

New Beginnings - January 2022

I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. 13 No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, 14 I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. Philippians 3:12-14

What New Year's Resolutions are you setting for 2022? Don't only set physical goals, but pray about how God is calling you to change spiritually as well this year.

Sanctification is the process where we become more like Jesus. It is a change of how we think, what we do, and even what we desire.

Research shows that goals are not always the best way to achieve change. Instead, adopting sustainable, relevant, and reasonable lifestyle changes can lead to life-long transformation.

In Philippians 3:12-14, Paul gives us three keys to change:

1. Forget the past. All too often the hardest person to forgive is ourselves. We often hold the guilt of past mistakes and failures. Holding on to this will prevent us from experiencing healing and moving toward transformation. What are some mistakes and failures that you hold on to?

2. Look forward to what lies ahead. Once we stop looking in the rearview mirror, we can begin focusing on what's ahead. What are our goals? What is God calling us toward? We will never be able to see possibilities with clarity until we fix our gaze on what's in front of us.

3. Press on to reach the end of the race. The journey is not always easy. Sometimes, we must focus on putting one foot in front of the other. Along the way we need people to encourage us. We must know why we are seeking our goals.

