

Resolutions

A Two-Minute Thought by Eric

New Year's resolutions crack me up. Most of them are cliché and very few of them ever seem to have any lasting impact or staying power. I've even made the same resolutions that almost everyone else has before: Eat healthier, exercise, lose weight, drink more water and less Dr Pepper - heck, I've even resolved to not have any resolutions! Talk about your irony!

But some of the more meaningful resolutions are decisions that shouldn't come around one time each year. Such as gaining deeper relationships with friends and family, talking to God more, reading the Bible, and going to church regularly.

Usually, any of these resolutions are powered by an emotional urge, but simply lack actual motivation. This is usually evidenced by the failure to follow through after about...oh...3 weeks. So, what does it take to make good on your resolutions? Where does life-changing motivation come from? I believe it starts with earnest prayer. Talking to God and laying out your hopes and dreams. You see, as you learn more and more about God through reading the Bible and talking with Him, your aspirations begin to align with His and suddenly what you want to accomplish is what He wants to accomplish.

Maybe - just maybe - the shortcomings that plague you right now will resolve themselves through the steadfast pursuit of everything that God is. Perhaps my bad eating habits...well, stress eating...will conclude when I begin handing over the things that stress me out to God? Maybe if I start living my life like I'm God's most precious creation then I will start treating my body the same way? So what is the most important resolution any of us can make for 2008? Repeat after me:

"I need to know God better."

How? You know the recipe. I know the recipe. At some point we need to stop browsing over the recipe and start following it.

Why not today?