

# Personal DailyWalk

**January 8-14, 2018**

It is that time of year when some people make resolutions. I don't make resolutions, but I am a goal-oriented person, so I set up goals for the year. I generally set my goals to be a little on the unattainable side. I figure if it is easy to meet the goal, then it probably isn't really a goal. For instance, this year I have set a goal of 9,100 minutes of exercise. That sounds outrageous, but broken down, it is 35 minutes 5 times a week. Don't get me started on my 'I will do my Bible study every night' goal. I start the week out really well, but by Wednesday or Thursday, I figure I will catch up over the weekend, then Sunday night rolls around and I am even further behind. Each of these goals are doable, but life gets in the way. This week, let's reflect on what the Bible says about resolutions, goals, and oaths that we make, and how to find the balance and grace that can only come from God.



**Monday: Matthew 5:33-37** Pray that your **yes** is truly **yes**, and your **no** is truly **no**. Ask God for His guidance before you give your **yes** or **no**. Ask God for His guidance before you set your goals, and then daily ask for God's strength to make it happen.

**Tuesday: Leviticus 19:11-13** It seems simple – God is God and you are not, but is that how we live? Pray that everything that comes from you praises God.

**Wednesday: 1 Corinthians 6:12** I find this verse very powerful and also liberating. I think many people feel stifled by the "I can't's." **I can't** eat this; **I can't** do this; **I can't** have that. We see it as punishment, but the reality is we **can** eat this, do this, have that...but is it beneficial? It's not **I can't**; it is that the 'thing' is not worth it to me. Pray that God shows you what is beneficial in your life.

**Thursday: Psalm 72** Come Lord Jesus! All praise, honor, and glory to you my Lord and Savior! Make me a vehicle of your grace, mercy, and love. Amen.

**Friday: 1 Corinthians 10:23-33** There are some things worth fighting over what is right; but there are times that being *kind* over right is better. Maybe this is what Paul is saying. Sometimes we need to remember to glorify God and not pat ourselves on the back for being right. Pray for God to show you when right needs to be right, and when kindness needs to outshine rightness.

**Saturday: Nehemiah 6:1-9** Do you find that once you set your goals, something or someone seems to be blocking your way? Maybe they are threatened by your goal...it really doesn't matter why they are blocking your way. Just recognize it like Nehemiah did and pray **O God, strengthen my hands.**

**Sunday: Hebrews 12:1-13** I say, set your goals, run the race, but be ever watchful for God's course corrections. Pray daily, make that prayer without ceasing all day long, being watchful of

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any course corrections coming from our Holy Father who desires for us to live this life abundantly.

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