



Now that it's January 3rd it's time to ask: how are you doing with your New Year's resolutions? The new year is certainly an appropriate and fitting time to reflect on the changes we want or need to make in our lives. Every year approximately one in three Americans resolve to better themselves in some way. New Year's resolutions are certainly easy enough to make.....and even easier to break. For some reason I never got into the practice of making New Year's resolutions. Perhaps it's because the season of Lent always seems to be right around the corner and it's certainly not as much of a challenge to do something for forty days than for a whole year!



The custom of making resolutions for the new year goes back some 2000 years to the Roman empire. But the Puritans in colonial America popularized it for us. Puritan parents urged their children to skip the revelry associated with ushering in a new year. Instead they would encourage them to spend time reflecting on the past year and contemplate the year to come. They would then make commitments to use their talents more, treat their neighbor with charity and avoid their habitual sins. One year the Puritan Pastor Jonathan Edwards compiled a list of 70 resolutions for himself.

So good luck with your New Year's resolutions! And if you have already broken them or never made any, don't worry.....Ash Wednesday is coming. Lent is only five weeks away!