

## LIVING INTENTIONALLY

New Year, New You, New Do | January 4, 2026 | Dave Geldart | Tru Community Church

### 1. Announcements

- a. Happy New Year!
- b. Equipping Classes:
  - i. **Membership Class** – Jan 25 after church. RSVP now to [info@tru.church](mailto:info@tru.church) or in person to James.
    - 1. Especially for those newer to our church and those looking to be available to help with leadership at our church.
  - ii. **Immanuel Journaling Workshop** – special multi-church equipping opportunity spearheaded by our Lydia Barrett.
    - 1. A simple, powerful way to connect personally with God and hear his voice.
    - 2. Provided free, including pizza and childcare for those who Register.
    - 3. Led by Staci Reisner from Westview (we went to seminary together!)
    - 4. Highly encourage you to register and join us for this timely seminar.

### 2. [1] INTRODUCTION: THE ENERGY OF A NEW YEAR

- a. There is something about a new year that wakes us up. Resets us.
- b. **Many folks do NY resolutions.**
  - i. Start going back to the gym
  - ii. Eating better
  - iii. Stop smoking or drinking
  - iv. Get off social media.
  - v. Clean the house
  - vi. Or just try a new hairdo!
- c. **Even if we're not resolution people, January still carries a sense of new possibility.**
  - i. The calendar flips, the pace slows just enough to reflect, and many of us begin asking honest questions again:
    - 1. **What kind of person am I becoming?**
    - 2. What kind of life am I living?
    - 3. What's something I'd like to change?
    - 4. **What kind of story is God writing through me?**
- d. For some of us, the new year feels hopeful.
  - i. For others, it feels heavy.
  - ii. And for many, it feels familiar — because we've been here before.
    - 1. We've started years with energy that slowly faded.

- 2. We've made changes that didn't last.
- 3. We've promised ourselves, "This time will be different," only to feel disappointed again.
- e. [2] Today we're starting a new sermon series playing on that theme called **"New Year, New You, New Do."**
  - i. And before we go any further, I want to say this clearly:
    - 1. This series is not about hype.
    - 2. **Not about resolutions.**
    - 3. It's not about pressure.
    - 4. It's not about pretending that change is easy.
  - ii. This series is about **intentionality** — small, faithful, grace-filled steps toward the life God is already inviting us into.
    - 1. Not because we think you need to reinvent yourself.
    - 2. **Or resolve to do better.**
    - 3. But because Scripture tells us that God is in the business of renewal — and He invites us to participate in it.
- f. Neither is this series about Christian self-help.
- g. **Self-help says, "Try harder. Do better. Fix yourself."**
  - i. **The gospel says, "God is at work — and He invites your response."**
- h. Self-help focuses on outcomes.
  - i. Spiritual formation focuses on transformation.
- i. **So over the next few weeks, we're going to talk about:**
  - i. Living intentionally
  - ii. Connecting intentionally with God
  - iii. Connecting intentionally with others
  - iv. Taking intentional steps of ministry
  - v. And learning to persevere when growth feels slow or messy
- j. All of it flows from one conviction:
  - i. **God is not looking for perfect people.**
    - 1. **He is forming faithful ones.**

### 3. [3] Today, we're Talking about **LIVING INTENTIONALLY**

- a. Let's begin with a simple truth that often goes unspoken:
  - i. **No one drifts into spiritual maturity.**
- b. You can drift into distraction.
  - i. You can drift into busyness.

- ii. You can drift into apathy
- iii. You can drift into unhealth
  - 1. As my expanding waistline can attest!
- c. But you don't drift into depth with God
  - i. Intentionality is simply choosing not to live on autopilot.
  - ii. And Scripture has a lot to say about that.

