



SEASON 11 EP.1

Word of the Year 2022: A Year of Favor Part 1

GROUP QUESTIONS

1. What stood out to you from this week's episode?
2. Whose word—Heather: Increase, Michelle: Jubilee, Sister Miriam: Secure—resonated most with you and why?
3. After prayer and reflection, what's your word of the year?
4. How can you see your spiritual progress through the evolution of your words of the year over the past few years? How have these words or themes built upon each other?

LECTIO DIVINA

"...To proclaim the year of the Lord's favor..." - Isaiah 61:2

JOURNAL QUESTIONS

1. Take some time to reflect on what God desires to reveal to you as your word of the year. Ask the Holy Spirit to reveal this to you. Make sure to write it down and memorialize it in a way that will keep it at the forefront of your mind throughout the year.
2. What would it look like to "live a different life, closer to God" this year?
3. Are there specific scriptures, saints, or quotes that will serve as a guide or reminder of your word during the year?

QUOTE TO PONDER

"During this new year I resolve to begin a new life. I do not know what will happen to me during this year. But I abandon myself entirely to you, my God. And my aspirations and all my affections will be for You. I feel so weak, dear Jesus, but with Your help I hope and resolve to live a different life, that is, a life closer to You." - Saint Gemma Galgani

