

Finding Mental, Spiritual Victory in 2025: 2 Strategic Steps

As we embark on 2025, many of us are busy writing goals, casting visions and thinking of things we'd like to achieve throughout the year. The start of the year is frequently a time filled with hope and anticipation as we set our sights on the year ahead.

For my husband and me, the beginning of the year is a time we pray and cast visions for both our personal and our professional goals. Proverbs 29:18a (MEV) says: "Where there is no vision, the people perish."

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Ever since he and I started dating, it's been our tradition to create a list of goals for the new year. However, as we work to create our vision, we try to keep Proverbs 16:9 (ESV) at the forefront of our hearts and minds: "The heart of man plans his way, but the Lord establishes his steps." This verse reminds us that while we can plan and dream, God ultimately determines the course of our lives.

With that in mind, I want to share two key steps to position yourself for victory in 2025, both mentally and spiritually. These strategies will save you a great deal of frustration by helping you align your plans with God's purposes and preparing for whatever the new year brings.

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Step 1: Adopt a Posture of Humility

Humility is foundational to spiritual victory. But allow me to clarify: Humility is *not* the same as insecurity. Insecurity focuses on our own inadequacies, while humility focuses on God's sufficiency.

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