse needs to be understood.

5. Hold it loosely.

Seasons change. Situations change. What seemed to be the right word for the beginning of the year, might not be the word you need at the end of the year. Don't be afraid to shift.