

I am RESOLVED

How can we Live Life Right Here, Right Now this year. This is the only 2013 we will experience so let's make it the best year we have ever had. The year 2012 was to be my year and in many ways it was a great year, but weight-wise it was not what I had hoped.

In January 2012, my trainer, Donna Roberts, issued a challenge to all her clients to fast from desserts for 12 weeks. Our goal was to put \$5 in a jar each week and at the end of 12 weeks, match the \$60 in our jar, resulting in each client donating \$120 to **As Our Own**, a ministry that rescues girls from the sex slave trade. I signed up, but I was not wholehearted in my endeavor. On the other hand, my friend Diane Hawkins signed up, gave up desserts and faithfully put her \$5 in the jar each week. Before the 12 weeks were over, Diane realized that the Lord was delivering her from her sugar addiction. Diane is stronger today and at her weight goal after years of struggling, because of her addiction to sugar.

On the other hand, I halfway did the challenge and for the most part, maintained my weight at 152 all year. I wrote my check to **As Our Own** at the end of 12 weeks, but I didn't reap the personal benefit because I didn't fully commit.

I don't need to tell you how hard my life is because most of you also have a hard life. What I can tell you is that eating irresponsibly doesn't make a hard life better. Even though we had a six-week holiday session after our classes were over in November, I somehow shut down all resolve after going to Johnny's Oncologist on November 11th. We were told that his prostate cancer has spread from his bones to his liver. I didn't bother to call out for help; I just started eating what I wanted and quit logging on My Fitness Pal. I continued this cycle through Thanksgiving and Christmas, while knowing there was coming a time real soon when I would have to face the

music.

Well, that time finally came on December 31, at 8:00 a.m. It was New Year's Eve and I was leaving for a wellness week on January 4th. Imagine my shock and dismay when the scale showed that I had gained 10 pounds! I immediately reached out to my trainer and said, "Donna, I have sinned and gained 10 pounds, all the while telling you I was doing fine!" Donna encouraged me to begin writing down my food, which I did that day. I am thrilled that I have already lost the 10 pounds I gained and now I am ready to lead my new FP4H class, which begins soon.

If this still happens to me, I am quite sure that it also happens to you. There are a few questions we must answer in the affirmative if 2013 is to be our year.

Questions like...

Am I tired enough of this pattern to change my ways?

Do I really believe that 2013 will be my year?

Am I willing to do the hard work and call out for help when I fall?

Will I commit to pray for God's strength before I take that first bite?

If we can answer yes to the questions above, we can be sure that we experience our best year ever. I have taken the **As Our Own** challenge again this year and already have my jar out with the first \$5 in it! I am expecting victory—and victory will be mine—as long as I pray before I eat and then *Do The Next Right Thing!* I am RESOLVED; how about you?

"No, I beat my body and make it my slave so that when I have preached to others, I myself will not be disqualified for the prize". 1 Corinthians 9:27