



word of the year GUIDE

What is God inviting you into this year? Maybe you've come through a rough season and sense Jesus calling you to rest. Maybe you anticipate change and know He's asking you to step out in faith. Or maybe you're not sure what lies ahead. Whatever the year holds, God desires to help you grow in grace and relationship with Him. Use this guide to prayerfully and playfully discover a focus word for this year.

listen to LONGINGS

what I wish or hope for this year...

look for THEMES

a common thread I sense God using in recent happenings, sermons, Bible time, conversations, etc...

engage in PLAYFULNESS

take my time walking outside, browsing Pinterest, baking, dancing, singing, drawing, etc to let go of expectations/ anxiety and seeing what a carefree, playful spirit brings up...



now dig
DEEPER

*talk with Jesus about what He's inviting me into this year
and where He wants me to focus...*

notice any
CONNECTIONS

*look back at the boxes & capture 3-4 concepts that stand
out to me right now...*



TIP: Choose a word or phrase that inspires you & offers you hope (vs. something to avoid). Give yourself plenty of grace and room to explore. There's no perfect answer — it's all an adventure! When you're ready, consider the five activity boxes you filled, and choose a single word to focus on this year. Write the word below (plus any thoughts or verses on your heart).

choose a
WORD OF THE YEAR



word of the year next steps

1. Journal about your word and your hopes for this year. Post the word on your mirror or fridge where you'll see it often.
2. Look up your word in the dictionary, search out Bible verses, or discuss the concept with a trusted mentor or friend.
3. Ask Jesus how He'd like to grow your relationship with Him as you focus on your word this year together.

Have fun on this new adventure with Jesus!

