

whole delight grace
laugh certain
creative thriving believe
willing brilliant accepted
charming respected effective learn
vibrant victorious beautiful honest
reassuring productive celebrated reward
reliable miraculous effortless rejoice
efficient achievement healthy
adventure spiritual safe nutritious active
giving plentiful transforming safe nutritious active
refined meaningful disciplin dazling ready
good trusting innovative faith
healing innovative faith
agree master courageous motivating encouraging harmonious restored soulful calm
jubilant refreshing
acclaimed accomplish
approve prepared bountiful powerful
joy genuine prepared generous
bliss beaming glowing
choice admire
champion valued

*what's your
word?*

The Power of Words

AN ANCHOR FOR YOUR SOUL

"Death and life are in the power of the tongue."

Proverbs 18:21



"His faithful promises are your armor and protection."

Psalms 91:4

"The words that I have spoken to you, are spirit and life"

John 6:63

One Word Resolutions

What is your overarching theme for 2022?

If you've already set your goals or made New year resolutions, chances are there is a common theme running through them. Perhaps it's a quality or characteristic you'll need to nurture in order to accomplish them. Or maybe it's an attitude or mindset, or a habit or behavior.

Choosing a one word resolution and an accompanying phrase and bible verse can be your anchor when the winds of change threaten to pull you off your goals.



Examples

In 2018 I was desperate to not have another replay of the previous year. I sat with the Lord and asked for a guiding word, phrase, and bible verse to apply to my year. Throughout 2018 as I set about doing what I believed the Lord calling me to do and faced valleys, I came back to the word, the phrase and the verse to bring myself back to the truth of God's promises and the mindset I needed to stand strong and keep walking by faith.

Word: My anchor word was *discipline*. All of my goals were going to require me to be disciplined.

Phrase: After having been in quite a challenging season with health issues, financial pressures, strain on my marriage and most tragically the death of my brother I was battling what I could only call anticipatory fear. I found myself continually waiting for the other shoe to drop. It was in prayer that I realized I was living that way. Hopeful expectancy was something I was desperately missing! *Hopeful Expectancy* became my phrase for the year.

Verse: If there was one thing I was relearning and experiencing in that season it was my complete dependence on the Lord and His favor on my life. Psalm 44:3 jumped off the page to me, "*For they did not gain possession of the land by their own sword, nor did their own arm save them; but it was Your right hand, Your arm, and the light of Your countenance, because You favored them.*"

Thankfully I am now in a season where much of the darkness has lifted. My habit (for the most part) has become to live with hopeful expectancy.

In December of 2018 I sat down and did the exercise again with the Lord.

Here is my word, my phrase and my verse for 2019.

Word: *Empowered*

Phrase: *The best is yet to come.*

Verse: "*And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.*" 1 Peter 5:10

What's Your Anchor?

Prayerfully seek God for an anchor to hold on to.

Think about what you want to accomplish this year. Ask God what He wants for you this year. Is there a sin that is entangling you that needs to be overcome? Is there a habit that will keep you from achieving it? Is there a weight that is hindering you? Do you have a limiting belief? Do you have an attitude that needs to change? Is there a strength or a weakness that God is bringing to mind that He wants to work on? Journal about whatever thoughts come to mind.

What word, what phrase, and what verse will be your guide or anchor?

Word:

Phrase:

Verse:

Memorize these and repeat them to yourself out loud every day. Then be a doer of the Word of God, not a hearer only.

"For we walk by faith, not by sight." Paul in 2 Corinthians 5:7