

Here We Come 2021 !

Intro

Really Prayed and thought about this message for almost 2 months.

I wanted to speak on the New Year, but what to say after a year like this one has been.

2020 is a year we won't forget!

The pandemic

The masks

6 feet apart

Politics, politics, Politics

Stimulus money

Essential, Non Essential

Vaccine?

Skype, Zoom, Etc...

Distance Learning (School at Home)

There's Memes about 2020, All kinds of how bad 2020 was reminders. For a lot of people it was. It really was. People feeling alone, even in hospitals., lots of depression, cooped up inside. The stress of what to believe or not believe. 2020 affected us ALL in some way or another.

Heard this prayer: Dear God, my prayer for 2019 is a FAT bank account and a THIN body. Please don't mix it up like you did this year.

I did however see some people that seemed to glide right through the trouble. They seemed to get passed where most were getting stuck. They were in position to help others because they were OK.

HOW DID THEY DO THAT! What's the secret?

I really looked at this and found some common ground in what they did to maintain normal through the storm.

We are going to look at those today and see if we can do the same in case 2021 is tough as well.

Let's Pray

Here is THE thing!

Don't be held hostage by the chaos of unpredictability.

What does that mean?

Play OFFENSE not DEFENSE!

You decide what your going to do, don't just react to things that happen...

Matthew 7:24-27 NIV

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

Your Health

1 Corinthians 6:19-20 NIV

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

This is a big deal! Don't listen to me, go look yourself at the CDC reports. MOST deaths have happened due to co-morbidity... Covid PLUS something serious the person already had! Don't read this wrong! Don't downplay Covid here! The person was really sick, maybe would have survived, Covid was the game changer.

We need to be as healthy as we possibly can! Not just weight loss, but that's a great start!

Everybody is Different (**I can't teach you**)

Some medical conditions you can't control, but there's a lot you can...

DEFENSE:

We become inactive and snack all the time, develop bad habits and think you can wait til later to do something... Buy cheap, unhealthy items. Allow food to give you temporary pleasure...

OFFENSE:

Talk with your Doctor, figure out your path to a healthier lifestyle... Do something different today that will point you towards health. Figure out what works for you!

My soda addiction... Susie Trying several plans and found one that works for her.

Try things until something sticks. Add to this everyday, it is a marathon, not a sprint to health.

Your Finances

Proverbs 22:7 NIV

“The rich rule over the poor, and the borrower is servant to the lender.”

If 2020 taught us something it was our finances are susceptible when we shut the economy down. Job losses, expenses go way up due to being inside, pay goes down, expenses go way up, your debt piles up to pay bills...

DEFENSE:

Wait for someone to bail you out, stop looking for extra income, get down on people and the world.

OFFENSE:

I can't even come close to explaining this like **Dave Ramsey (Financial Peace)** He discusses emergencies, He discusses savings, he discusses debt... it's the best thing you

can do Bar None for your finances. Please go online and look into it. If you are prepared financially, when the chaos hits, you'll be a lot tougher to bring down...

Your Relationships

You've heard this at every wedding you've ever been to:

1 Corinthians 13: 4-8

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

What happens when you family gets shut in for six months? Things get squirrely, there's tension, whose cookie it is turns into a household brawl... Lay off my cookie!!!

Parents are at home and what happens? Shuts down school and makes the parents the teachers... What could go wrong?! = relationship stress...

Makes you feel bad after reading that. When we get stressed in our relationships we break all of those...

DEFENSE:

No matter what we want to be right in an argument. We quit listening and only talk ourselves. It's me against the world, they're all out to get me...

OFFENSE:

Heard of the Five Love Languages?

Quality Time, Acts of Service, Physical Touch, Words of Admiration, Gifts...

Everyone wants they're own currency. We need to learn each others currency and spend it on them. In stressful times we tend to push and fight to get our own currency, we ignore what our loved ones need.

When we give others what they need, you will have your needs met.

Your Mental health

Proverbs 14:30

“A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.”

This is a biggie today, and it's not talked about too much. 2020 has pressured a lot of people to hunker down in fear and stress, and a state of depression.

We're told we are non-essential, WHAT!! YOU ARE DANG ESSENTIAL!! Ask George Bailey!! He was ESSENTIAL just like you are.

When something interferes with your family, relationships, finances, health, etc... your mental state is going to be in trouble. It's hard to mount an offense when your in bed most of the time, or ignoring the reality around you.

Try and fill the hole in your heart with “THINGS” Liquor, Drugs, etc..

DEFENSE:

Stay online or watch the news believing everything you read and hear.

Almost everything on-line or on TV either a lie, or just part of the conversation, never un-biased. That's so sad to me.

Be a perpetual victim, thinking there's no way out. (that's easier than you think)

Isolate yourself from others.

OFFENSE:

Limit your time on-line. Do your own research on important topics to you.

COMMUNICATION – COMMUNICATION – COMMUNICATION!

PRAY about it! Read God's word about what you're dealing with.

Tell people in your circle how you're feeling. You're not alone. See a professional, you can be online with a counselor in minutes these days. Don't isolate yourself. Join a small group. Get some exercise, some Sunlight!

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Basically it's up to you how you approach 2021. We can attack it with a plan!

Or just wait and let things happen and hope we can stay above water.

Let's ATTACK!!!!

Crossroads Challenge:

Evaluate yourself on what you did last year. Where can you take charge instead of sitting passively? Ask God for the courage to take on all challenges and allow Him to be your strength when you just can't go anymore. He is always there!

Pray