

Resolutions

Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day.—II Corinthians 4:16

I am not big on New Year's resolutions because I fail to keep them. I find it too difficult or I am careless and before I know it I have eaten the desert I wanted to give up or I am just too tired to exercise. The silliest resolution I made was one to answer my email each day. I now have almost 1500 unopened emails. Good idea, but I was too weak to keep it. There is one resolution that is worth keeping—to renew spiritually each day.

Physically, our bodies are failing. We are not as strong as we used to be. We can't run as fast or maybe we can't run at all. Our vision and hearing are diminished. Our mind is not sharp as it once was and we find ourselves forgetting the simple things. We may be experiencing pain in parts of our body we were unaware of when we were young.

Not only is the daily renewing of our spiritual well-being important, God expects it. It is a necessity. We would not think of going through a day without feeding our body but how often do we fail to feed spiritually? Too often we consider a good sermon on Sunday enough or we quickly read a verse and give no time to think about what God is trying to show us. We lack time in fellowship with our Savior. We fail to invest in prayer and Bible study. Joni Eareckson Tada said, "Just one day of neglect will bring on spiritual malnutrition. Let us resolve to be in the word and in prayer on a daily basis that our "inward man may be renewed day by day".