

4. Solicit support

(look among)

Share each other's burdens, and in this way obey the law of Christ. ...if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. (Galatians 6: 2,1)

Many who have adopted One Word for themselves testify to the difference it makes to share their word with others. Some may decide to only tell spouse or family. Others may use this tool in their small group. Many have found that sharing their word with a work colleague leads to a depth conversation about what word they might have chosen. And there are ways to share your word online, through social media or using a One Word website like <http://getoneword.com> or myoneword.org



Sharing your One Word can be a source of encouragement, or a way to hear about resources. It may be an opportunity for friends to gently remind you of something that is leading you away from your intention. But if you want to keep this journey private, just between you and God, that's fine. Make time to do some journaling around it, write a poem or a letter, or draw a mind map. Remember that translating an experience into language, makes it graspable; James Pennebaker says **writing for six minutes day about something can change your life!**

Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near. (Hebrews 10: 23—25)

Eastview Baptist Church Discipleship Resources

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Get One Word

1. Start Humble

(look in)

The LORD has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God. (Micah 6: 8)

The concept of One Word is simple. We relinquish the list of New Year resolutions from which we may have already deviated, and seek instead one word, one notion that represents what we most hope God will do in us this year. We are blessed to be loved by a God who speaks. The journey of discerning One Word that will mark our faith life this year begins with trusting that God wants to be involved in our growth. He already knows the word he has in mind for us.

So start humble. Start expectant.



The season of Lent is about humbly seeking God. Its about opening ourselves up to a new awareness of God's presence in our lives. Its about unplugging for a while, emptying ourselves of the clutter and quieting our soul. Its about asking ourselves, what challenges will I face this year? What joys do I expect to share? And what are the obstacles that are getting in the way of my abiding in Jesus?

*Pray in humble contemplation. (I Tim 2: 2)
Say a quiet Yes to God and He'll be there.....get serious, really serious ,
before the Master. (James 4: 8, 10)*

If you can, lie down on the floor with your arms outstretched above you. Ask God what he wants to say to you. Wait expectantly but don't be bothered if nothing specific comes to you.

Make a practice of doing this as a way of opening up to God.

2. Search Scriptures

(look up)

He calls his own sheep by name and leads them out.... they follow because they are familiar with his voice. (John 10: 3,4)

The Scriptures are a rich resource, not just of good words, but of God words.

Although the word God leads you for this year will not necessarily be directly Scriptural, the Bible is a great place to start your search. There you will discover the God who loves you and wants you to flourish. There you will find stories of people of all generations encountering the reality of God in their daily life. And there you will meet the Spirit who both warns and encourages, so God can shape human lives like the potter shapes the clay.

Ask God: What do you want to do in me and through me this year?



Look for images that spark your imagination. For stories that challenge your mindset. For promises that give you hope and joy. One word from these sources might be your word, so keep notes of what you hear from the God who speaks.

And listen to God in other words that come across your path.

In a poem or a prayer.

In a worship song or an inspiring sermon.

In a greeting card or a love letter.

God is wanting to catch your attention and he may do that in surprising ways.

But whoever catches a glimpse of the revealed counsel of God, even out of the corner of their eye, and sticks with it, is no distracted scatterbrain but a man or woman of action. (James 1: 25)

Have you found a word that you think God might be pointing up for your life? Get a concordance or even just a Bible with an index, and check out what stories and themes are connected with this word. See if you feel excited or enthused by what you read. **It may be God speaking!**

3. Seek a symbol

(look around)

Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you.

(Matthew 7: 7)

One Word is about identifying a succinct expression of what God wants to do in and through us, individually, this year. It may come in the form of a character trait, a discipline, a person, a spiritual focus, an attribute or a value. As you listen to God in your search for your own Word, look around you for a sign or symbol that carries meaning for your life right now, or for what you hope for. The Bible is full of signs that God used to speak to his people. The rainbow in Genesis 9 signified God's eternal promise and covenant. The six-pointed star of David was used on the King's battle shield, to symbolise that God protects us from all directions: North, South, East, West, Up and Down. The cross of Christianity is a potent symbol of the faith. It was at one time considered a pagan symbol; some church fathers objected to its use. Now it has for centuries represented Christ's victory over sin and death, and the symbol itself has profound power over our thoughts and feelings. And when Christians began using the Greek word for "fish" as an acronym for "Jesus Christ God's Son, Saviour", it became a powerful secret sign of the followers of Jesus.

Look for an object that reminds you of your word, it could even be your word.

A seed, a stone, an open hand, a dolphin, a cup of water, a Celtic knot, an owl, a compass, a shell. Maybe you'll find one you can carry in your pocket, or hang on your car mirror. You could even start a collection.



Thomas Bandy calls this a talisman, an ancient word that means something that accomplishes or brings into effect. As you spend time with your talisman, God brings to mind your word or its meaning, and what he wants to do becomes more deeply embedded in your life.

Show me a sign of your goodness.

When my enemies look, they will be ashamed.

You, LORD, have helped me and comforted me. (Psalm 86: 17)