#### 4. [4] POINT 1: INTENTIONAL LIVING BEGINS WITH AWARENESS

- a. **Ephesians 5:15–16 (NIV)** “Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.”
- b. Paul doesn't say, “Be careful what you believe.”
  - i. He says, “Be careful how you live.”
- c. Why?
  - i. Because how we live shapes who we become.
- d. Our habits are forming us.
  - i. Our routines are discipling us.
  - ii. Our schedules are shaping our loves.
- e. **And if we don't choose our direction, something else will choose it for us.**
  - i. Ever since the Fall, the drift of human life and culture is away from God and toward things that are counter to his good purposes for us – aka: evil
- f. **ILLUSTRATION: THE Moving Sidewalk LIFE**
  - i. Many of us live life like we're standing on a moving walkway – like those at the airports
  - ii. We didn't choose the direction — we just stepped on.
    - 1. And slowly, quietly, we're being carried somewhere.
  - iii. **Intentional living is stepping off the moving sidewalk and asking:**
    - 1. “Where am I actually going?”
    - 2. “And is that where I'm supposed to go?”
  - iv. Those questions matter deeply — especially so for students and young adults in the room
    - 1. I'm speaking right now those of you navigating school schedules, social media pressures, academic or work stress, or relational drama.
      - a. Intentionality matters even more in seasons like this.
    - 2. Your small choices — who you follow, how you spend your time, whether you pause to pray or reflect — are forming the lens through which you see the world, yourself, and God. They are not minor. They are formative.

- v. This is one of the reasons we start a series like this at the new year.
  - 1. It's a natural landmark, a moment to pause and consider:
  - 2. **Am I heading in the right direction?**
  - 3. Am I cooperating with God's work, or letting the world shape me unconsciously?
- g. **At root, intentionality doesn't mean perfection — it means awareness.**
  - i. It's getting off the moving sidewalk
  - ii. And making sure you're actually heading where you want to go
  - iii. Is it even taking you to the right terminal?
    - 1. No matter how many other people are on the walkway with you
- h. INTENTIONAL LIVING BEGINS WITH AWARENESS OF WHERE YOU ACTUALLY ARE AND WHERE YOU ACTUALLY WANT TO GO

## 5. [5] POINT 2: GOD IS THE ONE WHO MAKES US NEW

- a. Here's where the gospel steadies us.
- b. Intentional living does not mean we have to be the source of transformation.
  - i. In fact, it's quite the opposite
- c. **[6] 2 Corinthians 5:17 (NIV)** "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"
- d. Notice the language.
  - i. **This is not a self-improvement project.**
    - 1. Remodeling one area of our lives
  - ii. This is a **new creation reality**.
- e. And it's God who initiates renewal.
  - i. God sustains renewal.
  - ii. God completes renewal.
- f. This brings us to one of the most important passages for understanding intentionality:

## 6. [7] POINT 3: THE TENSION: GOD WORKS AND WE RESPOND

- a. **Philippians 2:12–13 (NIV):** "Continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose."
- b. Pause here. This verse captures a beautiful tension in the Christian life.
  - i. **God is doing the work** — to give you the desire and the ability to live in alignment with His will — **and yet**, Paul says **we are to work it out**.
    - 1. With fear and trembling

2. Not being AFRAID OF GOD
3. But with sober alertness, realizing that the Living God Himself and his limitless power is actually at work within us!
- c. **Intentional living is not about taking over God's work. It's about cooperating with it.**
  - i. You don't manufacture your renewal, but you actively participate in it.
- d. Think about it like physical therapy after an injury.
  - i. **How many of you have been to PT?**
  - ii. The healing is actually already happening inside your body.
  - iii. But if you don't do the PT, don't practice prescribed exercises and stretches, your recovery will be limited – stunted.
  - iv. Your consistent, small actions cooperate with a process that God is already orchestrating.
- e. This is where hope and responsibility meet.
  - i. **God does the heavy lifting transformation**
    1. That means you don't need to do everything perfectly.
    2. But you **do need to participate.**
  - ii. So, Small, faithful steps matter.
    1. And over time, they compound into real transformation.
- f. **This helps explain why many sincere Christians feel spiritually stuck.**
  - i. They love God.
  - ii. They attend church.
  - iii. They believe the right things.
  - iv. But their *patterns of actual living* haven't changed.
    1. **[8] Romans 12:2: Do not conform to the pattern of this world, but be transformed by the renewing of your mind.**
  - v. These people haven't slowed down long enough to let God renew how they think, respond, and choose to live.
    1. And instead are still on the mindless moving sidewalk of our world, even as Christians
  - vi. And here's the key insight:
    1. **Change doesn't happen just because time passes.**
    2. **Change happens when we respond to God intentionally over time!**

## **7. [9] POINT 4: INTENTIONALITY IS A GRACE-BASED RESPONSE, NOT A PERFORMANCE**

- a. Some of us hear words like "intentional," "practice," or "discipline," and we tense up.
  - i. We're afraid this is about earning God's approval.

- ii. Or proving we're serious enough.
- iii. Or trying desperately to fix ourselves so God will be pleased.

