By GARY ANDREWS
Editor and Publisher

At the beginning of each year most of us will make resolutions for something we will improve in, lose weight, be a better person, or many other things.
Over the past few years I don't remember anyone saying that they are going to read God's word more, lean on God for understanding, go to church more, etc.
You know what I mean. All of the resolutions we make are things to do with self gratification or materialistic outlooks. Yes, it is great to lose weight and bring your body back into shape. Yes, it is good to cut out bad habits and develop new attitudes to make you a better you. People notice these things about you, however are they going to notice that you are spending more quiet time alone with the Lord, studying your Bible more, going to church on a regular basis, or just having a Christian outlook on everything you try or do?
If we do resolve to do these things, are they going to leave us as time goes by like all resolutions usually do?
Most of us are creatures of habit and usually follow the crowd. When one lets down then it is okay for us to do the same thing, and this causes us to lose our ambition and before long we are struggling again with the same problems that we resolved would not affect us this year.
As you begin the new year, take a long hard look into the mirror. Who and what do you see? Are you satisfied with the person you are looking at and don't see that any improvements can be made? I doubt it.
All of us have something that we need to change in our lifestyles, and the best place to start is in your interior body.
Look at your heart. Are you a person with a forgiving attitude, a person with a heart full of gratitude, love, and a desire to see good in all people? If not this is a good place to start with your resolutions.
Proverbs 17:22 states, "A cheerful heart is good medicine, but a crushed spirit dries up the bones."
Jesus is the way to a cheerful heart. By accepting Him as your Lord and Savior your attitude changes and your outlook on life also changes for the better. We quit trying to do or accomplish things on our own but look to Jesus to be our source and guide in any situation or anything we try to do. This is also true for yearly resolutions.
Prayer: Thank you Lord for guiding me and leading me in the direction you want me to go. Help me get out of the way and listen to what you are telling me. Amen.
(Suggested daily Bible readings: Sunday - Matthew 8:1-3; Monday - Romans 7:4-6; Tuesday - Revelation 2:18-26; Wednesday - Psalm 119-33-37; Thursday - Ezekiel 11:19; Friday - Matthew 15:18-20; Saturday - 1 Samuel 16:7.)