

## A New Year Resolution We Should All Keep!

As we begin a New Year, I want to share one great verse of scripture from Psalm 118:24 and three great resolutions to carry with you into the New Year. "This is the day the Lord has made, let us rejoice and be glad in it." What a great verse of Scripture and what a great philosophy to live by! The three great resolutions are very personal. They are my own three resolutions for 2018. Let me share them with you. Are you ready? Here's Number One.

### **1<sup>st</sup> - Resolve to Be More Committed to Kindness**

W. Lomax Childress states in her poem on kindness, "Let us be kind; The way is long and lonely, and human hearts are asking for this blessing only —That we be kind. We cannot know the grief that men may borrow, we cannot see the souls storm-swept by sorrow, but love can shine upon the way to-day, to-morrow— Let us be kind. Let us be kind; This is a wealth that has no measure, this is of Heaven and earth the highest treasure— Let us be kind. A tender word, a smile of love in meeting, A song of hope and victory to those retreating, A glimpse of God and brotherhood while life is fleeting— Let us be kind. Let us be kind; Around the world the tears of time are falling, and for the loved and lost these human hearts are calling— Let us be kind. To age and youth let gracious words be spoken; Upon the wheel of pain so many lives are broken, we live in vain who give no tender token— Let us be kind. Let us be kind; The sunset tints will soon be in the west; too late the flowers are laid then on the quiet breast— Let us be kind. And when the angel guides have sought and found us, their hands shall link the broken ties of earth that bound us, And Heaven and home shall brighten all around us— Let us be kind."

### **2<sup>nd</sup> Resolve to Be More Committed to Encouragement**

Encouragement provides support to others. We literally pour courage into them! Sit and listen, speak kind and truthful words that build up and do not tear down. Encouragement instills confidence others. Be trustworthy, remind them of their faith, remind them of qualities and abilities they have. Encouragement feeds hopes in others. Remind them of past victories, speak of positive possibilities, share stories of others who have made it through. Encouragement empowers others. Tell them the good things you see in them, help them problem solve, let them help you. Encouragement communicates our love of others. Do not lie to make them feel better, remind them that they are not alone, ask them how you can help, remind them of The Love that Heals! Over and over in my life I have seen it... the miracle of encouragement.

### **3<sup>rd</sup> Resolve to Be More Committed to Christ.**

One of the most significant breakthroughs in medical history happened in 1967 when a South African physician, Dr. Christian Barnard, performed the first successful human heart transplant. In telling about this experience, Dr. Barnard said that one of the first requests of the patients was to see their old heart. Dr. Barnard would comply with the request, putting the heart in a jar for the patient to see. Often, the patient would say: "Thank you, Doctor, for taking away my old diseased heart and giving me a new one." That's precisely what Jesus Christ does for us. He takes away our old diseased hearts and gives us a new one... that's why we call him "The Great Physician!" So, I don't know about you, but I'm going to move forward into the New Year saying each and every day: "This is the day the Lord has made (and with God's help) I will rejoice and be glad in it by being more committed to kindness, more committed to encouragement and more committed to Christ. And, I hope you will join me in this.