**b. [10] But Paul grounds everything in Romans 12:1 with one phrase:**

**i. "In view of God's mercy,**

- ii. Everything that follows is a response, not a requirement.

**1. ...offer your bodies as a living sacrifice...**

- iii. We don't offer ourselves to God so He will love us.

**1. We offer ourselves because He already does.**

**c. Intentionality is not about striving, It's about surrender.**

- d. It's saying, "God, I trust You enough to cooperate with what You're already doing in me."

**8. So the question becomes very practical:**

**a. "What does intentional living actually look like?"**

- i. Not in theory.
- ii. Not in a book.
- iii. But in real, everyday life.

- b. I want to offer one central practice that has been meaningful for many in our church — not as a rule, but as an invitation:

**9. [11] WOTY: THE WORD OF THE YEAR AS A PRACTICE OF ATTENTIVENESS**

- a. One of the ways we've encouraged intentional living is through something called a **Word of the Year**.

- i. An area of spiritual growth that God is inviting you grow in this year

- b. Let me be clear about what this is — and what it isn't.

- i. A Word of the Year is not:

- 1. A resolution
- 2. A slogan
- 3. A personality label
- 4. A limitation
- 5. A magic word that guarantees results

- c. A Word of the Year is simply a **prayerful way of paying attention** and trying to intentionally join God in what he's up to in your life.

- i. It's asking: "God, what is one area where You want to grow me this year?"

- d. Instead of trying to change everything at once, we choose to focus on one word that becomes a lens for listening, praying, noticing God's work, and responding with faithful steps of obedience.

## 10.[12] 2025 WOTYS

- a. Over the past year, many of you prayerfully chose a Word of the Year, most of them reflected in **this WOTY word cloud**.
- b. As I look at this list, sense the themes, I don't see a people chasing hype or trying to prove something. I see a people longing to be formed, healed, present, and faithful.
  - i. A people wanting to move from passive Christianity to engagement with God's work in our world
  - ii. To experience God, not just know ABOUT him
  - iii. To become WHOLE, not just useful
  - iv. And to love others well without losing ourselves.
- c. And I can confidently say God HAS been at work among us!

## 11.TESTIMONIES

### a. MY STORY 2025 WOTY – DO.

- i. Not like I need to DO more for God. But that he's wanting to help me step through my fears and anxieties into trust in Him, BY taking concrete steps of action.
  - 1. Much of my anxiety comes from a paralyzing overthinking
  - 2. Rooted in an attempt to control by my own efforts and skills
- ii. I sensed God inviting me to intentionally step out of that cycle this last year.
  - 1. And there were many times over the past 12 months when I recognized the cycle of overthinking inaction was occurring, and intentionally chose to DO – trust God BY doing my best, stepping forward in action, and trusting that God would do good with whatever happened.
    - a. As an act of worship, and spiritual discipline
  - 2. I've noticed a difference. And I think it's already helping me become a healthier person and a better leader.

### b. OPEN SHARING:

- i. **Planned plant: Chuck Cuchy (end by 1057)**

## 12.(CORPORATE WOTYS)

### a. Our Church also does a corporate WOTY

#### i. [13] 2025 = MULTIPLY

- 1. Was the perfect VISION word for us
- 2. A view of where God is leading us.
- 3. Even though it's not yet a fully embodied reality

4. Like God was saying “This is where I’m taking you—now let Me prepare you for it.”
5. **God’s been laying the groundwork for his future work this year**
  - a. Leading us to formation before fruit
  - b. Faithfulness before fruitfulness
  - c. And presence before productivity
6. **And sometimes we hear that word and think numbers, programs, or results.** But Scripture reminds us that **multiplication always begins underground and is rarely instantaneous.** It comes after:
  - a. Small seeds planted
  - b. Hidden growth
  - c. Deep rooting
  - d. Faithful obedience in small things
7. **All our individual 2025 WOTYs pointed to God’s work over the last year to help shift us from external metrics to internal formation**
  - a. God was also gently **detoxing us from hurry, performance, and pressure**
  - b. And God was **softening our hearts for relational mission**
  - c. —and that tells me God has been quietly preparing us this last year for what He’s planning next.

ii. **2026 = As I look ahead to this next year, the word that keeps coming to the surface for our church is**

**1. [14] RIPPLE (largely spurred by Brian’s sermon last Sun)**

2. Ripples start small
  - a. Ripples move outward
3. Ripples don’t control the outcome
  - a. Ripples trust the water, and move with the contours of their environment

iii. **We are not responsible for how far the ripple goes.**

**1. We are responsible for the faithfulness that starts it.**

**iv. [15] Matthew 13:31–33 — The Mustard Seed**

1. “The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants...”



