

# **S.O.H.L.**

## **WEEKLY MINISTRY MEDITATIONS**

*Pronounced "Soul"*

**December 28, 2015**

## **Doing the Same, Results to the Same**

**MARK 1:14-15 NKJV – (14)** Now after John was put in prison, Jesus came to Galilee, preaching the gospel of the kingdom of God, **(15)** and saying, "The time is fulfilled, and the kingdom of God is at hand. Repent, and believe in the gospel."

There are three things that need to happen once you decide to begin a lifestyle change. First, you need to truly commit. You must have conviction! *Do I really want this? Can I do this forever? Is this going to be good for me?* If the answer is yes to all three, put on your rally cap because it is go time! It is on like Donkey Kong (as the kids say) and there is no turning back.

Now what? Now that you have committed (#1) to making some necessary changes in your life, no matter what they may be, you need to ease into it (#2). This goes for anything in life. You must learn to crawl before you can walk. (I am all about the clichés.)

Set small goals. After your small goals are met, challenge yourself to set higher ones. Start first by making simple changes in whatever it is you want to improve. After you have established a good foundation with those changes and it is now part of your routine, build from there to take on goals that may present more challenges. Once you are committed and have eased into a good routine, focus on consistency (#3). It is important to not give up, trying something else if you do not see immediate results. Being consistent will yield the change you seek. Remember, Rome was not built in a day.

### **SCRIPTURE READING**

NUMBERS 23:19

### **THOUGHT FOR THE WEEK**

Change is inevitable. Growth is optional.