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**7 Ways to Make
the Most of Your
Word of the Year**

Workbook

Choose One Word to Inspire Your Year

Instead of making a long list of resolutions on New Year's Eve, choose one word that motivates you. One word that inspires the next 365 days. There are probably many things you want to accomplish in the next twelve months, many ways you want to grow, but it is helpful to have a single focus.

To choose your word for the year, begin by asking God to guide you. Then ask yourself questions like:

- ❖ What is my greatest need? Courage? Peace? Friendship? Joy?
- ❖ Where do I sense God wanting me to change? Generosity? Kindness? Faith?
- ❖ What words have recently touched my heart while reading Scripture?
Grace? Discipline? Hope?

Make a list of possible words.

Pick the one that most inspires you.

Make the Most of Your One Word

Now that you have chosen your word of the year, this workbook has seven ways you can make the most of it, seven methods to help you learn and grow throughout the year.

1. Make Your Word Visible

Post your word in a prominent place where you will be reminded of it often. You can do this by simply writing it on a chalkboard or using your computer to print your word in a cool font. You can also use online tools to design an image that reminds you of that word in a visual way. Use free photo sites like Unsplash or [stocksnap.com](https://www.stocksnap.com) to find a photo. Then use a photo editing site like PicMonkey or Canva to add your word to the photo.

Brainstorm ideas for making your word visible:

2. Find Scriptures

Use a concordance or online Bible like BibleGateway.com to find scriptures that contain your chosen word. Consider choosing one “theme verse” for the year.

Verses on my chosen word:

1.

2.

3.

4.

5.

Theme Verse:

3. Memorize Verses with Your Chosen Word

Memorize a few of the verses you found in Scripture. Regularly reviewing them will imprint them on your soul. As you meditate on them, you will give the Holy Spirit opportunity to teach you more about how this word applies to your life.

If you don't like memorizing, write out the verses on sticky notes and post them prominent places in your home. Review them while you're brushing your teeth or washing the dishes.

Verses I will memorize/post:

4. Discover the Meaning of Your Word

To fully understand your word, look up the meaning in a dictionary or Dictionary.com. Get more insights into the word by looking up the Greek or Hebrew word on the site Blue Letter Bible.

To find the Greek or Hebrew word:

- ❖ Type the reference of one of your chosen verses into the search box on Blue Letter Bible
- ❖ Click on “Tools” next to your chosen verse
- ❖ Find the English word and click on the Strong’s number of the corresponding Greek or Hebrew word. This will take you to the definition of the word used in the original language of the verse.

The meaning of my word in English:

The meaning of my word in Hebrew or Greek:

5. Read Books on the Topic of Your One Word

To gain more insight on your word and to learn how it can transform your life, consider reading books on the topic. Go to Amazon and put your word in the search bar. Browse through the titles and find a few that pique your interest. Pick a few to read in the coming year.

Interesting books on the topic of my one word:

1.

2.

3.

4.

5.

6.

6. Read Through the Bible with Your One Word in Mind

If you have the habit of reading through the Bible each year--or if it is habit you want to start--pay attention to where your one word pops up as you read. This is more than simply finding that word in a verse, it's paying attention to where the topic is discussed or where biblical characters experienced the concept. For instance, one year I read through the Bible looking for instances of friendship with God. I noticed places where the word friend was used like Exodus 33:11, "Thus the Lord used to speak to Moses face to face, as a man speaks to his friend." But I also paid attention to stories of intimacy with God like Abraham in the Old Testament and the apostle John in the New Testament.

Places my chosen word appears in the Bible:

Biblical stories that illustrate my one word:

7. Find Quotes with Your One Word

Finding quotes that contain your one word can inspire you with wisdom. In 2015 my word for the year was “focus.” A few quotes that motivate me on this topic are:

It is during our darkest moments that we must focus to see the light. ~ Aristotle

Concentrate all your thoughts upon the work at hand. The sun's rays do not burn until brought to a focus. ~ Alexander Graham Bell

Simply do an Internet search “Quotes about _____” and you will find many options to spark your imagination.

Quotes with my chosen word:

Get the Most Out of Your Word of the Year

Make this the year that you experience positive change and growth through choosing one word to guide your year. Use these seven ways to learn more about the concept and apply it to your life. Return to this workbook throughout the year to remind yourself of the methods and to record your discoveries.

May I pray for you?

Father in heaven, may You guide us with Your wisdom and surround us with Your love in the coming year. Help us each to choose a word that is a catalyst for the growth and change that You want to see in our lives. May we be open to the whisperings of Your Holy Spirit as He teaches us in Your Word. Thank You for Your abundant supply of transforming grace. In Jesus' name, Amen.