2. Likewise a ripple always begins small. The kingdom rarely announces itself with splashy beginnings—but it quietly spreads out and reshapes everything it touches.

**v. [16] Acts 1:8 — Witness That Moves Outward**

1. “You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, in Judea and Samaria, and to the ends of the earth.”
2. **The work is powered by God’s Spirit!**
3. The Spirit’s work never stops with us.
4. **It always moves outward**—into families, friendships, neighborhoods, and eventually far beyond what we can see.

**vi. RIPPLE is not primarily about doing more—**

1. it’s about trusting that small, faithful acts of obedience, empowered by the Spirit, have a reach far beyond what we can see.

**vii. 2025: MULTIPLY — God set the direction.**

1. A deeper and more powerful vision of Growth that God’s got planned for us

**viii. 2026: RIPPLE — We live it out faithfully, one life at a time.**

1. One step of trusting obedience at a time.

**b. This year, you don’t need to change everything. You don’t need to be perfect.** You don’t even need to know how God will use your life.

**i. You just need to pay attention and say yes to God.**

1. Just ask: ‘**Lord, where might You be inviting me to create a ripple of faithfulness this year?**’

**ii. My prayer for 2026 is not primarily that we would make a big splash—but that we would be faithful enough to jump in, and trust God with the ripples.**

1. The small, everyday moments in our lives that God is inviting us to step into.
  - a. His power
  - b. Our obedience
2. And watch what God does as the ripples go far beyond what we could have asked or imagined.

**13.[17] APPLYING WOTY: PRACTICAL STEPS**

**a. [18] Prayerfully Choose a WOTY**

- i. Ask: “God, what is one area of spiritual growth You want to emphasize in me this year?”
- ii. If you’re brave, ask those closest to you (they’ll tell you!)

**b. [19] Fill Out the WOTY Worksheet**

- i. **Extra Credit: BHAGG: Big Hairy Audacious God-sized Goal in line w/ your WOTY**
  - 1. Something that you have some control/agency in, but if it happens, you know God was involved

**c. [20] Pay Attention: Notice Moments to Practice**

- i. Throughout your week, let the word act as a lens.
- ii. For example, if your word is *Faithful*, notice opportunities to follow through on commitments, pray consistently, or serve intentionally.

**d. [21] Share Your WOTY**

- i. Tell a LIFE Group member, friend, spouse, or mentor.
  - ii. Encourage one another in noticing God’s work.
  - iii. Share your word with us! – QR/ Link online for the Word Cloud
    - 1. Get prayed for.
    - 2. Let us celebrate together as God moves in our midst
- e. All these resources, including the WOTY worksheet, are available on our website at [tru.church](http://tru.church), under Resources.*

**14.[22] FINAL INVITATION: A YEAR OF LIVING INTENTIONALLY**

- a. So as we begin this year, and this new sermon series, I don’t want to overwhelm you with pressure to do or be something great.
- b. I want to invite you.
  - i. To pause.
  - ii. To listen.
  - iii. To ask God one honest question:
    - 1. **“God, what do You want to grow in me this year?”**
- c. Maybe your only step this week is praying that question.
- d. Maybe it’s choosing a Word of the Year.
- e. Maybe it’s simply believing that God hasn’t given up on you.
  - i. That’s enough.
  - ii. Because God is the one who makes all things new.
- f. **All of this is predicated on the Good News** that God is not asking us to do better, but instead to trust HIM to do for us what we could never do for ourselves

- i. The Gospel – Good News of the Bible – is that God came to save us through Jesus, who lived a perfect life, and died for our sins, so that we could be given eternal life the starts now
- ii. Reunited with our Heavenly father through his Spirit
  - 1. That is at work within us
- g. If you’ve not placed the trust of your life in Jesus, that’s your first step.**
  - i. Even now in your own heart and mind, tell him that you’re ready to abandon your own self-improvement project
    - 1. And accept the free gift of forgiveness and eternal life offered by Jesus
    - 2. Come talk to me

## **15.CLOSING PRAYER**

**NEW YEAR.**





**NEW YEAR.**

**NEW YOU.**

**NEW DO.**





**NEW YEAR.**

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**NEW DO.**

**LIVING  
INTENTIONALLY**



# INTENTIONAL LIVING BEGINS WITH AWARENESS

“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.”

