New Year/New Word 2024

A few years back I started choosing a word instead of making a New Year's Resolution. Or maybe those words chose me. But either way, I kept focused on that word through the entire year. I found it more helpful to have a word to guide me than a list of resolutions that I quickly forgot.

In 2021 my word was GENTLE followed by JOY in 2022, by KINDNESS in 2023.
My new word for 2024 is **STRONG**.

What I want for myself is a **strong body**—a healthy active body. Many of you know that this year I have lost 65 pounds. Caregiving, Covid, and Bob's passing did not help my already lousy eating habits any! But now I am feeling healthy and energetic. I want to continue exercising, walking, eating right and taking good care of my body. Becoming a widow, you quickly learn that you are on your own. I am solely responsible for taking care of myself. I want to feel capable and strong and able to live on my own for many many years!

What I want for myself is a **strong mind**—a mind without judgment, without bias, without gossip, without negativity, without moodiness, without hatred, without unwanted thoughts, and without stress and anxiety. Maybe I should say MIND AND HEART as I think they are connected. What you're feeling in your heart is affected by what you put in your mind. What is in your mind shows your real heart. I want both to be in perfect alignment. I think a good summation of what I want for my mind and heart are the Fruits of the Spirit. *(But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Galatians 5:22-23)*

I know that's a huge ask but that is why my word is strong. I need to focus every day on being strong and having the

strength needed for all my wants!

What I want for myself is a **strong spirit**—a faith that doesn't waiver. A faith that is strong enough to get me through rough periods. A faith that I feel so strongly about that I live it out every day and share it with friends and family. A strong unshakable cornerstone faith.

So, where I am going to go to get this strength—the strength I need to be strong in body, mind, and spirit?

Here's a few favorite scriptures which will tell you that answer—
"Trust in the LORD with all your heart, and lean not on your own understanding" Proverbs 3:5-6
"in their hearts, humans plan their course, but the LORD determines their steps" Proverbs 16:9
"I can do all things through Christ who gives me strength" Philippians 4:13
"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand" Isaiah 41:10

So, I'm heading into 2024 on a high note and clear path.
Thanks for being with me on my journey!

PS: Last year I started 2023 being very sad and weepy about moving into yet another new year without Bob. This year, I have come to realize that Bob is right beside me and I can even hear him cheering me on.


2024
BE
STRONG
BODY MIND
& SPIRIT