

Are You Seeking a Fast Start to the New Year?

With Christmas Day now in the past many people are looking forward to a fast start to the New Year. We have the mindset that with hard work success will come. It becomes a driving force in how we look at managing our time come January 2. There is some truth in the premise that extra effort will allow us to get more done. We think it is up to us to show super human effort and a commitment to achieve at all costs. That is determination! But, did you read the words “at all costs?” Working at that pace leads us to the potential of being overworked and overstressed. Relying on our own achievement for success leads us to forget who God is. God will help us succeed. Success doesn’t depend solely on us. Without Christ, our success will be limited. Jesus Christ said it very plainly, “*Apart from me you can do nothing*” (John 15:5).



As you approach the New Year, instead of putting your own work day into hyper drive, increase your prayer time to work in concert with God. Make your success dependent on carrying out God’s plan. God will bless His own plan and He will be with you, step-by-step, as you seek to carry it out. God’s desire is for you to feel a sense of peace as you live your life.

A race car driver has only one goal: to win. He drives at breakneck speed as he tries to beat everyone else to the finish line. He drives so fast that accomplishment is the only thing that matters. In effect, he seeks to be an overachiever. Stop pressuring yourself to overachieve, and instead, trust God to lead you to success. After all, God gave you skills to be successful. But, He doesn’t want you to be overstressed. Working according to God’s plan will allow you to succeed without sacrificing your health, your values and the relationships with those who depend on you to be part of their lives.

Reflect on these verses:

There are a variety of verses that give guidance on variations of this theme. Read these verses and highlight what applies to you. Post the verses that fit your needs where you will see them often during the beginning of this New Year. Hopefully, they will allow you to determine your pace for 2018.

God’s Plan vs. Yours:

- *Commit to the LORD whatever you do, and he will establish your plans (Proverbs 16:3)*

Maintaining a Sense of Peace Amid the Stresses of Life:

- *I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world” (John 16:33)*
- *Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid (John 14:27).*
- *He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth” (Psalm 46:10)*
- *Cast all your anxiety on him because he cares for you (1 Peter 5:7)*

Maintaining Balance in Your Life

- *But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own (Matthew 6:33-34)*
- *By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done (Genesis 2:2-3)*

Health

- *Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security (Jeremiah 33:6).*