



First Baptist Church

**Parish Nursing
Notes
Happy New Year!**

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“I praise You because I am
Fearfully and Wonderfully
made....”(Psalms 139:14)

**...what we see is that anyone united with the Messiah gets a fresh start, is created new. The old life is gone; a new life burgeons! Look at it! 2 Corinthians 5:17
The Message by Eugene H. Peterson**

New Beginnings—Renewal

By

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Being creatures of habit, and usually “at home” in whatever our current circumstance is, we human Beings are often reluctant to make a new beginning. We are resistant to change, whatever the change may be. Fears, large and small, are a powerful deterrent factor. We fear the unknown, We fear being uncomfortable. We fear the possibility of failure. We fear the change, whatever it is, will make our condition worse than it is now. We fear what people will say or think. These and numerous other ruminations impede us.

Yet we are called to renewal. Nature calls for renewal. But more than that, God calls us on to new beginnings.

Not being much on resolutions let’s just move on the fact that renewal and new beginnings may occur at any time. One time is not better than another. Each day is, by the grace of God, a new beginning. Every new day is significant. **Renewal is possible and needed perpetually.** But new beginnings are our choice. This freedom to choose and launch out on a different trajectory is awesome.

Maybe the first part of a new beginning is to recognize that we have choices and to decide if we want to change what we are doing or not. If something is pushing us beyond where we are we most assuredly can make that choice.

How do we make those steps of a new beginning? Here are a few thoughts on how to start.

- Think one thing.
- Think small

One does not have to change everything about themselves to make a change. Our lives are so intricate that one small change can effect the whole of our being.

Areas we may want to consider may include doing something physical, consciously attending to our health, developing our spiritual life, working on mental and emotional areas, developing and cultivating friendships, or just expanding our horizons, or doing something we have always wanted to do but just haven’t gotten around to doing.

Recently I’ve done rather well staying physically active. To continue this and possibly to do a bit more is a renewal goal of mine. Reading and writing are integral to who I am and as such are things I wish to foster. Who knows, I might get something published.

Spiritual renewal is essential to being our best selves. Being a Christian, renewal in this area focuses on Christ. One could decide to read the Bible through. Dr. Creed informed us recently that there is now a two-year Bible publication for those of us who find the idea of a one year read through a bit daunting. You can choose to go deep in your Bible reading rather than wide by selecting a book and studying it in depth.

The contemplative Christian life is again receiving new attention. Cultivating a time of quiet and silence before God could be a radical move. Richard Foster of RENOVARE has helpful materials for this

