

## *Pk's Perspectives ...* New Year's Resolutions

I heard a guy on the radio saying that his New Year resolution for 2017 is to have another go at keeping his broken resolutions from 2016! I've never been hip to the idea of making New Year's resolutions; but I do think it's a good thing to set personal life goals. I want to recommend some goals for you to pursue during 2017.

First goal: spend intentional time every day with Jesus. Even if it's only five minutes, set aside some time every day for the purpose of reading your Bible and talking to God. There is an abundance of devotional material you can purchase to help establish and guide your daily conversations with God; following are some suggestions for good devotional material:

- "Jesus Calling" by Sarah Young
- "Finishing Touch" by Chuck Swindoll
- "My Utmost for His Highest" by Oswald Chambers
- "Growing Strong in the Seasons of Life" by Chuck Swindoll
- "Taste and See" by John Piper

Second goal: invest intentional time 4 days a week doing some form of physical exercise for at least 30 minutes. Join a gym. Walk 2 miles at a good pace. Find an exercise routine online that will strengthen your core. Walk up and down some stairs. Purchase a stationary bicycle. Jump rope; swim laps in a pool (weather permitting!); fence your backyard, buy a full grown chicken to keep there, and chase that chicken every day until you catch it...just do something everyday that elevates your heart rate and activates your sweat glands. A sedentary lifestyle encourages the deterioration of the body and not only that; I believe there is a significant correlation between physical well-being and spiritual vitality.

Third goal: learn something new and attempt something that is outside your comfort zone. The individual that quits learning and/or refuses to attempt something new is already well on his or her way to becoming a rigid, humorless and fear-controlled person. Enroll in a pottery class; research the Biblical teaching on fasting and then engage a 1, 3, or 5 day fast; audit a college class on some subject that interests you; volunteer to teach a Sunday School class or help in the sound booth or lead Bible study at the jail; participate in a series of ballroom dancing lessons; undertake a short term mission trip; the "what" doesn't matter so much as the willingness to learn, try, possibly fail, and try again. A resistance to learning new things in life breeds resistance to learning new spiritual truth; conversely, an active, agile, and willing mind is receptive to fresh truth and insights from the Holy Spirit.

Fourth goal: read and write. Regularly. Read books...good books...books that feed your soul and mind. Authors such as C.S. Lewis, Stormie Omartian, Ted Dekker, Terri Blackstock, John Piper, Thom Rainer, David Platt, Ann VosKamp, and John Eldredge have published spiritually meaty books. I would also encourage you to write...purchase a journal and write down your thoughts, insights the Lord has given you, answers to specific prayers, etc. Referring back to things you wrote last year or 3 years ago or a decade ago is a great reminder of God's faithfulness and also provides solid evidence of your personal spiritual growth.

Fifth goal: attend your church and serve through your church. Regularly. You can start working on this goal immediately. Like, this Sunday! Cya in Sunday School and Worship...back to our two-service schedule this week. Pk.