

Here's My Word for 2019; What's Yours?

Do you make new year's resolutions? I used to. But I was as successful as 80 percent of Americans who, according to *U.S. News*, make and break their new year's resolutions by mid-February.

So several years ago, I gave up resolutions. Instead, I began the practice of adopting one word for the year. One word to help maintain a right focus. To filter my experiences. A word to help me grow emotionally and spiritually. In past years my words included *release*, *joy*, *hope* and *gratitude*.

It seems my one word becomes more challenging each year. Last year began with gratitude—a word that tested me in ways I could not have imagined. Because of great loss, part of me wishes those events never happened. But I also witnessed—and learned—a sense of gratitude that plumbed the depths of my spirit and carried me to new heights as I watched God glorify His name.

This year, my word is the most difficult one yet.

Trust.

Even typing the word is a bit scary.

I've always thought I was pretty good at trusting God. Good at encouraging and teaching others to trust Him, too. And no matter how complicated life became, I knew God was in control.

But now? Now is (*cliche alert!*):

- when I put my money where my mouth is.
- where the rubber meets the road.
- when push comes to shove.

You get the idea.

This is the year where my ability to trust God will be tested more than ever.

The year in which everything has changed and nothing's the same.

When most decisions I make will lead me into uncharted territory.

Where I must trust God for not just the things I need, but to be my husband and father. My encourager and Comforter. My all-sufficient one.

And the year when listening to the still, small voice of the Holy Spirit will be more important than ever.

I've trusted God for eternal life. Now 2019 will reveal the depth of my trust in Him for everything else.

Do you choose one word for the year? {eoa}

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