

# January Epistle

2012



***Christianity on the Move*** <sup>TM</sup>

**It's now time to believe in  
a God who believes in  
you!"**

**~Sweaty Sheep motto**

**Here's to the strong; thanks to the brave.  
Don't give up hope: some people change.  
Against all odds, against the grain,  
Love finds a way: some people change.**

**Thank God for those who make it:  
Let them be the Light.**

***~Some People Change  
Montgomery Gentry***

**Five, Four, Three, Two, One**

## **"...and I resolve to..."**

Risking a failure in creative impression for utter predictability, today is a New Year and thus we have the opportunity to focus this epistle on resolutions. Please note as you read further (of which I hope you will), that in making a resolution, something truly beautiful occurs; we glimpse at a better us! To make a resolution means that we have faith that we can be better and we have the opportunity to change; that there is a better life waiting for us, and that we are ready to take responsibility and live it! Ideally, we access our happiness every day, extending by 364 days, the excitement and desire of January 1st. Yes, if we could wake up every morning with the enthusiasm to make a difference that we do on New Years, the possibilities would be endless... We might even increase our odds at following through with our resolutions.

A "resolution" is interesting in its self. After some thought, study, and meditation, I came to the conclusion that a "resolution" is nothing more than a prayer of which we have

decided to be an active agent in fulfilling. When we make a resolution, what we are really doing is switching around our prayer wording. "I resolve to lose ten pounds." A common New Years statement and one that takes responsibility as opposed to "God grant me health." "I resolve to quit smoking", to "run a marathon," to "conquer my fear of\_\_\_" These are all statements that make us the dynamic character in our own success or failure.

Some years ago, a book, "The Prayer of Jabez," came into print. This work centers on the understanding that we should pray for opportunity and strength from God, not an end result. We pray for the endurance to train for a marathon and compete safely. We pray for the will power and resolve to quit smoking, lose weight, etc... we pray to be an answer to our prayers.

This New Year, not January 1st, but the entire 2012th year; make yourself an active agent in your prayers! Know not only that there is always something worth striving for, but also that YOU, that we, are the one(s) that make a difference. Our Sweaty Sheep

motto reads, "It is no longer enough to believe in God, but it is now time to believe in a God that believes in you!" Your resolutions will be impassioned and meaningful (not to mention much more achievable) when you invite God in through prayer. Much the same, your prayers will be much more personal and powerful when you play an active part. Resolve to trust that the grace and power of God is inside of you, and pray for the perseverance and faith to keep that inner spirit radiating out into your life and the world around you. When we imagine a better world is when we stare at the heavens, when we resolve and pray to make it happen sets our inner spirit into motion and that is when change and miracles happen!

**"And said, "Men of Galilee, why do you stand looking into heaven? This Jesus, who was taken up from you into heaven, will come in the same way as you saw him go into heaven." Acts 1:11**

## **Upcoming Events:**

**\*YMCA/Sweaty Sheep Mini & Marathon training starts 1-15**

**\*Calvin Presbyterian Sweaty Sheep service 1/8 9:45am**

**\*Join our '12 ironsheep team!**

**\*Beginner 5k training 4 week**

**Bible study starts 1/10**

**\*\*\*more events & Info on Web:**

**[www.sweatysheep.com](http://www.sweatysheep.com)**

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