

WORD OF THE NOW

WORD OF THE NOW YEAR

A Reflective Journey to Explore
and Embrace Your Word

beneath the *Fig Tree*

WELCOME FRIEND!

I'm so glad you're here! Choosing a word for the year—or even just for a season—has been such a meaningful practice in my life, and I'm excited to share ideas to help you make it your own.

A word of the year is like a gentle guide. It's not about perfection or pressure—it's about focus and opening your heart to what God might be whispering to you in this season.

Whether you already have a word in mind or are still searching, this guide offers practical tips and space to reflect. And here's the best part: your word can grow with you. It doesn't have to last all year—it's okay if it changes.

Even if choosing a word isn't your usual practice, I encourage you to stay open. This guide can help you explore any theme or idea God might be highlighting in your life.

So grab your journal find a cozy corner, and let's dive in!

beneath the Fig Tree

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I've poured my heart into creating this resource for you, and I hope it blesses and inspires your journey. While you're welcome to use it for personal growth, reflection, and exploration, please remember that it's intended for your personal use only.

You're welcome to share about this workbook with others, but please don't distribute, copy, or use any part of it for commercial purposes without my permission. If you'd like to share this resource in a group or use it for teaching, I'd love to connect with you to discuss options.

Thank you for honoring the effort and care that went into creating this workbook. It's a joy to share this journey with you!

For inquiries, permissions, or collaborations, you can reach me at: Rose@BeneathTheFigTree.org

Rose Jordan

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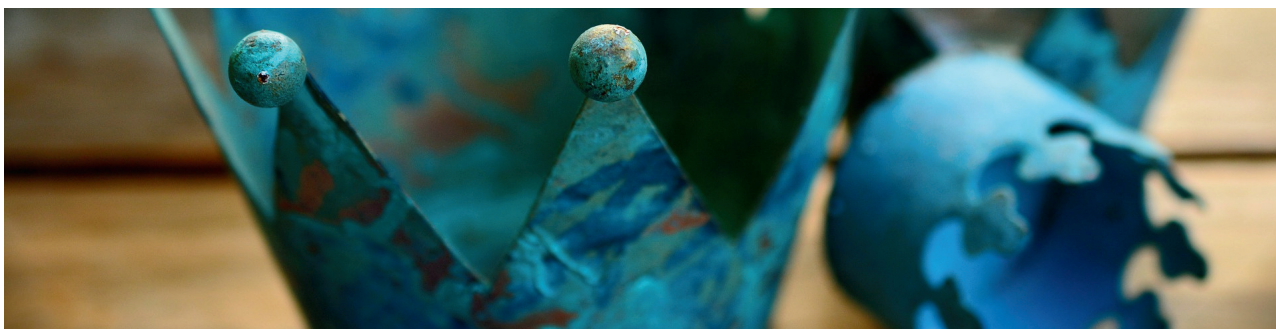
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CREATIVE WAYS TO ENGAGE YOUR WORD



Tip:

Choose the ideas that resonate with you the most and start small. This journey is about discovery and connection, not perfection. Let your word inspire you in ways that feel natural and meaningful.

1. Dive Deep into Your Word

Uncover the meaning and richness of your word through thoughtful study.

- **Look up the definition of your word.** Start with the dictionary meaning to gain insight into its nuances.
- **Explore the original Hebrew or Greek.** If your word is rooted in scripture, researching its original language can provide deeper understanding.
- **Search for scripture related to your word.** Find verses that mention your word or reflect its themes. Write them down or memorize them.
- **Study synonyms and related words.** Explore similar words to broaden your understanding and spark new connections.
- **Find biblical stories or parables.** Identify characters or events in scripture that embody your word.

*If you're visual, you might find the included [WordMap](#) a helpful way to visually explore the connections and meanings of your word.

2. Reflect and Discover

- **Journal your reflections.** Write about why this word matters to you and how it relates to your current season. *I've included some journaling prompts to help you.
- **Write a prayer.** Ask God to guide and shape your journey with this word.
- **Schedule monthly check-ins.** Reflect on how your word is shaping your thoughts and actions throughout the year.
- **Explore your word in nature.** Find metaphors or lessons in creation that align with your word's theme.

