

with a message from Dan Britton
Co-Author of One Word That Will Change Your Life

Word of the Year

Workbook

52 prompts to help you
live this year with purpose

Michelle Moore

Faithful Home
Bible Studies

Word of the Year Workbook
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Special Message from Dan Britton
Co-Author of *One Word That Will Change Your Life*

*"Teach us to number our days carefully,
so that we may develop wisdom in our hearts."
Psalm 90:12*

In 1999, I discovered something that changed everything about how I approach a new year. Instead of chasing willpower and complex resolutions, I found a simpler, more powerful path: One Word. One driving force. One theme for the entire year. That's it. No elaborate goal lists. No broken promises by February. Just One Word.

Here's what I learned: the secret to real, lasting life-change isn't found in our strength or self-discipline—it's found in surrender and simplicity. It's not rooted in temporary motivation or the latest inspiring pep talk. It's rooted in narrowing our focus dramatically, because less truly is best. Simplicity created clarity, power, and real passion. One Word became sticky. Memorable. Life-changing. I've never forgotten my words.

Words like *Build, Grace, Wisdom, Serving, and Ready* have shaped and molded me in remarkable and sometimes unexpected ways. By embracing a single word for 365 days, my entire perspective shifted. Instead of drowning under the weight of unrealistic resolutions and unmet goals, One Word gave me renewed mission and meaning. It freed me. It gave me focus. It gave me direction.

But here's the catch: the power only comes through living it. Every single day for the entire year. Putting your word into action. Keeping it front and center. That's where real transformation happens.

That's exactly why Michelle Moore created this workbook. You're holding a powerful, practical resource designed to keep you focused and intentional. The *Word of the Year Workbook* provides weekly prompts and guided reflection to ensure your word stays alive and active throughout the year. It's your companion on this journey.

Time to dig in. See how God will transform you into who you were created to be.

Enjoy the journey,

Dan Britton

Introduction

Several years ago, a friend shared with me the idea of choosing a word for the year. I have never been good at New Year's Resolutions. Oh, I could make quite the list and would have quite the aspirations. Then life would happen, and my beautiful schedule that included all of my do's and don'ts would get all discombobulated. Ultimately, I would feel like a failure for not being able to keep all of my resolutions.

This new idea intrigued me, but I was also hesitant. It seemed too slow to choose just one thing to focus on each year. I like to move faster than this idea seemed to move. Eventually, I decided to try it, and found that a prayerfully chosen word does not just change what you do, it changes who you become. Over time, I found that the words I was choosing were shaping my thoughts, my decisions, and my relationship with God.

The first year, I chose the phrase "*run your race*" (Hebrews 12:1). It was a couple of years after our son died, and I couldn't stop comparing my life to the lives of those around me. Thanksgiving had just ended, and my social media feed was full of pictures of intact families. Christmas was coming, and I knew there would be more pictures to follow. My family felt so broken and lost. That year, God gently reminded me to run my race, not someone else's. As I focused on that truth, I found myself drawing closer to Him and learning, more deeply than ever, that He is always with us and always provides everything we need.

Another year, I chose the word "*courage*" (Joshua 1:9). I am afraid of just about everything. I wanted to stop living in fear and instead walk in courage. While I am still not brave enough to go bungee jumping or skydiving, I did ride roller coasters in the dark! That's a win!

Then came "open my eyes" (Psalm 119:18). I felt like I was missing out on some of the blessings that God was lavishing on me. I wanted to see all of the blessings and

all of the opportunities that He gave me. That year, I made it my mission to look for both. I discovered that the saying is true: we do find what we are looking for.

Then, a couple of years ago, I was telling a friend about how much I enjoyed choosing a word of the year, and he gifted me the book *One Word* written by Jon Gordon, Jimmy Page, and Dan Britton. Not only did I learn more about this idea of choosing one word, I was also introduced to the idea of developing a *stretch team* - a small circle of friends, family, or colleagues, who each share their word and hold one another accountable. That year, I invited a small group of people to be a part of my stretch team. One of the ways that we stayed connected was through weekly prompts. Those weekly prompts eventually became this workbook.

Although, when I first started, I thought one word for the whole year felt too slow, over time, I have learned to embrace the wisdom of the Latin phrase *Festina Lente* meaning "Make Haste Slowly." It is the idea of making progress with purpose and intentionality. That's exactly what this workbook is designed to help you do. Every day, you will take small steps toward growth and toward the person God is shaping you to be. By the end of the year, you will be surprised by how those small daily choices have made a big impact.

