

Merry Christmas to you in 2019,

And may the New Year be a time when we search deep within our own soul to find out what is really important, and to set priorities for the time we have left in this life.

No one really knows when the last breath will be taken. Yet, we plan for many things in our future. Sometimes, so much, that we fail to make the most of the day we have before us. Other times, we look to the future with great uncertainty, and stay in a state of foreboding, instead of bringing what we want from our life in to being.

If we could add up the time we spend on

- worry,
- being anxious about things that might happen,
- thinking about doing something, but never getting to the point of making it happen,
- sitting in front of the tv, going nowhere,

what percentage of our life would that consist of?

How much would we accomplish if we just decided to bring ideas in to immediate fulfillment? Or at least seriously gather what ever is necessary to make something happen, and then bring it to fruition as quickly as possible?

How often do we plan things for our life to such detail, and then when it is all planned out, fail to carry through, or convince our self that, that is too much of a pipedream, and it can never happen or similar thoughts?

Hopefully there comes a time in each of our lives, when we put all the discouragement, all the negativity and lay aside all the opposition, or at least, what we consider opposition, and just **go for it**.

How often do we succumb to just struggle with life,

- or do a job we really do not enjoy,
- or live a life that is not really worth living,
- or that could be much more fulfilling?

What if we would free ourselves, and just change things up and step out more freely? Or look beyond our normal scope of possibilities and jump outside the box or boxes we may have put our own self in?

How often do we let other people interfere with us stepping out and trying something new? Since many people tend to live similar to what they have become accustomed to, or live according to the way or ways they have always done things in the past, do we do the same things?

Do we look to see if we put our own self in a rut, or entrenched ourselves so far in that rut, that we see no way out, or refuse to get out for what ever reason or reasons?

- How often do we question ourselves?
- How often do we question our current lifestyles?
- How often do we question our current mindset?
- How often do we question our usual or typical decisions?

If we could see our self from a different view, would we wonder why that person was making those kinds of decisions for their self? Would we roll our eyes at that person, and wonder - what is he thinking? what is she thinking? Could we be that honest with our self?

Do we look outside the framework we built around ourselves, and maybe even fear to think there may be other possibilities? Do we look at the framework we built around ourselves to see what that framework consists of? Are we just settling for the same or less of life as has become common?

Look in the mirror. Who do you see? Is it the person you dreamed you would be when you were young? Are you doing more or less than you thought you would when you were young?

Are you willing to step out and learn more?
Are you willing to take more chances?

- Do you think you are too young?
- Do you think you are too old?
- Do you think it is just not the right time?
- Do you just have too much on your plate right now?

If you think it may be any of these reasons or similar reasons, did you not already defeat your self?

Maybe you do have too much on your plate right now, but did you stop and analyze to see if everything you have going on is important or relevant to what you really want for your life? Are there some things you can rearrange to make other things happen? Or is the real reason those of us who do not step out more often, or more freely is because:

- we might fail,
- or maybe some people will laugh at us,
- or make fun of us,
- or ridicule us,
- or insult us,
- or some other strange thing?

If some one does such things when we want to try something new or different, are they really some one we want to have that close to us; that they would be able to influence us so strongly to dissuade us from doing something different?

Certainly there are some things that we would not want to involve ourselves with:

- things that could get us locked up,
- things that could get us put away,

- or things that could cause harm or injury to ourselves or others.

But there are so many possibilities available that are legitimate and could do a lot of good, not only for ourselves,

- but maybe for those we love,
- or that could be helpful for others we do not know,
- and maybe beneficial for many other people.
- And maybe even be beneficial to those who try to pick us apart or criticize us.

After spending much time with many elderly folks through the years, it is common to hear they did not step out enough, and did not take more chances.

For some of them it was too late to try some things, considering their age and health conditions. But there were still many things they still had time, energy, imagination and ability to dream about and make happen in their life regardless of age and compromised health.

Even if they only had a year, a month or a week to live, whether they knew how much time they had left or not, what difference does it make? If you are breathing, you have time.

- If your life is kind of boring right now,
- or if you feel trapped,
- or if your life just does not have the meaning you used to think that it would,

why not just **go for it?**

It is distressing and disheartening for a person to let their life waste away at any age, no matter how much time you have. Suicide rates, especially among the younger folks are way out of control. What kind of society have we made for ourselves to bring this about? It did not just happen.

Too old? What does that really mean?

Just because someone is in their eighties or nineties or older is not too old to learn something new, or try something different. What else are you going to do with your life? Just sit around and wait to die?

For those who are living in retirement years, hopefully you are not letting fear stop you from stepping out in new directions. Like, look how far you already made it?

- Are you worried what your family would think?
- Are you worried about what your neighbors would say?
- Are you worried about how your friends would look at you?

Like, who really cares!