**Ephesians 5:15–16**



**GOD IS THE ONE WHO MAKES US NEW**





# GOD IS THE ONE WHO MAKES US NEW

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

**2 Corinthians 5:17**

# **GOD WORKS AND WE RESPOND**

“Continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.”

**Philippians 2:12-13**

# **GOD WORKS AND WE RESPOND**

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

**Romans 12:2**



# A GRACE BASED RESPONSE

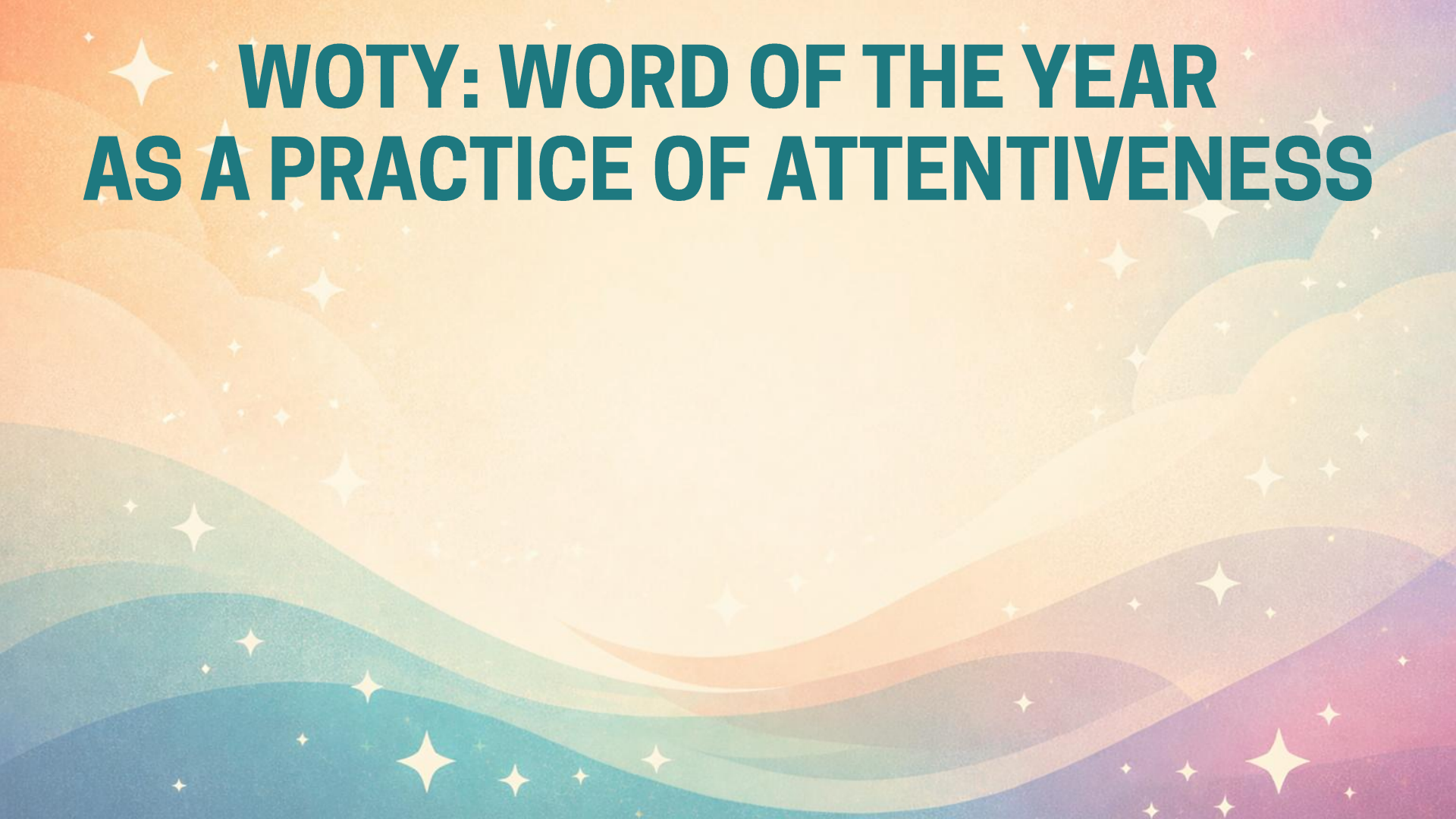


# A GRACE BASED RESPONSE

Therefore, I urge you, brothers and sisters,  
**in view of God's mercy**, to offer your bodies as a living  
sacrifice, holy and pleasing to God—this is your  
true and proper worship.