Every word that I have chosen continues to influence my life and my walk with the Lord long after the year on the calendar changes. My prayer is that your word will do the same for you. As you move week by week through scripture, reflection, creative prompts, and practical steps, I am praying that you will draw closer to God and discover the beautiful ways that He is at work in your life.

How to Use This Workbook

This workbook is designed to help you grow spiritually, mentally, emotionally, creatively, and even physically by exploring your word from every angle. Think of it as a guide to help you live out the word the Lord has placed on your heart with purpose and joy.

What to expect:

- 52 weekly prompts, divided into 4 quarters, with a reflection at the end of each quarter
- A blend of Bible study, journaling, art, and outreach activities
- Reflection questions to help you pause, check in, and celebrate your growth

Each week's prompt includes:

- A question or activity to guide your focus
- A space for journaling and personal reflection
- Scripture or devotional guidance
- Ideas for real-life application

How to begin each week:

- Start with prayer: surrender yourself and your life in prayer to the Lord
- Read the prompt thoughtfully
- Complete the activity—feel free to adapt or skip around
- Write your insights in the workbook pages provided
- End with prayer and praise to the Lord for how He is working in you

Staying on track:

Remember: this journey isn't about perfection. If you miss a week, skip an activity, or wish that you had responded differently to an opportunity, give yourself grace and move forward! Progress, not perfection, is the goal. We are striving for excellence through consistency, not rigidity.

Instead of our words sitting in the back corners of our minds and collecting dust all year, this workbook will keep it front and center—woven into our prayers, our habits, and our daily life—as we pursue a year filled with growth, grace, and transformation.

Tips for Success

1. Choose a consistent time each week.

Set aside a regular time to work through your weekly prompt. Creating a rhythm helps you stay focused, grounded, and intentional. Even if your week gets busy, this small act of commitment will keep your word, and God's work in you, at the forefront of your mind.

2. Stay rooted in scripture.

God's Word is one of the greatest gifts we have been given. It is the ultimate guidebook for every situation we face and our ultimate source of truth, wisdom, and encouragement. It isn't just ancient wisdom; it is filled with all the tools that we need to tackle life head-on. God's word is better than any self-help book and offers a lifetime of support.

3. Stay curious.

Keep your heart open to all that God wants to teach you. Be willing to notice how He uses your word to stretch you, surprise you, and reveal new things about Himself to you. Whether these lessons come quietly in everyday moments or in unexpected ways, stay watchful and curious!

4. Build a team.

Growth happens best in community. Create your own stretch team and find ways to share your insights, struggles, and victories weekly! Encouraging one another will help you stay accountable and inspired along the way.



Quarter 1

Laying the Foundation

Week 1 - Define Your Why

"Commit to the Lord whatever you do, and He will establish your plans." Proverbs 16:3

