

RESTART

Promises new every morning to jump-start your day

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Introduction

I have some books in my personal library that I enjoyed reading very much, but I have no intention of reading them again. I now know the plot line, so the suspense is gone, and then there are my favorite detective novels that are so well-written, with such great dialogue and character development, that they are fun to read over and over.

Into which category does the Bible fit in your life? Do you feel that you know all the basics? Does setting aside time for reading it seem like a waste of your time? Or does each time you pick up the Book yield new delights, new insights, new wisdom, new comfort?

It is my hope through these daily Grace Moments to whet your appetite for the Word. I hope to reveal new ways of thinking about treasured and familiar passages, and perhaps I can introduce you to some that are new to you.

May these moments together inspire you to marvel all over again at the Father's magnificent works, Christ's wonderful redemption, and the Spirit's powerful working in your life.

Pastor Maule Eske

january

Those who hope in the LORD will renew their strength.
They will soar on wings like eagles; they will run and
not grow weary, they will walk and not be faint.

Isaiah 40:31

january 1

When goals let you down

Diana Kerr

Happy New Year! I love the fresh start of a new year because I love setting goals, and I love helping my clients set them too.

However. I'll be the first to admit that striving after goals can make you feel pretty empty. Goals are like anything else that we rely on too heavily: they will let you down.

Goals can fail you even if you succeed at accomplishing them. How? Because many of the achievements we seek after are good things that aren't the *ultimate* thing. To make things worse, our motives are often a little messed up—a guaranteed way to decrease your satisfaction in achieving your goals. (For example, losing weight to be skinnier than your sister-in-law or seeking a promotion to get more money so you're happier.)

As you go into this year, ask yourself if your goals really matter in the scope of eternity. If not, throw them out or adjust them. Ask yourself the *why* behind your goals. What's your motivation? For your sake and for the sake of the Lord who loved you enough to lay down his life for you, make sure you're not laboring in vain (Psalm 127:1) and keep 1 Corinthians 10:31 in mind: **“Whether you eat or drink or whatever you do, do it all for the glory of God.”** No big goal means anything without God in the equation, and no *small* goal is insignificant if it's done to the glory of your Savior-God.

january 2

I want to be more joyful, less resentful

Pastor Mark Jeske

My life experience has been that pain memories are more intense than pleasure memories. That can be good—pain memories can serve as warnings not to do certain dumb things a second time. But they can also overwhelm and crowd out happy thoughts and leave you feeling blue.

Peter Pan wants people to think that happy thoughts can make them fly. Well, they can. Not *literally*, of course. But choosing to let your mind dwell on God's amazing outpouring of blessings into your life can give wings to your spirit and help lift you out of an emotional hole. St. Paul agrees: **“Rejoice in the Lord always. I will say it again: Rejoice!”** (Philippians 4:4).

The gospel of Christ makes us all optimists. The great enemies of mankind have been defeated: *Satan*, the old dragon, has been defanged. Now mortally wounded, he rages about but his destiny is fixed. Your *sin* was put in its entirety on Christ, and you bear it no more. The *grave* is now only a resting place for your tired old body and will have to yield it up when the archangel Michael's trumpet blows. *Hell* was experienced for you by Christ on his cross, and you will never know what its torments are like. Even *death*, that grim reaper, may look like he's winning, but in fact the death of a Christian only means that your spirit has now fled into the presence of Christ.

The more you ponder Christ's mighty work on your behalf, the more your soul rejoices.