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NEW YEAR'S RESOLUTIONS

Today we will end 2020, and tomorrow we come into a New Year. Over the years I have seen many people make a resolution to do something different in the New Year. They may decide to lose weight or start an exercise program. Some resolve to read their Bibles and others may join an organization or decide to go back to school. There are many resolutions made.

None of these things are bad things, but so often New Year's Resolutions don't last more than a few days or a few weeks. The reason is simple, the ones that make them aren't resolved to change. It takes effort.

Our ministry used to have a thrift shop, and we would get a lot of "very little used" exercise equipment, crafts, games, and so much more. Some of it was still new in the box. Why? People had good intentions when they bought these things but never followed through in using them.

Discipline is not something any of us like, yet we cannot be a follower of Jesus Christ and be a "disciple" without discipline. Change does not start in the mind. It must come from the spirit. When we decide in our spirit to change, then the mind comes under obedience to the spirit. We are made up of three parts, Spirit, soul, and body. The three parts of us struggle to see who will be in control. Whichever part we feed the most will win.

If we feed our body the wrong things, it will become out of shape. This holds true for our soul also. Our soul is our mind, will, and emotions. If we feed our mind the wrong things, then it will get out of shape too. Ask anybody that is an emotional wreck, and you will find out it started with words, which become thoughts, which become deeds. We must tell our soul NO, just like we must tell our body NO.

If we truly resolve to be a disciple of Christ, we must crucify our flesh daily. It takes more than just a "New Year's Resolution" to do this. It is a daily task. We must feed our spirit with the word of God and preaching that builds us up. In this way, it becomes stronger than the soul and the body. When we resolve to do this, change happens. Our spirit is control, and not the soul or flesh. It does not happen overnight, just like we don't get out of shape overnight. It takes time.

So, my friends if you genuinely want something different in 2021 you must do something different. You cannot do the same old things and get new results. Determine that this coming year will be different. Resolve to read the bible more. Resolve to grow your faith and become strong in the Lord. Resolve to be the best disciple you can possibly be. It starts with the first step which is repenting for not doing this sooner. Then you train yourself daily to do what is right. New Year's Resolutions? No, just an everyday resolve. Happy New Year!