

Make 2010 A New Beginning

In a "Shoe" comic strip last year, a friend said to "Shoe," "You don't get much exercise, do you?" Shoe responded, "What makes you say that?" The friend said, "Because there is moss growing on your north side." That's always a dead giveaway.

There was a time when most people got all of the exercise they needed on their jobs or carrying out their household chores. It's a different world now, and, as a result most of us don't get as much physical exercise as we need. Because of this, doctors are always recommending to their patients that they increase the amount of physical exercise they get. One man said he used to watch golf on TV. But then his doctor told him that he needed more exercise, so now he watches tennis on TV.

One wife said that her husband's doctor told him he needed to get more exercise. He didn't follow the doctor's advice, however. He continued to just sit and watch TV most of the time. So the wife took things into her own hands. She started hiding the TV remote three times a week.

Getting started in an exercise program is often the most difficult part of the process. In fact, getting started on anything of value is often the hardest thing to do.

When the space shuttle is sitting on the launch pad, it must exert tremendous amounts of energy in the first few minutes of lift-off. In fact, more energy is spent on the first few minutes of the journey than is used over the next several days while the space shuttle is traveling hundreds of thousands of miles. Old habits have great gravitational pull. It's hard to break free from them. In fact, it is only the power of God that can enable us to do so. His power is available to those who turn to Him and ask for help.

Here is the other part of the equation. Once you have broken free from the old habit patterns, you will find that your freedom takes on a whole new dimension. Here at this time of year when a lot of new beginnings are being made, I challenge you to make some fresh starts in your Christian life:

1. If you haven't been active in Sunday School or Wednesday Night Bible Study, make a new commitment to do so. Studying the Bible in a small group not only helps you learn more about the Bible, but it also helps you build deeper bonds of fellowship with a small group. Your life will be strengthened and enriched by both the knowledge and the

fellowship.

2. Make a new beginning in your devotional life. A few minutes each day spent in Bible study and prayer can make significant differences in your life. Set aside a time and embark on a plan in your devotional life.

Physical exercise is important. Spiritual exercise is even more important. I challenge you to make a new beginning in your Christian life.

Pastor Ken