**Romans 12:1**

# **WOTY: WORD OF THE YEAR AS A PRACTICE OF ATTENTIVENESS**





# WOTY: WORD OF THE YEAR AS A PRACTICE OF ATTENTIVENESS

TRU'S 2025 WOTYS



A word cloud featuring various terms related to spirituality and mindfulness. The word 'intentional' is the largest and most prominent, located at the bottom center in a dark red font. Other large words include 'discipline' (yellow), 'engage' (red), 'courageous-kindness' (yellow), 'flourish' (blue), 'balance' (blue), 'flow' (yellow), 'building' (blue), 'perseverance' (yellow), 'confidence' (dark purple), 'contentment' (yellow), 'grace' (blue), 'obedience' (blue), 'listen' (blue), 'healing' (blue), 'love' (blue), 'obscure' (yellow), 'reach' (blue), 'presence' (dark purple), 'equip' (dark purple), 'faith' (pink), 'servant' (red), 'xenacious' (yellow), 'unhurried' (blue), and 'growth' (blue, written vertically). The words are arranged in a circular pattern around the central 'intentional' word.

love  
obscure  
reach  
discipline  
engage  
courageous-kindness  
flourish  
balance  
presence  
equip  
faith  
servant  
xenacious  
unhurried  
growth  
flow  
building  
perseverance  
confidence  
contentment  
grace  
intentional  
present  
obedience  
listen  
healing

The background of the slide features a series of overlapping, wavy bands in a rainbow color palette, transitioning from warm oranges and yellows at the top to cooler blues and purples at the bottom. Scattered throughout this background are numerous white, four-pointed stars of varying sizes, creating a dreamy, celestial atmosphere.

# **WOTY: WORD OF THE YEAR AS A PRACTICE OF ATTENTIVENESS**

**TRU'S 2025 WOTY: MULTIPLY**



# WOTY: WORD OF THE YEAR AS A PRACTICE OF ATTENTIVENESS

TRU'S 2025 WOTY: MULTIPLY

TRU'S 2026 WOTY: **RIPPLE**

# WOTY: WORD OF THE YEAR AS A PRACTICE OF ATTENTIVENESS

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“The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants...” **Matthew 13:31-33**

