



Word of the Year

“Many are the plans in a person’s heart, but it is the Lord’s purpose that prevails.” —Proverbs 19:21

Eight years ago, I swapped out the tradition of the “New Year’s Resolution” for a “Word of the Year.” For me, I find that if my brain has too many things to focus on and I get less accomplished. I liken it to taking a drink of water out of a firehose... it would be less productive than taking sips out of a fountain.

Over the years I have focused on the words *Intentional*, *Grateful*, *Significance*, *Courage*, *Restore*, *Surrender* and *Discernment*. Each year and each word, stacking one on top the next. I always pray for the word God wants me to focus on. Only He knows what He wants to do in me and through me in the coming year.

If you have not heard of focusing on a word for the year, here is a personal example. All of 2019 I was guided by the word *Restore*. It was part of my daily prayer as well as my internal talk track with myself throughout the day. I would pray... “God, thank you for restoring me to the person You created me to be. Show me Lord how to remove the layers of worldliness that have been building over my uniqueness for nearly 5 decades. Guide me God in Your ways. Lead me down Your path. Thank you for Illuminating what comes next.” All year long I prayed those prayers, and when God lit up my blind spots with a light so bright they couldn’t be ignored. I grabbed my courage (my word from the previous year) and said “show me!”

The word of the year can also be a filter. For example, the year following *Restore* I focused on *Surrender*. Not only did I ask God to teach me how to surrender my will to His, I also filtered my thoughts and actions through that focus. Many tweaks and pivots happened for me in 2020 when I filtered my battle for control through the focus of surrender.

If you love making New Year's Resolutions... keep doing it. The Word of the Year is just a suggestion for another pathway to focus on your goals and growth. For me, it keeps me

immersed in the present. I found that too often I would miss what was right in front of me because I was so focused on what was down the road and around the corner. It is important for me to have long term goals, but I don't want to dilute the potency of today by letting the future take up too much space in my thoughts. Because truly even tomorrow will be called today.

My word for 2022 will be *Pursue*! What will your word be?

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