

“one little word”



I believe that there is great power in the Word of God. The “one little word” project is an attempt to explore the power of that Word as given to an individual through prayer, bible study and reflection. The question is

who do you want to become in light of who God has called you to be?

You can Google “one little word” and find lots of non –Christian references. New Year resolutions come and go very quickly, but this project is to allow God to work in your life and for your focus to become His word for you that lasts an entire year in your life.

“One Little Word” takes its name from the third stanza of Dr. Martin Luther’s most well-known hymn, “A Mighty Fortress Is Our God.”

Though hoards of devils fill the land
 All threat’ning to devour us,
 We tremble not, unmoved we stand;
 They cannot overpower us.
 Let this world’s tyrant rage;
 In battle we’ll engage!
 His might is doomed to fail;
 God’s judgment must prevail!
One little word subdues him.

Lutheran Book of Worship. (C) 1978 Augsburg Fortress Publishing House (Minneapolis) and Board of Publication, LCA (Philadelphia), hymn #229.

Words like abide, abundance, obey, expect, prayer, surrender, delight, submit and listen can be a very powerful experience as you allow God to guide you in your word. This happens in your daily life, in prayer, relationships and bible study.

Want to try this? Use the worksheet on the following pages to pray and hear the word from God. You can do a couple of action steps to make this real for yourself.

Journaling- Create a personal journal and focus on the word, the bible verses, the meaning, songs, etc. You can write your answers to the worksheet and then cut them up and paste them into your journal to begin the process. Keeping a journal throughout the year is crucial to making this word project not just a new year's resolution, but a change in your walk.

- a. Options: a word document on your computer that you write in each day; a spiral notebook, that you use to journal this process; a blank page journal where you can do some doodling, drawing, and pasting pictures, etc; an art journal where you can write and play; your blog.
- b. Register at my one word- <http://myoneword.org/> You will have the ability to connect with others who are following God's lead in their lives and living one word. You can journal your word online at their site.



2. **Accountability:** share with a small group. Share your word and stay accountable with the group throughout the year! Find an accountability partner- someone that you can share your deepest thoughts with and who will hold you accountable to your own goals and process.
 - a. Schedule specific meeting dates that you can discuss with your small group and your accountability partner during this stepping out in faith.

The next 3 pages are a worksheet that will help you spend some time with God and go deeper in exploration. If you don't know the word immediately, start with the other questions and God can reveal the direction to you.

For more information or ideas check out my blog. Complete pictures of one little word canvas art are in the photos on my blog <http://dianemarra.typepad.com/>

Worksheet for ONE LITTLE WORD

Name:

Date:

Step 1: INTENTION AND CLARITY- KNOW YOUR WHY

Think about who you want to become in light of who God has called you to be. Create a list of words that describe the person you want to be. Find the definitions of those words, and using a thesaurus, look up words that mean the same thing.

Now, spend time identifying bible verses about or with those words (loving, free, believe, trust, etc). Write one of the bible verses that support the word you are thinking .

Spend some time with the bible verses and the words till God speaks to you and you feel the one word that God is putting on your heart. Choose one word and write it here .

My word is _____

Why is God drawing you to this word?

If you embraced and lived this word daily, what could God do in your life and how would 2012 be different for you?

In what ways do you already live/follow this word?

In what ways do you not live/follow this word?

Step 2: AWARENESS AND ELIMINATION

What old patterns or beliefs have kept you from living this word until now?

Step 3: DREAM BIG. KNOW GODS VISION FOR YOU

List at least five goals (big or small) that God is seeking for you this year, based on the word He has put on your heart. Goals should be SMART (Specific, measurable, achievable, realistic and timely). Example: Freedom-I want to lose weight in 2012. SMART goal is: I will lose 30 lbs by 12/31/12.