

New Word for the New Year!

My Word for 2026

Peace, unspeakable peace.

Peace, unshakable peace.

Peace, unexplainable peace.

Yes, Peace is my word for 2026.

When many people make resolutions to start out their new year, I prefer to focus on a word. That word becomes my mantra for the year ahead. In the past years since I've started this new year's habit, my words have been GENTLE, JOY, KINDNESS, STRONG, and GRATITUDE. Each word was perfect for the season that I was in at the time.

2026 is my year for PEACE. Inner Peace.

This year, my new word came to me easily. A word to whisper when I'm feeling a bit down or troubled. A word to scream when I feel the world is crashing in on me. A word to focus on each morning as I rise to take on another day. A word to silently ponder when I crawl into bed and am recounting my blessings of the day.

Am I being over optimistic that I can have a peace filled year? Maybe it would be more realistic to focus on having a few peaceful moments throughout the year, but I feel like I should go BIG! I am focusing on peace 24/7/365! Why settle for a few peaceful moments when I could have more? A lofty goal perhaps but with God on my side, I'm feeling it.

How am I going to make this happen? If you know me, you know I usually overthink, over evaluate, and over worry. How will I replace that type of jumbled up mind/heart with a mind/heart

of peaceful thoughts? Can I bring peace out of the chaos of daily living? When my world seems messy, can I flip a switch and feel peaceful in that moment? How can I protect my peace and not let it be a fleeting thing?

So Holy Spirit, you've got a big job in 2026. Seeking God's word and relying on His son is where I will turn. Seek the Prince of Peace. Turn to Him. Jesus said to seek peace in Him as "*He has overcome this troublesome world*". (John 16:33). I think the directions are clear. Maintain a relationship with God. Keep in daily closeness with Jesus.

I have been listening to contemporary Christian music in my car and at home on my TV—what a beautiful way to destress when needed and fill my heart with praise and worship. One can't help but find peace in beautiful music. So I'll continue that trend and make it a habit.

What needs to be removed from my life to give me a more peaceful existence? What makes me anxious and worried? What causes sleepless nights and days filled with agitation? Without making a laundry list here, I know I need to remove ungodly behavior and troublesome relationships, take breaks from social media and news, steer clear of tenuous circumstances, and eliminate negative situations. Once I identify my stressors, I need to get rid of them quickly. Don't give them a chance to take hold of my mind. Turn and run! Away from chaos. Towards peace.

All the guidelines that I could possibly need are in the Bible, and I need to avail myself of this great book of instructions. Why am I not going to the source of peace to find peace? This year, I will.

Google says there are 263-429 (depending on which bible translation) mentions of peace in the bible. Looks like I have all the resources I need to find God's peace. A good goal would be to read a new scripture about peace each day of the

year. Maintaining a daily relationship with God would certainly bring peace to each of my days.

So, this will be my prayer for myself and for you...

"Now may the Lord of peace Himself give you peace at all times and in every way..."

2 Thessalonians 3:16



2025
WORD
GRATITUDE
→ FOR GOD

2026
WORD

→ PEACE

