

New Year, New You?

Devotion

Have you made any New Year's Resolutions?

- Have you resolved to exercise more?
- Eat more healthy food?
- Adjust your behavior or attitude?
- Spend less (or give more)?
- Get better organized?

For those looking for exercise tips, here are some straight from Scripture. Please join me, either sitting, or standing as you are able.

Stretch:

Psalm 104:2–3a: covering yourself with light as with a garment, stretching out the heavens like a tent. He lays the beams of his chambers on the waters.

Walk:

1 John 2:6: whoever says he abides in him ought to walk in the same way in which he walked.

Run:

Hebrews 12:1: Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,

Weights:

Galatians 6:2: Bear one another's burdens, and so fulfill the law of Christ.

Relay:

Philippians 3:13–14: Brothers, I do not consider that I have made it my own. But one thing I do: forgetting

what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

Deep knee bends:

Philippians 2:10: so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth,

Cool-down:

Matthew 11:28: Come to me, all who labor and are heavy laden, and I will give you rest.

Isaiah 40:31: but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Potential:

Philippians 4:13: I can do all things through him who strengthens me.

Resolutions are a challenge and an inspiration for those of us who thrive on meeting goals. For others, they become another failure to live down, or another frustrated goal not met.

Whether you are working on one or more resolutions or you have resolved to not make resolutions anymore, God's Word has some encouragement for you!

For behold, I create new heavens and a new earth, and the former things shall not be remembered or come into mind (Isaiah 65:17).

I will sprinkle clean water on you, and you shall be clean from all your uncleanness, ... And I will give you a new heart, and a new spirit I will put within you (Ezekiel 36:25a, 26a).

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come (2 Corinthians 5:17).

God's Word is always trustworthy, and in it He tells us that He loves us unconditionally. He has made us new, so that we are in Christ, re-created to be His holy children. I encourage you to search the Bible for more of this wonderful truth; let it settle deeply into your heart and soul, and then help others to hear and know all that He has done for you and all the world.

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to the Father through him (Colossians 3:16–17).

Paraphrasing Colossians 3:16–17 for the prayer:

Dear Lord, let the Word of Christ dwell in us richly so we can teach and admonish each other in all wisdom. Put thankfulness in our hearts so that whatever we do, we do it in the name of our Lord Jesus. Thanks be to God. Amen.

Bible verses are taken from the ESV translation unless otherwise noted.

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