



## Are We There Yet?

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Like me, you may have set some goals for 2019. Like me, you may have even written them down and posted them in a prominent location so that you will see them and be reminded of them each day of 2019. Like me, you may have been very conscientious of your goals this week, ensuring that you have done just what you said you would do. Like me, you may now be wondering, are we there yet!

I have resisted the urge to step on the scale to check my progress, or lack thereof, but as I lay down to do my situps, and each day as I have been walking or jogging for my 30 minute session, I wonder if I am there yet. I know that I am not. I know that it took many more than 6 days for me to reach my current condition and it will take many multiples of 6 days for me to make a change.

Are we there yet? No. I've heard it said that, "willpower is like a muscle, the more you train it, the stronger it gets." I believe there is truth in this saying. It's easy to make a change for a short time, but it is much more difficult to persevere for longer periods of time. It takes discipline, self-control, and for me, prayer. Along with my goals, I think it will be helpful if I post a few Scriptures to strengthen myself when my willpower is weak. When I am weak, He is strong.

~Galatians 6:9 NIV

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

~Luke 21:19 ESV

By your endurance you will gain your lives.

~James 1:2 NIV

Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

~Ecclesiastes 9:11 NIV

I have seen something else under the sun: The race is not to the swift or the battle to the strong, nor does food come to the wise or wealth to the brilliant or favor to the learned; but time and chance happen to them all.

~Ephesians 6:11 NIV

Put on the full armor of God, so that you can take your stand against the devil's schemes.



AMEN!

Thank you for reading!

Have a wonderful week as you persevere to meet your goals!

*Kimberly*