



Have you ever gotten to the end of a week, month or year and thought, “How did I get here? Where has the time gone?” It happens in our parenting, friendships, marriage and work- we get caught up in the urgent demands of the day-to-day, and then years go by, and we realize we haven’t been making the small choices that will get us where we actually wanted to be. So this is the year to make some moves. **This year, we will “say yes”.**

## **SAYING YES MEANS WE WILL...**

### **BEFRIEND DISCOMFORT**

*“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.” (James 1:2-4)*

You have this one life. How do you want to spend it? Regretting the things you didn’t do? Avoiding potentially awkward situations? Hating your body? What if the way forward is to befriend discomfort? Discomfort is a life hack that can improve every area of our lives. Tackling challenging things helps us become more rooted- we start to feel less fragile and less stressed. Don’t wait until you feel ‘ready’ or qualified or when all the details come together perfectly. Now is your opportunity to develop a spirit of adventure and make new memories. Open your hands to release old dreams and receive new ones or take the brave first step to get help. Now is your chance to invite your kids along for the thrill that comes with doing hard things. You are wildly capable. Grow your capacity to endure. Show absurd courage. Get uncomfortable. Persevere and say yes to the next small brave step God asks you to take.

## **BE EASILY DELIGHTED**

*“He brought me out into a spacious place. He rescued me because He delighted in me.” (Psalm 18:19)*

It's been said that if you just went to the supermarket and experienced it fully without the goggles of habit and categories, you would go crazy with pure joy and astonishment. We are declaring this our year of delight. Can you believe how beautiful the world is and how delicious food can taste? How kind people are? It's all so good. Yet sometimes, fun is the first thing to go between parenting, paying bills, and worrying about doing things right. All of that changes this year. Because God delights in us, we will delight in the life we've been given. We'll exude passion. We'll learn to love what must be done and be captivated by the smell of our kids' hair and our husband's glances across the room. It's all decadent when we stop and really notice. God, help us be easily delighted with the small things because the small things are the big things.

## **BE HERE NOW**

*“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?” Matthew 6:26-27*

This is the year to uproot our anxiety, worry and hurry. Hustle culture tells us that it's all up to us. But spacious living reminds us that God's got us, and a deeply formed life starts with courageous faith. This year we will remember that our direction is more important than our speed. We will stay inside our commitments and thrive within our constraints. Our longing for control will be replaced with a humble surrender to the fact we don't have to death-grip every possible outcome. We will choose integrity over image and people over pressure. We won't let worry rob us of time. Instead, this is the season of trusting that God is providing for our every need, and that means we can tend to the home, kids, marriage, friendships, neighborhood, and work that God has given us and have the time of our lives doing it.