

# Resolutions ~ January 2020

**Resolute** [ˈrezə,l(y)oʊt] **adjective** admirably purposeful, determined, and unwavering.



It's that time of year when people everywhere make new resolutions about how they are going to change or what they are going to do (or not do) in an effort to make their life better. Maybe it is something simple like drinking fewer sodas or cups of coffee or maybe even drinking more water each day. But some folks make resolutions that are high energy, like going to the gym 5 days a week or walking 5 miles every day—you know those things that will really make a difference in their life—that is, of course, if they can keep the resolution. The television networks' morning shows like *Good Morning America* and *Today* all have their health and wellness experts offering advice on how and what to do to keep those 'oh-so-important' new year's resolutions.

I am a firm believer in **not** making new year's resolutions—mainly because all those years I did make them I was never able to fully keep them. Consequently, I would feel like a failure for not keeping the resolution. Not keeping the resolution was a double whammy—failure and defeat! It finally struck me that making new year's resolutions was, at least in my case, an exercise in futility. For me, making a new year's resolution is a lot like trying to be perfectly sinless—yeah, like that's going to happen!

Now, I'm not saying that everyone is like I am because I know people who make resolutions every year and keep them—at least until they have accomplished the goal of the resolution. But for many of us, making and keeping resolutions long term is simply impossible. And, for many of us, it is not because we don't desire or need to keep the resolution, it is because the outside forces pushing and shoving their way into our lives make it virtually impossible. For example, you decide you are going to hit the gym every weekday morning for at least 30 minutes of heart pounding cardio. Three weeks into a perfect record of keeping your resolution your child comes down with a severe cold and you need to stay home to care for them—a week goes by before you can even think of trying to jumpstart your routine, and by then something else has caused you to stumble.

Isn't that the way it is with our faith life as well? Church attendance is a lot like a new year's resolution—even a short interruption in the habit of attending worship can cause a person to find it difficult to get back in the routine of praising and thanking God in worship. Being **resolute** about nurturing and strengthening our faith is the most important thing a person can do. Life is difficult—even with a strong faith life—but it never ceases to amaze me when a person who has been conspicuously absent from worship and the life of the church tells me they are having a difficult time coping with their feelings when tragedy strikes in their life. Without that loving, gracious, and active presence of God, coping with problems and tragedies in our lives becomes too heavy a burden to carry by ourselves. Our Lord Jesus Christ will never leave or abandon us—as St. Paul tells us, there is nothing in all of creation that could ever separate us from God's love in Jesus Christ. If you feel you need to make a New Year's resolution, then make one regarding your faith life—resolve to make God a priority in 2020—believe me, you will be glad you did!

Pastor Dennis

Donna and I want to thank all of you for the wonderful Christmas cards, gifts and especially the goodies. You have all been such a blessing not just to me as the interim pastor, but to Donna as well. Each time she has been able to be here she has commented on how gracious, friendly and loving you all are. I cannot thank you enough for this opportunity to be here with you and I will forever keep all of you in my prayers. May the Lord continue to bless all of you that Peace Lutheran will forever be a blessing to this community.