# WOTY: WORD OF THE YEAR AS A PRACTICE OF ATTENTIVENESS

TRU'S 2025 WOTY: MULTIPLY

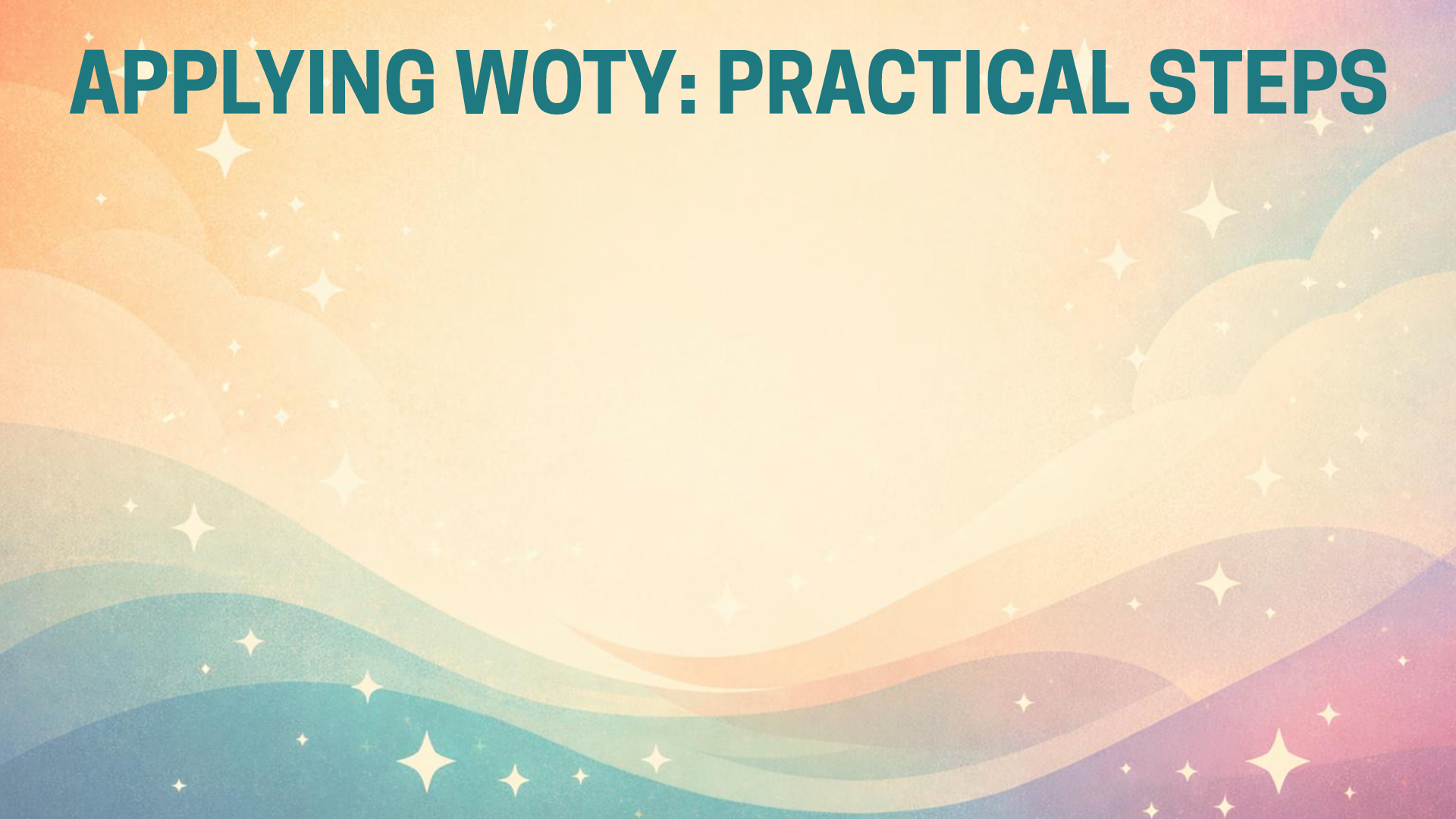
TRU'S 2026 WOTY: **RIPPLE**

“You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, in Judea and Samaria, and to the ends of the earth.”

**Acts 1:8**



# APPLYING WOTY: PRACTICAL STEPS




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Prayerfully choose a WOTY.

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Prayerfully choose a WOTY.  
Fill out a WOTY Worksheet.

**WORD OF THE YEAR WORKSHEET** 

Year: \_\_\_\_\_

What's your growth word?

Why are you choosing this word?

What's a helpful Bible verse?

Who's cheering you on this year?

Identify specific next steps of growth in each of the areas below related to your WOTY:

<b>KNOWLEDGE</b> – What do you need to know? Book or resource.
<b>CHARACTER</b> – How does your heart need to change?
<b>SKILLS</b> – What do you need to learn how to do?
<b>VISION</b> – What might growth look like in this area?

\*What's a BHAGG (Big, Haiky, Audacious, God-sized Goal) related to your WOTY?

123 A-Z			IDEAS
1. Abundance	42. Forgiveness	83. Play	
2. Adventure	43. Free	84. Power	
3. Authentic	44. Friendship	85. Prayer	
4. Available	45. Fulfilled	86. Providence	
5. Aware	46. Generous	87. Progress	
6. Balance	47. Gentle	88. Quiescence	
7. Become	48. Glow	89. Radiant	
8. Bless	49. Giving	90. Road	
9. Bold	50. Grace	91. Reconstructing	
10. Boundaries	51. Gratitude	92. Recovery	
11. Breathe	52. Grounded	93. Relationships	
12. Bright	53. Healthy	94. Relax	
13. Calm	54. Healing	95. Release	
14. Celebrate	55. Holistic	96. Rest	
15. Centered	56. Honesty	97. Resolute	
16. Challenge	57. Hope	98. Risk	
17. Change	58. Humility	99. Self-Care	
18. Commitment	59. Integrity	100. Self-Control	
19. Community	60. Intentional	101. Sensitivity	
20. Compassion	61. Indiscreet	102. Serve	
21. Confidence	62. Intuition	103. Simplicity	
22. Connection	63. Journey	104. Slow	
23. Creativity	64. Joy	105. Smile	
24. Cultivate	65. Kindness	106. Space	
25. Daring	66. Learn	107. Spirit	
26. Dedicated	67. Listen	108. Strong	
27. Delight	68. Love	109. Study	
28. Devotion	69. Magnify	110. Teach	
29. Discipleship	70. Meek	111. Thrive	
30. Discipline	71. Mindful	112. Trust	
31. Distance	72. Mission	113. Truth	
32. Dream	73. Movement	114. Uncertainty	
33. Embrace	74. Neighboring	115. Unity	
34. Emerge	75. Nourish	116. Vision	
35. Emotions	76. Nurture	117. Volunteer	
36. Empower	77. Outgoing	118. Vulnerability	
37. Equipping	78. Passion	119. Wholehearted	
38. Express	79. Pause	120. Worship	
39. Faith	80. Peace	121. Xenos	
40. Feast	81. Permission	122. Yes	
41. Focus	82. Persistence	123. Zeal	



