

“One Word” 2014

The beginning of each New Year is a fresh start. Normally, at the beginning of a new year we reflect, and make goals or plans for the upcoming year. Some people choose to make New Year’s Resolutions. However, I would like to introduce to you the concept of “One Word” for the year. The basic idea is that instead of making a list of resolutions each year for every area of our life, such as a spiritual resolution, a relational resolution, a financial resolution, a physical resolution, you ask the Lord to give you “One Word” to focus on that will flow into every area of your life.

For example, one person felt the Lord was asking them to have the word “seek” be their “One Word” to focus on for the year:

Seek after the Lord.

Seek His counsel first in all things.

Seek out meaningful relationships with those around me.

This is just one example. Some other words to consider could be as follows:

Faithful	Peace	Joy
Rest	Abide	Self-Control
Trust	Lean	Abide
Grace	Loving	Accept
Hope	Pause	Discipline
Flow	Strengthen	Lean
Humility	Remember	Help

The way you go about choosing your “One Word” is to simply ask the Lord to speak to you about what He wants to do in your life, what He would like your “One Word” to be and then wait for Him to speak it to you. After He does, you can then begin focusing on that word, praying about it, finding Bible verses that can encourage you throughout the year, etc...

It is also helpful to have reminders of your “One Word”. For example, a piece of jewelry that you wear that helps you to remember your word, or a picture frame with your word, and Bible verse that you can see each day, etc...

I look forward to seeing how the Lord will use your “One Word” in your life this year as you continue to grow in Him!