

Messenger Of Truth

"Holding forth the Word of Life" (Phil. 2:16).

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The New Year

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"Many people look forward to the New year for a start on old habits." – Anonymous

"May all your troubles last as long as your New Year's resolutions!" – Joey Adams

Well, the New Year is almost here. It is hard to believe that it is time to usher in yet another year when it seems like we just did that yesterday. They say that the older you get, time seems to go faster. The holiday season and subsequent New Year end and we rapidly head toward another.

Most people speak of making New Year's Resolutions. So with that thought in mind, what are we going to resolve for 2012? Is it going to be the same list that we have tried in the past or perhaps something new and promising?

It seems that one of the reasons people struggle with New Year's resolutions is that they make them difficult. For example, someone says they need to lose weight. Instead of putting down a reasonably attainable goal, they speak of wanting to lose 50 lbs., or even 75 lbs. While it may be possible, one can become easily discouraged with such a tremendous goal. Perhaps if it were 20 lbs. then they can go on from there when they attain it and feel like they have done more than they have resolved to do. This makes the resolution seem more worthwhile.

Other problems with New Year resolutions is that sometimes we make them too vague, such as, I want to spend more time in Bible Study. While that is a noble goal, how can one determine they have achieved that goal? Do they already have a set time for study now? How are they going to improve upon their current study habits? Would it not seem reasonable that if they spend 15-20 minutes currently, that in the New Year they are going to strive for 30. It is an effort to seek a specific and attainable goal.

Remember that resolutions were not really made to be broken. They were actually intended for the betterment of ourselves. Since time is precious, we need to make the best use of it (Eph. 5:16), and certainly seek to make steps toward our improvement. One of the greatest discouragements in an effort to keep New Year's resolutions is for one to regress instead of making progress.

May your resolutions be attainable and profitable, especially toward improving your service to the Master.