

# Journey Enews

JANUARY 7TH, 2025 | JOURNEY COMMUNITY CHRISTIAN CHURCH

## GETTING THINGS STARTED

By Bobby Duncan

The start of a new year is the perfect time to implement plans and goals for the entire year. Most people will make a few promises to themselves about eating better and getting in better shape. Some make resolutions at the start of every year to become a better human being. Every dream has to begin somewhere. What sort of ambitions and desires have you identified for 2025? How will you begin?



One way many people decide to get started becoming healthier is a gym membership. January is the premier time gym memberships are sold. Parking lots are filled with well-intentioned people for the first four to six weeks of the new year. It's hard to stay committed to long-term goals. It requires more time, energy, and discipline. Don't give up. Find a gym buddy who can help you be consistent.

Becoming a more committed, faithful Jesus follower requires time, energy, and discipline also. When working to be physically healthier, we instinctively know we need encouragement and good practices. The same is true of our spiritual health. If we desire to make strides in our faith we need church buddies who can help us be consistent. A worship partner who checks in on us when we miss a few times is helpful; knowing we've been missed by a friend is encouraging.

Health Clubs and YMCAs have various exercise equipment and trainers available. Getting healthy in 2025 is not exactly a one-size-fits-all routine. Honestly, the first step is being more consistent in exercising, eating better, and sleeping better. The same can be said about growing deeper faith with Jesus in 2025. Just having a home church nearby but only making holiday appearances is not enough. I wish it were this easy for everyone.

The truth is some of us will find substantial growth and faith in 2025 in small groups. This may not work for everyone, but it is effective. Like having a trainer to work on specific weight loss and muscle development. Trained people help us make the best use of our time. Go God.

Small steps lead to bigger change and more positive results in our overall health. No one can be at a gym every single day. But start early making a consistent commitment to walking, jogging, and moving off the couch this year. Our schedules are packed. Pray for wisdom this year finding balance in your family life with your church. Look for fresh opportunities to build new options for regular weekend worship and small group studies.

Nobody is perfect. We're not Jesus. But God blesses effort every time.

"God will direct and crown our efforts with success if we put Him first in everything we do." Proverbs 3:6