CREATIVE WAYS TO ENGAGE YOUR WORD



3. Keep Your Word Close

Creative ways to display your word and keep it front and center in your life.

- **Create a digital wallpaper.** Design a phone or computer background featuring your word.
- **Use physical reminders.** Write your word on sticky notes, display it on a letter board, or frame it as art.
- **Incorporate it into your planner.** Add your word to your journal, calendar, or planner as a daily focus..
- **Design something creative.** Paint, sketch, or use calligraphy to bring your word to life in an artistic way.

*I've included a special page in this workbook for you to display your word. You can use it as a printable to frame, hang on a bulletin board, or place in the front of your planner or journal. Let it be a beautiful, constant reminder of your focus for this season.

4. Live It Out Daily

Put your word into action through intentional steps and habits.

- **Create goals inspired by your word.** Let your word shape specific goals for your relationships, work, or spiritual life.
- **Integrate it into your daily rhythms.** Consider ways to make the word a part of your regular habits and routines.
- **Create a playlist.** Gather songs that reflect the essence of your word for inspiration and focus.
- **Find small ways to live it out.** Ask God to give you creative ways to live out your word in your everyday, ordinary moments.

CREATIVE WAYS TO ENGAGE YOUR WORD



5. Share the Journey

Connect with others, invite them into your word's story, and create space to hear theirs too.

- **Share Your Word with a Friend or Group.** Discuss what it means to you and encourage each other on the journey.
- **Host a Discussion or Journaling Session.** Use your word as a theme for a small group or workshop.
- **Write About Your Word.** Share reflections, stories, or insights on social media, a blog, or a newsletter. *You never know who you'll encourage!
- **Listen and Exchange Stories.** As you share your journey with others, create space for them to share their own stories and discoveries. You might be amazed at how God is working in their lives too.

6. Celebrate the Growth

Mark your progress and reflect on how your word has shaped your season.

- **Create a year-end reflection.** Journal about how your word shaped your year and what you learned.
- **Recognize milestones.** Take note of moments when your word brought clarity or growth.
- **Craft a closing ritual.** At the end of the season, write a prayer of gratitude for what the journey with your word has brought into your life.

WRITING YOUR WORD INTO YOUR STORY

Journaling can help you explore your word, understand its significance, and live it out in meaningful ways. These prompts are divided into three sections to guide you through each stage of the journey.

Give yourself grace as you look through the prompts. Avoid pressuring yourself to answer every question. Instead, focus on the prompts that resonate with you the most. Trust that your heart knows what you need and will guide you to the insights that matter most in this season.



Discovering Your Word

These prompts will help you uncover the word or theme God might be highlighting for you in this season:

1. What word or theme has been standing out to you recently?

Reflect on recurring ideas, scriptures, or moments that seem to point in a particular direction.

2. What areas of your life would you like to grow in this year?

Consider your spiritual life, relationships, personal growth, or practical goals.

3. How do you sense God leading you in this season?

Write about any prayers, nudges, or verses that have been on your heart.

4. What do you want to feel, experience, or focus on this year?

Imagine the kind of year you'd love to look back on. What stands out to you?

WRITING YOUR WORD INTO YOUR STORY

Exploring the Depth of Your Word

Once you've chosen your word, these prompts will guide you to uncover its richness and meaning:

1. Why does this word resonate with you right now?

Explore ways your word connects with your hopes, challenges, or current season.

2. What scriptures come to mind when you think about your word?

Jot down any verses or passages that feel connected.
Take time to meditate on them.

3. What does this word reveal about God's character?

Consider how your word shows you something about who God is and how He works in your life.

4. What do you hope to learn or gain through this word?

Consider what God might want to teach or grow in you through this focus.

Living Your Word with Intention

These prompts are designed to help you embody your word in daily life:

1. How might living out this word change your daily life?

Consider what habits, attitudes, or practices you might need to embrace or let go of.

2. What small steps can you take to engage with your word today?

Think of one or two practical actions to start living out your word this week.

3. What does it look like to invite God into this journey?

Write a prayer asking God to guide and shape you as you explore your word.

4. How will you remind yourself of your word as you go about your day?

Ask Holy Spirit for ways to keep your word visible—whether through journaling, visual reminders, or intentional practices.