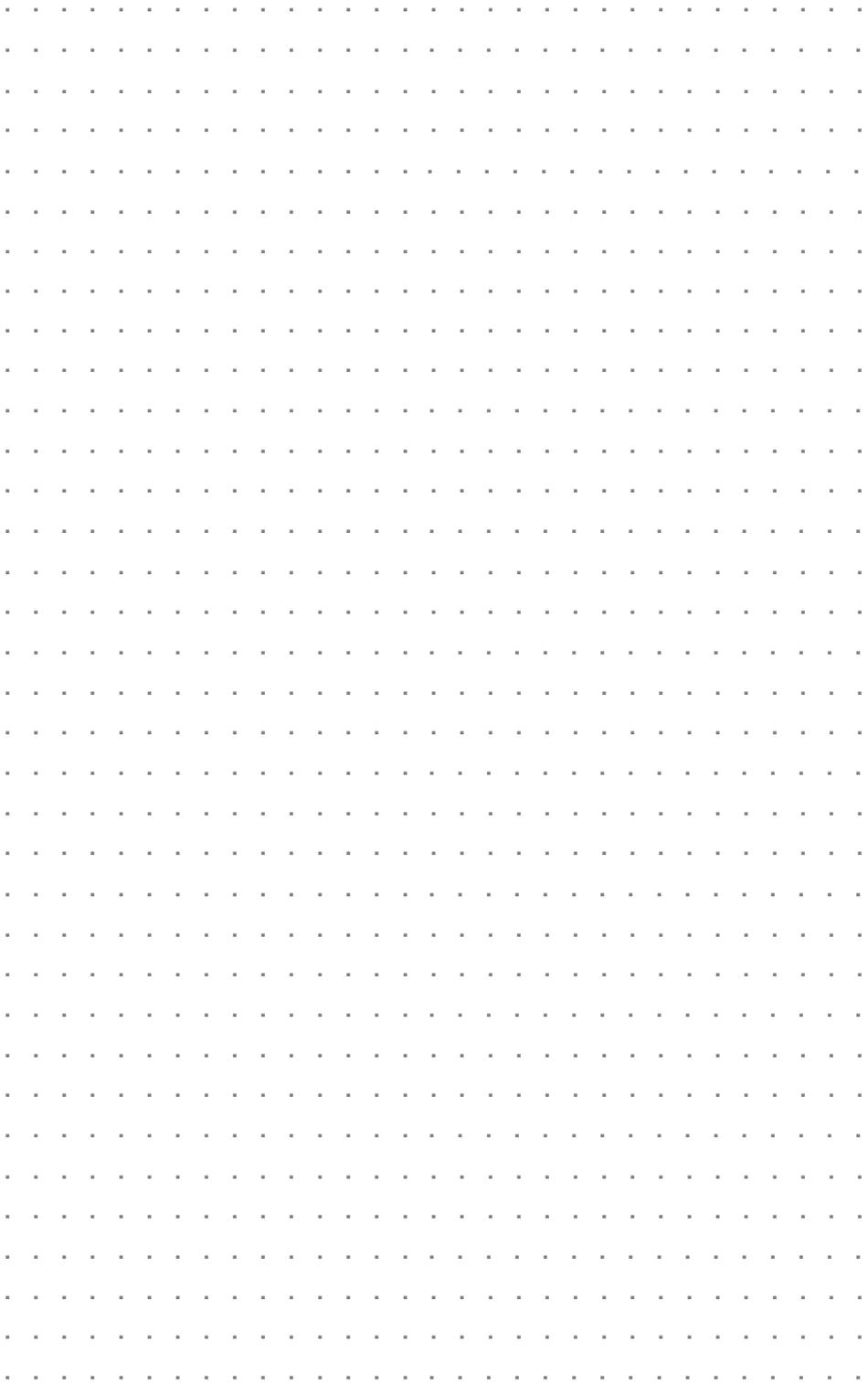
Anytime we set a goal for ourselves, we must have a good reason, a compelling why. Your why is what gives you the discipline to take action when you are lacking motivation. While discipline is consistent because it is based in self-control and commitment, motivation is fleeting and temporary. A clear and prayerful *why* becomes the steady anchor that keeps you rooted in purpose when motivation fades.

Ask the Lord why He placed this word on your heart. Understanding why He led you to this word will help you define your compelling *why*. It will strengthen your resolve, sharpen your focus, and allow you to better recognize and respond to the opportunities that He places in your path this year.

On the following page, write your word as a heading and explain your compelling why. Then, list the specific goals—spiritual, mental, and physical—that you would like to pursue this year through the lens of your word. The time you spend this week identifying your compelling why is designed to help you begin the year with intention, letting God shape your heart as you embrace your word.

Reflection:

- How do I want to grow in this area?
- In what ways will focusing on this word guide my growth?
- How do I see God using my word to shape me this year?



Weekly Reflection Questions

How have you been challenged to apply your word this week?

How have you been blessed by applying your word this week?

What opportunities have you missed to apply your word this week?

What would you like to do differently next week?

