

## Let's Just Pray: One Word Challenge: Discovering Your God-Given Focus for the Year

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Dear Friends,

Thank you for taking the time to download this resource. I'm so excited to walk alongside you as we step into a new year filled with possibilities and God's promises. Did you know that:

- 9 out of 10 people fail to keep their resolutions?
- 50% abandon them before January ends?
- Only 8% of people successfully achieve their resolutions by the end of the year?
- About 25% give up on their resolutions within the first week?
- Research shows that people who set specific, achievable goals are 42% more likely to succeed if they write them down?
- The average resolution only lasts **36 days** before being abandoned?

This is why focusing on a simple, God-given *One Word* can make all the difference—it's clear, memorable, and rooted in purpose.

### Why This Resource Matters

One day, I overheard my husband talking about the Fellowship of Christian Athletes' process for choosing a guiding word for the year. As I listened in, I realized how transformative this could be for me—and for the people I love and care about.

God's Word shows us countless examples where He gave His people a single word or phrase to direct their paths. These words weren't just instructions; they were declarations of purpose and destiny:

- **Abraham** was called to "Go" (Genesis 12:1).
- **Moses** was commanded to "Lead" (Exodus 3:10).
- **Joshua** was told to "Be strong and courageous" (Joshua 1:9).
- **Mary** embraced "Favor" (Luke 1:30).

In each instance, these words shifted lives, transformed futures, and advanced God's kingdom.

### Why One Word?

Choosing *One Word* for the year allows God to work in your life in profound ways:

- It gives your life **meaning, mission, passion, and purpose**.
- It helps you focus on **what matters most**.
- It molds you into the person God is calling you to be.

### Your Challenge

Today, I invite you to take the **One Word Challenge**. Ask God to reveal the word He has for you this year—a word that will guide, inspire, and transform you. Be open, reflect on His promises, and prepare your heart for what He wants to do in and through you. I can't wait to hear the words God places on your hearts. Together, let's make this a year of growth, purpose, and God-given transformation.

Jillian

[www.LetsJustPray.com](http://www.LetsJustPray.com)

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### DAY 1: Discover the Power of One Word

**“Write the vision; make it plain on tablets, so he may run who reads it.” – Habakkuk 2:2**

Did you know?

- 9 out of 10 people fail to keep their resolutions.
- 50% abandon them before January ends.

But *One Word* endures. It's simple, powerful, and life-changing.

**Take Action:** Reflect on the past year and the year ahead. Ask God to reveal a word that will guide your journey. Be open and expectant—it might already be stirring in your heart.

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### DAY 2: Choose Your Word

**“Call to me and I will answer you, and will tell you great and hidden things that you have not known.” – Jeremiah 33:3**

Choosing your One Word is a process of listening to God's voice. Like Samuel in 1 Samuel 3, we must quiet our hearts and say, “Speak, Lord, for your servant is listening.”

Ask yourself:

1. What do I need more of this year?
2. What do I need less of?
3. What matters most?
4. What's one word that could drive me to become all God wants me to be?

**Take Action:** Write down the words that come to mind. Narrow it to three, then pray and wait. God's Word will find you. Be open—it may surprise you, just as He surprised Jonah with “Go to Nineveh” (Jonah 1:2).

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### DAY 3: Create a One Word Reminder

**“Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads.” – Deuteronomy 11:18**

To live your One Word, keep it front and center:

- Paint it on a canvas.
- Write it on a rock for your desk.
- Make it your phone's wallpaper.
- Create a bracelet or keychain.

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These reminders help you focus on living your word daily, just as the Israelites used physical symbols to keep God's commands in their hearts.

**Take Action:** Share your word with others! Use #OneWordChallenge and encourage your friends and family to join you on this journey.

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### DAY 4: Live Your Word

**“Do not merely listen to the word, and so deceive yourselves. Do what it says.” – James 1:22**

One Word is only powerful when you put it into action. Nehemiah's word might have been “Build,” but it required action to rebuild Jerusalem's walls (Nehemiah 2:17-18).

- Identify three ways to live your word this year.
- Commit to these actions, whether they involve serving, growing, or trusting.

**Take Action:** Write down your plan and pray for the strength to live your word daily.

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### DAY 5: Share Your Word

**“Let us consider how we may spur one another on toward love and good deeds.” – Hebrews 10:24**

Your word can inspire others. When teams, families, or groups share their words, they grow together in unity and purpose. Like the early church, sharing builds bonds of accountability and encouragement (Acts 2:42).

**Take Action:** Host a gathering where everyone shares their word and its significance. Create a group reminder—such as a poster or word cloud—to keep each other focused.

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### DAY 6: Lessons from the Journey

**“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” – Jeremiah 29:11**

As you reflect on your One Word journey, remember:

- Discover your word; don't rush it.
- Let your word grow you in valleys and on mountaintops.
- Keep your focus on how your word can serve others, not just yourself.

**Take Action:** Journal your lessons and victories with your word.

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**DAY 7: Rewire Your Mind**

**“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” – Romans 12:2**

Negative thoughts are the enemy of purpose. Like Dr. James Gills, we must talk to ourselves with God's truth instead of listening to fear and doubt.

**Take Action:** Write down your negative thoughts and counter them with Scripture-based affirmations. For example:

- “I’m not enough” becomes “I can do all things through Christ who strengthens me” (Philippians 4:13).
- “I’m afraid” becomes “God has not given me a spirit of fear, but of power, love, and a sound mind” (2 Timothy 1:7).

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**Your One Word Challenge:**

Step into the new year with focus, faith, and purpose. God is ready to transform your life through the power of One Word—are you ready to listen?