My Word of the **YEAR** **NOW**

MY WORD OF THE NOW

WORDMAP

How to Use the Word Map

The Word Map is a simple, visual tool to help you explore the meaning, connections, and possibilities of your word. It's designed to guide your reflection, spark new insights, and deepen your understanding of how your word can shape this season of your life.



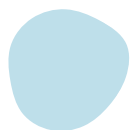
Start with Your Word

Write your chosen word in the center circle. This is the anchor of your map—let it remind you of the focus and intention you're setting for this season.



Explore the Categories

Each labeled branch represents a different aspect of your word, like its definition, related scriptures, or practical actions. Reflect on each category and jot down your thoughts, verses, ideas, or prayers in the smaller circles.



Make It Your Own

A few branches are left unlabeled for you to use however feels most relevant. Maybe you want to add a personal connection, a habit you're forming, or another unique insight about your word. Let these blank spaces reflect your journey.



Add Your Unique Touch

Get creative! Use colors, symbols, or doodles to personalize your map. This is your space to connect with your word in a way that feels meaningful to you.



Revisit Your Map Regularly

Use the map as a living document. Add new insights, scriptures, or ideas as they come to you throughout the season. Let it grow alongside your journey with your word.



Tip: There's no right or wrong way to use this map. Trust the process, take your time, and enjoy discovering all that your word has to offer!

MY WORD OF THE NOW
WORDMAP

scriptures

definitions

word

synonyms

INSPIRATION & INSIGHTS

This space is yours to use however you need! As you reflect on your word and engage with the ideas in this guide, you might find inspiration in unexpected places—during your daily Bible reading, while listening to worship music, or even in a sermon. Use this page to jot down scriptures, thoughts, or insights so you can revisit and explore them later.

Here are some ways you might use this section:

- Write down Bible verses that connect to your word or theme.
- Record meaningful phrases, lyrics, or themes that God highlights for you.
- Jot down thoughts or reflections that arise during worship, prayer, or quiet time.
- Capture moments of inspiration, whether from scripture, a sermon, a podcast, or a conversation.
- Make note of any questions or ideas you want to explore further in your journaling time.

There's no right or wrong way to use the next page—it's here to support you as you go. Let it be a space where you can gather the pieces of your journey and reflect on how God is speaking to you.



MY WORD OF THE NOW

DISCOVER MORE RESOURCES

I'm so glad you've found this workbook—it's an honor to walk alongside you as you engage with your chosen word. Whether this word is guiding you for a year, a season, or a moment, here are some resources to support you even more.

PODCAST EPISODE 31: TITLE

Where to Listen: [[Substack](#)], [[Apple Podcasts](#)], [[YouTube Podcasts](#)]

YOUTUBE VIDEO: [INSERT TITLE]

Prefer video? Find It Here: [YOUTUBE](#)

<https://youtu.be/72JG7ZwwwXA>

MONTHLY SCRIPTURE CULTIVATIONS

Each month, I share curated scripture lists and reflections to help you connect with God's Word. You may even find a list that for your current word!

Visit www.BeneathTheFigTree.org/scripture-cultivations/

PINTEREST

Explore my Pinterest page for creative inspiration, practical tips, and resources. From journaling ideas to scripture lists, it's all there to encourage you!

Follow Me [Here](#): [Pinterest/BeneathTheFigTree](https://www.pinterest.com/BeneathTheFigTree)

This Journey Is Yours

Wherever you found this workbook—through Pinterest, a friend, or by chance—you're here for a reason. My hope is that these resources bless and encourage you as you embrace your chosen word, one step at a time.

Know that I'm cheering you on, and I'd love to hear your story. Let's continue this journey together!

SO NICE TO MEET YOU

HEY THERE FRIEND

I'm Rose and here at Beneath The Fig Tree, my favorite God-assignment is coming alongside women to help them cultivate a devotional life they absolutely love so they experience the tangible, meaningful relationship with God they were created for!

I share lots of inspiration, tools, ideas and encouragement. You can connect with me and a whole community of (mostly) women I affectionate call "Figs" as we cultivate our devotional lives together.

Much love and gratitude,

Rose Jordan



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the Fig Tree

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Beneath The Fig Tree®