

# THE NEST

A CCS Resource for Discipleship in the Home

## One Word.

THE POWER OF ONE WORD.

Ever attempt to start a fire using a magnifying glass and the power of the sun? One of the most important things to do when attempting this is to keep that magnifying glass as still as possible. Every movement redirects the focus of the magnifying glass and it loses its potency. The same is true when it comes to goal setting, clarity, and our potential to reach our goals.

In my experience, most people find themselves either having no goals whatsoever or, on the other hand, far too many!

As we turn the page on 2023, 87 percent of adults - some 206 million people (at least in America) - create new goals and resolutions. However, 50 percent of resolution makers will fail by end of January! The reality is that in the quiet of Christmas we might consider a few things that we want to be different but within about 15-20 days of January, we realize the gym membership has never been used, we've never read past the introduction in the book, and we've skipped on the family movie night we said we'd start.

*“Busyness is a disease that’s robbing us of life. It brings on stress and exhaustion, and it weights our hearts with anxiety so that we become numb and calloused to the most important things in life. Busyness throws us into survival mode and leaves us no time for mission and meaning.”*



## In A Glance:

87 percent of adults will set goals or resolutions for the next year.

50% of us will give up on those goals by the end of January.

We will not drift to significant destinations.

Take time to evaluate your default future: *if nothing changes in the next 365 days, what will be true?*

Consider these six areas:

1. Spiritual impact
2. Physical impact
3. Emotional impact
4. Relational impact
5. Mental impact
6. Financial impact

What is most important right now?

The power of one word is that it provides a thematic unity to your focus throughout the year. It takes a little bit of effort and reflection as you work through the different spheres of life but when you land on the word, it truly does *magnify* the focus and intentionality that you can bring to growth and development.



There are six spheres for us to consider:

1. Spiritual impact
2. Physical impact
3. Emotional impact
4. Relational impact
5. Mental impact
6. Financial impact

The first question I always like to ask in each category is simply this: *if nothing changes, what is my default future?* That is, if we simply hit repeat on what we've done for the last 365 days, what will be true? Part of the challenge is we don't see our short term actions connected to long term results.

The next thing to identify is what Patrick Lencioni calls, "The Rally Cry" - that is simply, what is the most important thing *right now*. This is where we move from thinking about all the possible goals and ideas that we have in each of these spheres and beginning to identify what is the most important thing that you can experience in each sphere. As you spend time reflecting about your most important priority in each sphere, write each one on an individual sticky note or sketch them all out in a mind map and begin to see what emerges:



This is an incredible exercise to do together as a family. Consider how you might be able to come up with *one word* that will help you stay focused and call one another to a year of consistent growth. Reminding one another and holding each other accountable could be as easy to as just saying the word! You can also get creative and put a reminder up for your word on the bathroom mirrors, your entrance, or any place really where you're going to see it frequently.

Some of my words from previous years: PREPARED, EMERGE, DISCIPLINE, NOW, MARGIN.

Remember, clarity leads to power. I trust that as you get a focus for 2024 that you will be able to zero in on that and see consistent growth in your life and home. Blessings in 2024!

## Resource for the shelf:

