



GOD'S HEART FOR THE COMING YEAR: A SIMPLE PRACTICE

1. Set aside some time to be still and alone to connect with God. You will need at least 15 minutes.
2. Calm your soul in God's presence by reading a Psalm or two and giving thanks for his blessings over this past year.
3. Offer your heart to the Lord and affirm that you want all that he has for you for the coming year.
4. Ask the Lord to give you a word, a phrase, or a theme for this year. Wait quietly, and when he speaks, write it down.

5. Spend some time pondering what you have heard, reflecting on your life as to why God might be giving you this right now. What is he inviting you to see? To embrace? To trust?

6. Over the next several days, press into these things. Look words up in the dictionary, read Scriptures that include your word, phrase or theme, look up Bible meanings, pray for clarity regarding this.

7. Choose a Bible verse that will help you hold onto this word, phrase or theme.
8. Journal your reflections often as you continue to come back to the word throughout the year.