



### **New Year: New You....New Day: New You**

By Becky Ramsey, Public School and Christian School Representative

It is a very common habit to begin a new year by making resolutions. These can range from choosing to make better food choices, deciding to exercise more, or eliminating negative behavior patterns from our repertoire. These resolutions often do not last even as long as it took us to write the list.

Making changes at the beginning of the year must be more than just a resolution. Changes must lead to *transformation*. Christ is in the transformation business. He wants to make changes in us whether it is a new year or not. However, the new year is a good time to think about changes that are transforming. Second Corinthians 5:17 (NIV) states: "Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here!" When we are in Christ, we must constantly be turning our back on the former sinful ways in our life. We must look forward to a new outlook and a new person whom Christ chooses to form daily.

Sometimes, if our new resolutions are impractical, we tend to forget them. However, the type of newness that Christ desires is life-changing when we choose to "live by faith, not by sight...We make it our goal to please him [God]" (2 Corinthians 5:7,9, NIV). Most New Year's resolutions have their roots in self-pleasing motives. We cannot just change; we must be transformed through Christ. Transformation occurs when we delve into the fruit of the Spirit and crucify the sinful nature with its passions and desires.

My goal this year is to think beyond personal goals and focus on my classroom and each group of students with whom I work. As I go through the fruit of the Spirit, I try to see how each one could be applied in some way to different students, specific assignments, or aspects of the class itself. Peace, self-

control, faithfulness, patience, and gentleness all can have very specific daily applications to a classroom. The acts of sinful nature—discord, selfish ambition, dissensions, envy, and the like—should be weeded out of the classrooms. Such negative traits can create havoc in a teacher’s daily plan. Teachers must eliminate these negative components and replace them with more of positive attributes to make classrooms productive.

To avoid the resolution resignation trend (which too often happens after only a few weeks), we need to continue this renewal process throughout the year. We need to approach each day as a new day in Christ. Galatians 6:9 (NIV) challenges us: “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Each day, ask Christ to show you the new you He has designed for the day and then walk it out, one day at a time.

When we take on a resolution for the new year, it can become overwhelming because of the endurance needed to carry out the goals. However, when we take on a new day’s resolution, what Christ has for us for just one day—it is possible, it is conceivable, it is achievable! One day is a doable concept, while a year may become overwhelming.

This year, make it a new day: new you, in Christ.

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