

Praise the Lord, for He is worthy to be praised!! Here we are with almost $\frac{3}{4}$ of the year behind us. It's always great to do regular self-checks to see the progress you have made since the beginning of the year. Why settle for failed resolutions again when you can have guaranteed results. The results I am referencing are those that will take you to the next level of performance, promise, and purpose.

This is 2008, the year of new beginnings!! Not another year of disappointment, defeat and lack of change. This is not a physical or mental self-check, it is a check of your spiritual man to make sure you are prospering internally and externally in accordance to the promises and purpose of God. Take a moment and think about one of the areas you desire change for the better; what have you done to develop this area? Change is always great, especially if it is God-driven change. He never wants us to be stagnating, but always progressing in Him, and if we are progressing in Him, we are progressing in every area of our lives.

Let's begin our self-check by inspecting our heart. Your heart reveals who you are and it is where true change originates. It is your heart that determines what you say and how you respond to situations, "For out of the overflow of the heart the mouth speaks" (Matthew 12:34). Those things that are most important to you are also stored in your heart, "wherever your treasure is, there the desires of your heart will also be." (Matthew 6:21).

Luke 6:45 reads, "A good person produces good things from the treasure of a good heart, and an evil person produces evil things from the treasury of an evil heart." What does your heart reveal about you? You cannot simulate what is in your heart, for the Father knows everything, "You like to appear righteous in public, but God knows your hearts." (Luke 16:15), or "Outwardly you look like righteous people, but inwardly your hearts are filled with hypocrisy and lawlessness." (Matthew 23:28)

How do you respond to difficult or uncomfortable situations? Think about what you do and say and then ask yourself, 'is there a better response?', if so, pray for guidance and wisdom to deliver that more appropriate response. Remember, we are to be loving, patient, kind, gentle, and have self-control; our actions should spur each other towards love and good deed.

The Lord promises to grant us the desires of our heart so long as we are stayed on Him; if you ask Him for a "good" heart and truly desire for Him to change your heart, He will. But let me caution you, you can't reach any level of change without obeying the first tenet that requires you to be born again.

Make the decision to begin a self-check today! The Lord wants to see you become more like Him and "trust in Him to help you do it and he will"(Psalms 37:5), but you have to take the first step and have the desire and will to help yourself.

"The Lord your God will change your heart."

-Deuteronomy 30:6

God loves you very much and so do I!

Be blessed,

Nicole

