

First United Methodist Church

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Two weeks ago I wrote about a “New Year’s” tradition I have of choosing a word that guides and challenges me in the new year. I have my word. Did you choose one?? I hope you picked one and that it is now guiding you in your personal, spiritual, emotional, etc. growth goals for 2017.

Another common “New Year’s” tradition is that of setting New Year’s Resolutions...or making goals. Did any of you do that? I didn’t make a resolution, per se, but I did set a goal. One particular goal is a part of my health and fitness program that I participate in through the Dakotas Conference. I run 4-5 miles 4-5 times a week, so I feel I’ve got the cardio thing down. But what I’ve noticed over the past couple years is that as I’m aging...I’m losing upper body strength. So, in the year end conversation with my Health Coach, she encouraged me to set a goal for the year ahead. I decided my goal was to do some upper body strengthening exercise 2-3 times a week. “Good goal!” she said.

So, just a day or two into the new year I decided it was time to get after it if I was going to keep that goal. Now you have to understand that a year ago my loving wife gave me a kettlebell for Christmas. Great gift! I had been doing some simple workouts with it to increase my upper body strength, but moving to Mitchell kind of interrupted my routine...and I haven’t done the workout since I moved here.

I found my favorite beginner 10 minute Kettlebell workout on YouTube. I did the workout. I barely broke a sweat. “That was a breeze,” I thought, “because I’m in such good shape from running.” So, I found another 10 minute beginner kettlebell workout and did that one too. I felt great when it was all done. No problem – this is going to be easy!!

However, later that day I started feeling a little soreness in a few unexpected places. “That’s strange,” I thought...but didn’t think much more about it. The next morning...oh my goodness. I tried doing my run, but there was just no way. I had some incredibly sore muscles that were complaining rather loudly. I was sore for two days just from two simple 10 minute workouts...they obviously stretched my muscles and body in ways I hadn’t expected. Lesson learned. Gradual is good!!

So, if you’re starting in with a new goal for the New Year. Go for it!!!! But remember, depending on the goal, you might need to gently work your way into it. Changing your routines and “stretching” new muscles (or trying new things) is a good thing. Just remember to be good to yourself, be patient, and realize you don’t have to reach the goal in just one or two days. Change and achieving goals is truly a journey. And remember, we’re on this journey together. ☺

Serving Together,

Pastor Keith

Join us for worship this Sunday at 8:30, 9:50, and 11:00 am or on Wednesday at 6:00 pm. We’re in the Re-Build series as we focus on Re-Building our church, with our sanctuary project, and Re-Building our lives as we start into a new year. This week’s message title is “Re-Build: Break it Down to Build it Up.”