

A word for the year

The idea of choosing a word to pray with is not new. People have done this as a creative approach to prayer for many years. You choose a word to pray with for a year, or for a season, or for a month, or for a day. This sheet gives you an idea as to how you can do this and open your eyes, ears and heart to the God who sees.

- **Commit** the word prayer journey to God and ask the Holy Spirit to lead, guide, move, inspire and protect.
- **Identify** the word that you feel God is laying on your heart. It is often worth spending some time with God on this - noticing what words crop up in worship, in prayer, in community, in scripture and in life.
 - Choosing a fruit of the spirit that you would love to see God deepen in your life can be an idea. 'But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control...' Galatians 5:22-23.
 - And there are so many other words - for example trust, awe, glory, enough, celebrate, choose, loved, forgiven, blessing, abundance, restore, truth, life, resurrection, bread, body...
- Get or make your own **journal**.
 - You can buy one from a variety of sources:
 - <https://www.etsy.com/uk/shop/FaithTreasury>
 - <https://hopeandginger.com/collections/journals>
 - <https://www.holyhope.co.uk>
 - Stores like Aldi and Lidl also often stock journals and craft materials.
 - A guide to making your own journal can be found here:
 - <https://youtu.be/iNpOffXCb58>
 - <https://youtu.be/6pzMJ4jiUgE>
- Go to Bible Gateway and **look up** your chosen word by entering it into the search box
 - <https://www.biblegateway.com>
 - Note down all the references that come up from your search. The word 'enough', for example, comes up in the NIV 99 times.
 - One by one you can look at the different passages where the word crops up - and read them in their wider context.
 - You can then choose to pray with some of these different passages and journal what God says to you through them.
 - You might like to creatively journal with them. Here are some ideas
 - <https://youtu.be/a6e52VzoDmo>
- **Notice and note**
 - Notice the word when it crops up in life
 - In worship
 - In music
 - In reading
 - In conversations
 - In all things
 - And once you have noticed, reflect and talk with God about it.
 - Note down where you have felt the Spirit move and what you think God has been showing you through it.
- At the end of the season, try to go to a retreat house or a quiet place to sit and **look back** over your journal and notice the patterns, the different themes.
 - Notice where God has been at work.
 - Notice how you have been changed.
 - Give thanks and ask God where God wants to take you next.
 - Is there another word God would like you to pray?