Journal Page

Week 2 - Anchored in Scripture

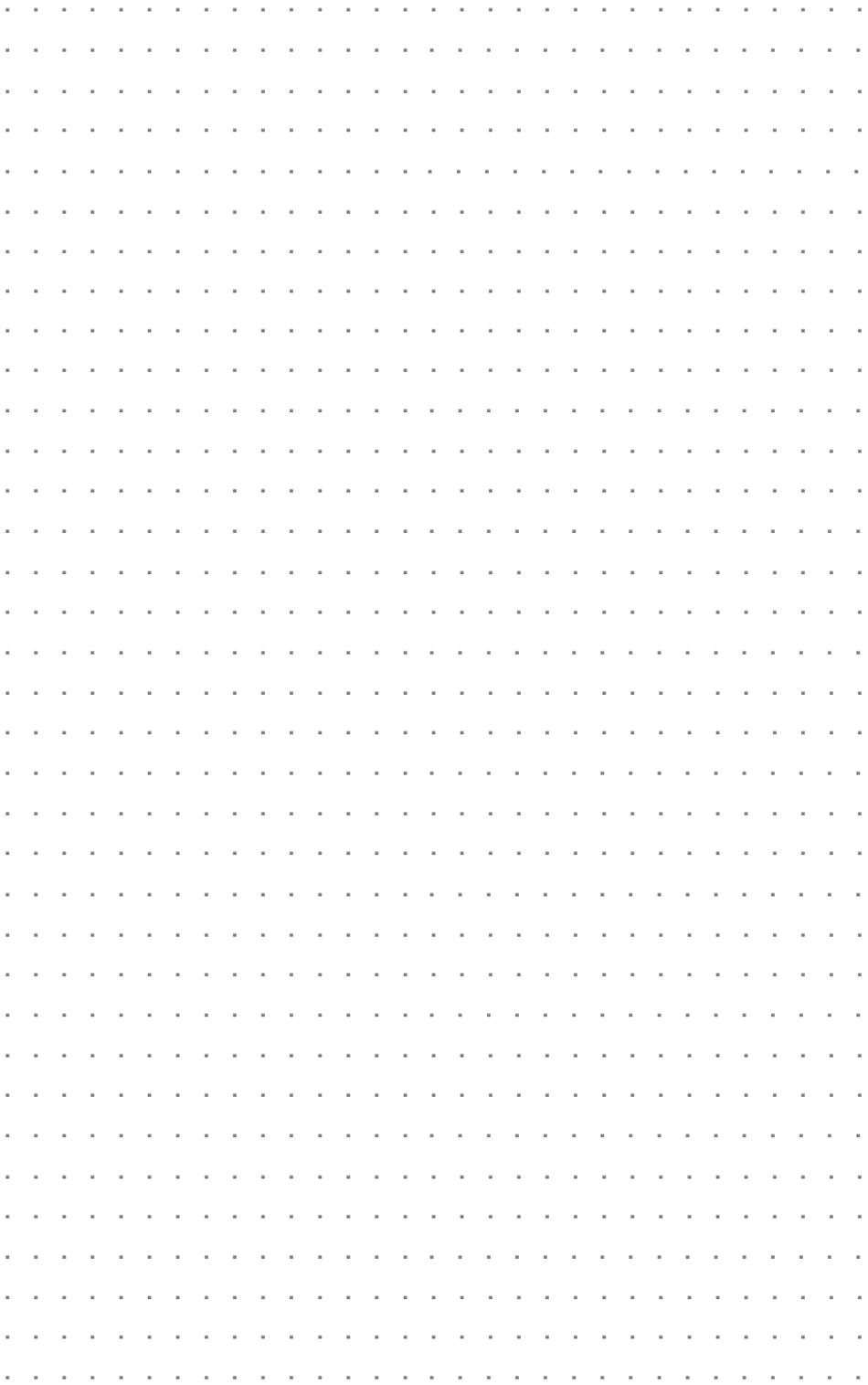
God's Word is powerful! It teaches us, comforts us, and strengthens us for moments that we may face in the future. Many prisoners of war have shared that one of the ways they endured hardship was by reciting passages of scripture that they had memorized as a child. Those words, tucked away into their hearts so long ago, brought them courage, peace, and hope when they needed it most.

This week, spend intentional time digging through God's word searching for verses that connect to your word of the year. Use the concordance in your Bible or an online Bible search tool to help you find passages that speak to your word.

As you read, write each verse in your workbook and reflect on what God is telling you through these verses::

- What truth or encouragement is He offering?
- What tools or promises is He giving you?
- How can you apply these verses throughout the year?

After you have gathered several passages, choose the verse that resonates most deeply with you to be your verse for the year. Memorize it and write it on sticky notes to place in visible areas, such as your mirror, in your car, on your desk at work, or on the kitchen window, so that you will be reminded of it daily. May your verse anchor your word to your heart and give you courage and purpose throughout the year.



Weekly Reflection Questions

How have you been challenged to apply your word this week?

How have you been blessed by applying your word this week?

What opportunities have you missed to apply your word this week?

What would you like to do differently next week?

Journal Page

Week 3 - Your Word's Roots

Your word for the year is an invitation from God. Like a gem, it is multifaceted and filled with many layers of meaning, each one reflecting His truth and revealing something new.

Turn to the next page and write your word boldly in the center. Then, begin to explore its many layers by creating a word map. Draw arrows from your word to your reflections as you respond to the following prompts:

- Define it: What does it mean to you personally and biblically?
- Origin: Where does the word come from? What is its root meaning in English, Greek, or Hebrew?
- What are some synonyms and antonyms? What nuances do they add?
- What does it look like to practice this word in your daily life?
- Why is this word important for a follower of Christ?
- What memories or experiences come to mind when you think of this word?
- Include the verse that you have chosen to anchor your word for the year.

Approach your word with curiosity instead of approaching it like an academic pursuit. Explore what God is unfolding in your heart this year. What other ideas would you like to add to this list? Be creative. Invite a friend over and work on your word studies together. The goal is to learn as much as you can about your word as you strive to embody it this year.