



My One Word for 2018

2018: Fixed and Focused to be Fruitful for the Kingdom

Resources: Book - "One Word That Will Change Your Life" by Dan Britton, Jimmy Page, Jon Gordon

Website: www.getoneword.com

50% of resolution makers will fail by the end of January and 9 out of 10 quit by March! Instead of resolutions, get One Word for the year. One Word that God gives you to direct you for the year. One word that will bring simplicity and focus stretching you in different areas of your life: spiritually, physically, mentally, relationally, emotionally and financially. For 2018 focus on ONE Word that will impact EVERY AREA of your life.

Action Plan:

Step 1 – Prepare Your Heart (Look In)

Take a little time to:

1. Unplug from the noise
2. Ask a few essential questions.

Get away from the noise and distractions of life, and create an environment to look inward, quiet your mind and listen to your heart. Ask what do I need? What's in my way? What needs to go? Be real and honest with yourself.

Step 2 – Discover Your Word (Look Up)

Once you have prepared your heart, you are ready to receive your word. God has a word that is meant for you. Ask God "what do you want to do in me and through me?" Listen and be open to the Word that God shares (not the Word you want). You want a God word not just a good word. Words such as Give, Purpose, Commitment, Grow, Focus, Inspire, Build...

Step 3 – Live Your Word (Look Out)

Once you discover the word that is meant for you, then it's time to live it out. Keep your One Word front and center – write it down and post in prominent places; create a screen saver for your phone or computer; look for sayings or quotes. Share your word with your inner circle of friends and family.

As a church family, we want to put all of our words together and place around our church as a visual reminder of what we will accomplish this year. When you have your word, please email info@antiochchurchfamily.org. We will have display all of the words on 1st Sunday in February.

MY ONE WORD for 2018 is _____

*Don't forget to email your word to info@antiochchurchfamily.org