

It's time to come up with a New Year's Resolution again. You'd think after a whole year to think about it I would have mine all sewn up.

Several things always come to mind, of course, with the same old top-of-the-list topic being to lose weight/eat right/get in shape. Not this year.

I always fail. I'm giving up.

More realistic is praying for peace. I hear the news, read the paper, listen to negative feed every single day.....things need to change.

After giving it some thought, I'm going to just continue doing what I've been doing for ages, and that is to pray for our world and our nation, my family and my friends and their families. Asking that peace reigns.

Peace needs to start within our own hearts. The belief that I'm where I'm supposed to be, I'm connected to the people I'm supposed to be connected to, my kids are where they're supposed to be is what I need to concentrate on, and beyond that.....just put everything else on God's hook.

Stress of worrying about everything and everyone hasn't done me any good my entire life, so you'd think a person would just give it up.

It would be so nice to wake up in the morning and not have one single worry for an entire day. No negative thoughts, no stress about anything, no concern for what's coming up....just peace of mind, peace in my heart, peace within my soul.

A good New Year's Resolution? Absolutely! Is it realistic? Why not.....I believe in miracles. It probably won't be any harder than assigning myself the task of eating right/getting in shape/losing the weight.

So that's it, then.....it's sealed.....my brand new New Year's Resolution is to begin with my head and my heart to bring peace inwardly and outwardly.

Be kind, be happy, be joyful. A reminder that no matter what the situation, putting on a smile somehow seeps downward into the heart and things begin to glow a little brighter.

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

—Philippians 4:6,7

Words to live by.....a good way to start each new day for the 365 that lay ahead.

We just celebrated the most beautiful promise. Spring is on its way. New life is under the dead of winter.

I must remember to carry the torch of Christmas with me throughout this fresh new year. I'm determined to be ready for battle no matter what comes to pounce at my shield. I'm going to be a human action figure in God's army.

Won't you join me in the crusade for peace....I know He's listening.

Here's wishing you a happy, peaceful year ahead.

Jan Rahn