

Spiritual Growth Exercise

January 2017

Resolve to Make a Real Change

A New Year! What is the one thing people think about in the first month of a new year? Resolutions! Right? Every year people make resolutions to lose weight, get more rest, eat better, etc., but these resolutions do little for the human spirit. When we focus on ourselves we can become critical of ourselves and envious of others, which lead to competition and jealousy. Constant self-focus can deflate our spirit and even create an evil spirit.

Our spirits are lifted when we lift someone else's spirits. Offering a smile or a hand, opening a door or giving a call is all ways in which we can nurture our own spirit while impacting someone else's spirit in a positive way.

This month you are invited to consider ways in which you can make others smile, feel a little lighter, or be inspired to pass on the kindness you've shown to others. You can resolve to make a real change!



The measure of a man is in the number of lives he's touched. Ernie Banks