

## New Year, New Habits?

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by Wayne Goff

It would be nice to think that with the changing of the calendar to 2014, all of our bad habits would disappear and be replaced *instantly* with the good habits we would prefer. But alas, we are the **product** of our past years and the changing of the calendar year does nothing to prevent this.

The good news is that every accountable human being has the **capacity** to become whatever they truly choose to be within one's abilities. For example, since I am not adept at science, it would not be wise for me to choose to become a rocket scientist, astronaut, or engineer. But I **can** become a better human being – responsible, moral, friendly, compassionate, loving, etc. I can also choose to be a **better** preacher, communicator, writer, etc.

However, all of this requires **effort**. Our ability to change for the **better** is *directly related* to our real desire to be better! The truth is that most people **are** what they choose to be. They are the person we see today because of a life of small, seemingly insignificant choices.

The reason so many people fail at their New Year's resolutions is that they do not have the initiative and discipline to properly change. Oh, they could change if they really wanted to, but so few really want to change. We become comfortable in our lives.

For those who truly wish to become better, I can suggest no greater place than the "*fruit of the Spirit*" (Gal. 5:22-23). Even the inspired writer affirms that "*against such there is no law.*" Indeed, who is opposed to the godly person who truly **practices** love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control?

If you lack *any of these*, then I gently urge you to study the qualities missing *carefully*, **meditating** upon what it means to have those qualities, **imagining** the kind of person that would be and how they would act, react, etc. You will find that you **become** the thing upon which you think the most. So if you think upon good things, then you will become a good person. It's relatively easy to do with God's help, *if you truly desire it*.

290101