

December 29, 2020



There is no doubt that **2020** will be etched into our memories for a long time with all the **significant changes** we have had to make this year because of **Covid19**. And, unfortunately, we are facing more months of increased stress and restricted activities.

However, as we approach **2021**, we have an **opportunity** to take inventory of what **has** worked **well** for us and what **has not** and make **adjustments** that will help us as we begin a **New Year**.

Do you make new year resolutions? If so, how long do they last? What if you approached 2021 with **different expectations**?

What if, instead of asking yourself what you want to accomplish, you **asked God** what He **desires** for you in the upcoming year. **Amazingly**, it might be the same things you have been praying for!

So, how can you find out what God desires for you? **Prayer** is always a good place to begin. Spend some quiet time asking God to bring to mind an area in your life where **improvement** is **most needed**. We probably all have many, but good to begin with just **one**. Then pray about **how** to go about improving in this area.

Or, you may want to practice Mindfulness. **Mindfulness** is the ability to be **fully present**, aware of **where** you are and **what** you are doing, and **not** overly reactive or overwhelmed by what's going on around you. **It's living in the present moment**.

Practicing **mindful reflection** is like scheduling an appointment to visit the **calmness** within you. It's there – you just need to take time to access it. Within the calm, you can examine your life as a kind observer, without judgment or criticism and see what **changes** you might like to make.

A good follow-up to mindful reflection is to get out into **nature**. The natural environment can provide **calming effects**, especially if you are feeling cooped up due to the **pandemic**.

A Prayer for New Days Ahead:

Heavenly Father, thank You for making all things **new!** As another **new year** begins, help me live each day for You. May I continually have a new song in my heart to sing to You, no matter what comes my way. I **trust** in You because I know that Your mercies are new every morning, and nothing ahead of me will take You by surprise. Amen. (Joan Walker Hahn)