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## **“A New Year’s Resolution: Put Off the Old and Put on the New”**

**By: Theresa Roth**

*“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.” (Eph 4:22-24)*

At the start of a new year, we are often energized to do things a little differently. You know the old saying “let go of the old and put on the new.” Maybe shed a few extra pounds, add a little more exercise to our daily regime, or rid ourselves of some bad habits. But, resolutions are hard aren’t they? We have great intentions, but life gets in the way, and before we know it we’re back to our same old self.

It’s the same with our Christian walk. As Christians we are called to be different, but often we stay the way we are rather than pay the price to change. In Ephesians 4:22-24 Paul writes *“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”*

So, what are some “old” behaviors or attitudes that might apply in the workplace? What about pride, a short temper, envy, greed, impatience, careless words, swearing, or complaining. I don’t know about you, but some of these hit too close to home for me. It’s not that we intentionally try to act this way, but things happen and before we know it we react often in an inappropriate way. The truth is, if we want to be all that God intends us to be, we need let go of our some of our old attitudes and behaviors and make room for the new...in every aspect of our life, and that includes our work. In Titus 3:2, Paul writes, “Remind the people...to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and to show true humility toward all men.” In other words, be more like Christ – act more like Christ. Remember, your actions as a Christian speak so much louder than your profession as a Christian.

Is there some attitude or behavior that you would like to change about yourself? What better time to resolve to do things differently than at the start of a new year! Ask God to reveal what he wants you to change and then ask Him to give you the strength and discipline to make it happen. And don’t be discouraged, “With man this is impossible, but not with God; all things are possible with God.” (Mark 10:27)

### **A Work Prayer**

Lord, change me to be more like you. Reveal to me what might displease You about myself. Give me the strength and courage to be different so that others will see You through me. Amen.

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