



"And this is the commandment we have from Him, that the one who loves God should love his brother also." 1 John 4: 21

**Sunday – January 26, 2014**

## ***Heart to Heart...***

It amazes me about all the New Year resolutions made. I always wonder why a new year makes one want to start over? If we know we need to make changes, why wait? Yet it is said according to several surveys that by the end of January 83-88% of resolutions have fallen by the way. That should tell us something.

What should we be doing with our lives? There should be things to reach for but what are those things? We all have been given an equal portion of time. No one has less or more than another. We have twenty-four hours in the day and 365 days a year (except leap year which adds one.)

Let's use 70 years of age as an average life span. I realize it is more than that but it will suit to make a point. In those 70 years we will sleep 23 years of our lives based on 8 hours each night. Over that same 70 year life span you will spend approximately 14 years working, another 6 years eating and 5 years traveling. Let's take it a little further. Let's add watching television since it has become a central part in the lives of many. You can tell that with all the large screen tvs that are in homes and sold. In looking at poll data, (and I'm not too trusting of polls as they can manipulate data but we need something to use as a base), the average American watches 6 hours of television each day. I will adjust that to 4 hours per day just because 6 seemed a little high to me. That amounts to 28 hours per week, 1460 hours per year and in a 70 year period that would add up to 102,200 hours of television watching. In that 70 year period that is more than 11.6 years of television viewing!

Let's compare all the above with our spiritual well-being. If we were to begin at birth, (which we know little babies can't do but let's start at our birth and you will see the point), spending five minutes each morning and evening praying and three hours per week in worship/Bible study, by the age of 70 we would have invested a total of just over 20 months of God impacting our lives to growing. Did we get that? ***20 months total*** in 70 years! Let's add an additional three hours per week in reading Scripture in our home. That would bring the total amount of spiritual food in our 70 years to 3.6 years! The amount of time we would be devoting ourselves to knowing the Lord, growing and feeding on His word is rather minimal compared to the other things, wouldn't you say? That should open our eyes.

Our homes are revolving around a lot of things that will not help us advance much toward eternity. Our involvements are not improving our faith moving forward. We need certain daily things like sleep, jobs and food. We aren't speaking of that. Our children are being raised on a steady diet of self with an increased time on entertainment and pleasure. How careful are we being with our lives and our children's lives? How serious are we about the spiritual matters of God?

New Year's resolutions revolve mainly about physical matters and with no power other than ourselves behind it; it quickly falls by the way. It looks to me as we need to take a closer look at what we are resolved to do by submitting to God, who will be behind our desire to grow. Two things we need to keep in mind: (1) It's easy to be taken captive. ***"...lovers of pleasure rather than lovers of God,***

*holding to a form of godliness, although they have denied its power.” (II Timothy 3:4-5) (2)  
“Therefore be careful how you walk, not as unwise men but as wise, making the most of your time,  
because the days are evil. So then do not be foolish, but understand what the will of the Lord is.”  
(Ephesians 5:15-17) Think about it!!!*

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