

From the Window View of DCE Wiemer

Well, we are now officially living in the year of 2019. The most common question that people will ask during this time of the year is, "what is your New Year's resolution?"



Several come to mind that I could technically make. For example; more time with family, eating healthier, take a trip, helping others, etc. Honestly, I never have one, nor do I believe in making them. However, I was curious and so I looked up what the most common resolutions people make in the U.S. The number one New Year's resolution is to get into shape, going to the gym, etc.

I have a friend who always tells me, "I'm always in a shape, my shape." Of course, I always found that comical, but the truth is fitness centers around the nation will get a substantial increase in membership in January, but come February and March, the rush starts to drop and eventually gets back to normal. Ninety percent of people who started off with a New Year's resolution end up failing. Honestly, I see it this way - if I was not committed in May, January is not going to change my mind, especially when I can be curled

up in a comfy warm blanket instead of going outside in the cold windy weather (ha-ha)! Most people who succeed at being healthy and working out are committed to making it a lifestyle. It is not just a one-time thing to being healthy and then to stop. It is a change in the way we live.

We can apply this to everything we do in life, especially our life with God. If you did not plan on walking with God in May, January probably is not going to be any different—especially getting out of your warm bed on a cold Sunday morning or watching that football game you just cannot miss out on. Most people who flourish in walking with God are committed in making it a lifestyle. It is not just "show up at Christmas and Easter and I'm good" but it is realizing that God has gifted us with the greatest gift of all and that is Jesus Christ our Savior! This gift is eternal!

Look at it this way, when you make a lifestyle change and start to get into shape - and people will notice. They complement you on how different you look - some will ask, "What have you been doing?" Most people will share their experience with joy and enthusiasm! When you are a new creation in Christ, your lifestyle changes, you start to show Christ's light, people will notice. They will compliment you on how different you seem. They will ask, "What have you been doing?" You will share Jesus with joy and enthusiasm! But you cannot share the change if there is none. What is your lifestyle? Does it look like Christ? The answer is, "YES, with the Spirit of God!"

God's greatest blessings to y'all this 2019!!

DCE Rebecca Wiemer

From the Window View of DCE Wiemer

Well, we are now officially living in the year of 2019. The most common question that people will ask during this time of the year is, "what is your New Year's resolution?"



Several come to mind that I could technically make. For example; more time with family, eating healthier, take a trip, helping others, etc. Honestly, I never have one, nor do I believe in making them. However, I was curious and so I looked up what the most common resolutions people make in the U.S. The number one New Year's resolution is to get into shape, going to the gym, etc.

I have a friend who always tells me, "I'm always in a shape, my shape." Of course, I always found that comical, but the truth is fitness centers around the nation will get a substantial increase in membership in January, but come February and March, the rush starts to drop and eventually gets back to normal. Ninety percent of people who started off with a New Year's resolution end up failing. Honestly, I see it this way - if I was not committed in May, January is not going to change my mind, especially when I can be curled

up in a comfy warm blanket instead of going outside in the cold windy weather (ha-ha)! Most people who succeed at being healthy and working out are committed to making it a lifestyle. It is not just a one-time thing to being healthy and then to stop. It is a change in the way we live.

We can apply this to everything we do in life, especially our life with God. If you did not plan on walking with God in May, January probably is not going to be any different—especially getting out of your warm bed on a cold Sunday morning or watching that football game you just cannot miss out on. Most people who flourish in walking with God are committed in making it a lifestyle. It is not just "show up at Christmas and Easter and I'm good" but it is realizing that God has gifted us with the greatest gift of all and that is Jesus Christ our Savior! This gift is eternal!

Look at it this way, when you make a lifestyle change and start to get into shape - people will notice. They complement you on how different you look - some will ask, "What have you been doing?" Most people will share their experience with joy and enthusiasm! When you are a new creation in Christ, your lifestyle changes, you start to show Christ's light, people will notice. They will compliment you on how different you seem. They will ask, "What have you been doing?" You will share Jesus with joy and enthusiasm! But you cannot share the change if there is none. What is your lifestyle? Does it look like Christ? The answer is, "YES, with the Spirit of God!"

God's greatest blessings to y'all this 2019!!

DCE Rebecca Wiemer