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Fill out a WOTY Worksheet.

Pay attention: notice moments to practice.

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Share your WOTY.





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Year: \_\_\_\_\_

What's your growth word?

Why are you choosing this word?

What's a helpful Bible verse?

Who's cheering you on this year?

Identify specific next steps of growth in each of the areas below related to your WOTY:

**KNOWLEDGE** – *What do you need to know? Book or resource.*

**CHARACTER** – *How does your heart need to change?*

**SKILLS** – *What do you need to learn how to do?*

**VISION** – *What might growth look like in this area?*

\*What's a BHAGG (Big, Hairy, Audacious, God-sized Goal) related to your WOTY?

# 123 A-Z IDEAS

- |                  |                 |                    |
|------------------|-----------------|--------------------|
| 1. Abundance     | 42. Forgiveness | 83. Play           |
| 2. Adventure     | 43. Free        | 84. Power          |
| 3. Authentic     | 44. Friendship  | 85. Prayer         |
| 4. Available     | 45. Fulfilled   | 86. Presence       |
| 5. Aware         | 46. Generous    | 87. Progress       |
| 6. Balance       | 47. Gentle      | 88. Quiescence     |
| 7. Become        | 48. Glow        | 89. Radiant        |
| 8. Bless         | 49. Giving      | 90. Read           |
| 9. Bold          | 50. Grace       | 91. Reconstructing |
| 10. Boundaries   | 51. Gratitude   | 92. Recovery       |
| 11. Breathe      | 52. Grounded    | 93. Relationships  |
| 12. Bright       | 53. Healthy     | 94. Relax          |
| 13. Calm         | 54. Healing     | 95. Release        |
| 14. Celebrate    | 55. Holistic    | 96. Rest           |
| 15. Centered     | 56. Honesty     | 97. Resolute       |
| 16. Challenge    | 57. Hope        | 98. Risk           |
| 17. Change       | 58. Humility    | 99. Self-Care      |
| 18. Commitment   | 59. Integrity   | 100. Self-Control  |
| 19. Community    | 60. Intentional | 101. Sensitivity   |
| 20. Compassion   | 61. Intimacy    | 102. Serve         |
| 21. Confidence   | 62. Intuition   | 103. Simplicity    |
| 22. Connection   | 63. Journey     | 104. Slow          |
| 23. Creativity   | 64. Joy         | 105. Smile         |
| 24. Cultivate    | 65. Kindness    | 106. Space         |
| 25. Daring       | 66. Learn       | 107. Spirit        |
| 26. Dedicated    | 67. Listen      | 108. Strong        |
| 27. Delight      | 68. Love        | 109. Study         |
| 28. Devotion     | 69. Magnify     | 110. Teach         |
| 29. Discipleship | 70. Meek        | 111. Thrive        |
| 30. Discipline   | 71. Mindful     | 112. Trust         |
| 31. Distance     | 72. Mission     | 113. Truth         |
| 32. Dream        | 73. Movement    | 114. Uncertainty   |
| 33. Embrace      | 74. Neighboring | 115. Unity         |
| 34. Emerge       | 75. Nourish     | 116. Vision        |
| 35. Emotions     | 76. Nurture     | 117. Volunteer     |
| 36. Empower      | 77. Outgoing    | 118. Vulnerability |
| 37. Equipping    | 78. Passion     | 119. Wholehearted  |
| 38. Express      | 79. Pause       | 120. Worship       |
| 39. Faith        | 80. Peace       | 121. Xenos         |
| 40. Feast        | 81. Permission  | 122. Yes           |
| 41. Focus        | 82. Persistence | 123. Zeal          |

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