

Brian Fitzpatrick

From: Brian Fitzpatrick
Sent: Saturday, December 05, 2020 12:34 PM
To: Ron Remak CFO Account
Subject: Fwd: Follow up to email on the One Word
Attachments: wallshot.jpg

Ron,
I believe I shared with you the One Word concept I do each year. I've been doing this for about ten years now and have over 75 people on this journey with me. I would love for you and if Carol would like as well to join me on this journey.

I am forwarding an email I sent last week to a group of people who are joining me for the first time in 2021. I have also attached a picture of a wall in my study with post-its...each year I take everyone's word, write the word on a post-it and place it on the wall. This reminds me to pray for people throughout the year.

Let me know what you think and if you want to join me on this journey in 2021.

IHA,
Brian

First off I apologize for the lengthiness of this email. However, I thought I should put some context around the email I sent yesterday regarding the One Word.

For a number of years now I have been doing this thing called the One Word. I got this idea from a book entitled the same. Each year, typically after Thanksgiving I reach out to a number of people asking them to share with me their One Word for the upcoming year. Currently I have around 70 people on this journey with me.

Why do I like the One Word concept? Mainly because it allows me to hold you up in prayer throughout the year. As you know each year most of us make some kind of New Year's resolution...we enter the new year with excitement that we are going to change in some way, be it physically, mentally or spiritually. Well, as we are all too familiar, at some point and time the resolution seems to diminish and we've placed the resolution back on the shelf...hoping for the next year.

The One Word is different from a New Year's resolution. What the One Word is, it's a word that you receive, a word that you want to work on for a given year. Some of the words I have received over the years are: "Grateful", "Surrender", "Simplicity", "Authentic", "Patience", "Trust" and "Prayerful" to name a few.

Well, for me and others it's that time of year again to start praying about your One Word for 2021. I would like to invite you to join me in 2021 with a One Word. As mentioned above I would like to know your One Word so I can hold you up in prayer when I think of you. I call many of those prayers "arrow prayers"...I shoot them up to God asking him to be with you as you come to mind.

If you want to join me on this journey I should mention that it is best not to pick a word but rather receive a word...to receive a word from God.

This being said I would ask that you take time over the next few weeks to prepare your heart to receive your word. Two things to consider:

1) Get away from the busyness of life. Look for a place where you can find solitude and silence. It's important that you get away from distractions. Quietly ask these questions

- What do I need? Not what do you want but what do you need?
- What obstacles do I face preventing me from growing spiritually and personally?
- What do I need to let go of? Is it a grudge? Bitterness? A loss? Regrets? Lack of forgiveness?

2) As you contemplate what your word is going to be you need to be prepared to receive it. In order to have your word be most effective you shouldn't pick your word but receive your word through your quiet time...God has placed a word on your heart and He wants you to receive it.

As an FYI when I have gone through the above process I find myself writing down a list of words that I believe God is placing on my heart. I then take that list and meditate, pray and reflect upon it over the course of a few weeks. I find myself eliminating some words and adding new words during this process...the goal is to have a word selected by the first of the year.

No doubt 2020 has been a cluster....nonetheless it has been a year that I would say has brought out the best in us and sometimes the worst in us. I hope you join me and others on this journey in life in 2021. May 2020 close out with a blessing to you and yours

IHA,

Brian

