

## From the Desk of Miss Wilber

January 22, 2021

Raise your hand if you made 2021 new year's resolutions, and... raise your hand if you have already failed at those resolutions. You're probably thinking (sarcastically), "way to start off on a positive note this week, Miss Wilber", but bear with me.

By the end of January, we have usually either settled into some new and improved habits or we have given up on our resolutions and scrapped them entirely... but hopefully we fall somewhere in between these two scenarios. So what if we failed our resolution already, we're human which means imperfect. The important thing is that we don't give up on ourselves. Maybe we need to adjust our resolutions, make them more realistic or break them down into smaller steps. Just keep trying. We can be better. We can achieve our goals. We can be diligent!

I enjoy this time of year, because it is filled with hope. Somehow the start of a new year gives us a sense that we can change, we can be better. It is a time for reflecting and planning. How was the last year? How am I doing? Am I the person I want to be? How can I improve myself? What steps can I take today to be a better me? Where do I want to go? What do I want to learn or achieve? As we ask these questions of ourselves and seek to answer them, we should be filled with hope for the possibilities that lie ahead of us.

One of my goals for this year is to read the entire Bible. I was considering this goal months before 2020 ended but was hesitant because I doubted that I would be able to achieve it. To my pleasant surprise, a couple friends of mine informed me of a new podcast called "The Bible in a Year". Perfect timing! I have been listening to the podcast every day, and it is blessing me very much. We are almost through both the book of Genesis and the book of Job. God knew I needed help to achieve my goal, so He provided a way.

Some may say that *listening* to the Bible in a year is not the same as *reading* it myself in a year, and they may be right. But this has made possible a goal that may have otherwise been unattainable for me. It is important to push ourselves, yes, but it is also important to be merciful with ourselves. We must not let our inability to be perfect right now get in the way of making progress. That can cause discouragement, which leads to scrapping our new year's resolutions before January is even over.

I hope that you have been able to make some goals for this new year. If not, it's not too late. It's never too late to decide to live today better than yesterday. May this year be filled with day after day better and better than the one before.

Sincerely,  
Miss Wilber