If you let others manipulate you in such ways at any age, why are you letting them get away with it? What if what you

wanted to pursue was going to make you happier than you ever have been before?

But what if it does not turn out the way you thought it would? So what! You gave it a shot. What if it turns out better than you thought it would?

Studying, learning and growing are never outdated.

Fear, anxiety and worry are extremely overrated, especially when they control the way you live your life, or stop you from really living your life more fully.

Do you see yourself living a whole and fulfilling life, or a more fulfilling life right now? Did you in the past, but something happened, and you started holding yourself back?

Did you ever notice people that found what they enjoyed doing in life, and kept doing it, and stepped out and found more things they enjoyed doing with their lives? Do you know any of them that are doing it in their eighties and nineties?

Did you ever wonder why they are still doing it? Did you wonder why they are not just kicking back in retirement, growing old and wearing themselves out through a lackluster lifestyle? Do you know of anyone that is just sitting around, waiting to see how long they can keep going until they die?

The old saying holds true - **use it or lose it.**

Health or not?

Make sure you are doing your own research, and are staying healthy. Most older people know how important great health is. Many younger people; not so much. Many young people think health comes automatically. Read labels. If you do not know what is in what you are ingesting, why would you subject your self to it?

You know companies advertising their commercials throughout all of media are just there to make their own selves more wealth - to take money from your pocket or purse. Many will often do what ever it takes to sell their products or services. There are plenty of good things to buy, and there are many things that are injurious to use or ingest.

- Just because someone claims something is healthy does not mean it is healthy.
- Just because someone claims something is natural does not mean it is natural.
- Just because governmental agencies say something is good for you, does not mean it is good for you.

Many bureaucrats do and say what they think they need to, to secure their own job, pension and retirement plan.

Never think something is beyond questioning.

Never think you can believe anything without some research, or through know-how from personal experience.

This world is not as nice as we try to convince ourselves that it is. The corruption has been gradual and steady. So gradual and steady, that we accustom our selves to it as it worsens. In turn, we do not see, or we blind our self from a lot of what is really going on because we just expect it.

But do we let it manipulate us to the point where we just accept it because we say - that is just the way it is? Or do we hold firm to our sane, reasonable, moral, ethical, honorable and sensible standards for life?

Do we compromise because others compromise? If so, where is the sense in that?

There is nothing like doing what you fully enjoy. There is nothing like pursuing more for your life than what you already accomplished.

Maybe you are fully satisfied with your life and your accomplishments. Is it enough? You will have to answer that for your own self.

- Are you on edge?
- Are you uneasy?
- Are you unsettled inside?
- Do you feel something is missing?

- Is the level of peace inside your soul incomplete?
- Is your level of joy coming up short?
- Do you love others unconditionally?

There are certain questions it is important for you to ask your self, or you will never be put in a position to answer them. If you are honest with your self, great benefit can be the results.

There is nothing greater than holding on to worthy standards and doings for your life.

- Can a person really find more than one thing they enjoy doing, and do it well? Absolutely.
- Do you think you have to become an expert to fully enjoy doing something? No way.
- It is worth doing something simply because you enjoy doing it. Most definitely.

Are there some people who feel they should not be enjoying their life? Yes there are. Maybe some things happened when they were young, or younger, and feel if their life is not miserable, or at least partially miserable, that something is wrong.

Some were told their life would never add up to anything, or were told similar things. Some feel they do not deserve to have a more fulfilling life. Sadly, these situations are more common than you might think.

Many people have never been encouraged to make their life whole. When living for less has been engrained in the subconscious mind, it often gets passed on to their next generation, and then to their generation.

Some people even feel safe if they imprison themselves in unpleasant, past experiences. They may refer to it as a comfort zone. But typically those comfort zones are the furthest things from any form of comfort. Worded more correctly it would be called, it is a, "I am used to it", zone.

If any of this has happened to you, you can stop it. It will take work and effort, and maybe a lot of work and effort, but it can be stopped, and you can be successful and whole if you really want to be.

It is not that you have to prove anything to anyone; it is simply that you no longer want to live a partial or compromised life any more.

Rise and shine, and keep shining, and then shine some more. Do not ever stop shining. Why would you? You do not have to.

You do not have to be arrogant about it, because

- arrogance is a real turn off;
- it detracts from real beauty;
- it never truly satisfies,

- and it weighs negatively on the soul.

Your days of being pressed down can be over - it is entirely up to you. Make your stand, and do it because you now realize how much value God has placed on your life. When you do it this way, genuine joy will keep filling your soul more and more.

So you were told some lies in the past that complicated your life. Who has not been told lies? Who has not had a complicated life in various ways?

Be real, and stay real. Move on, and keep going for it. Deeply learning from your past will make your future that much stronger. Be whole and stay whole. When you are, you do not have to let any one take that from you, ever.

God made our minds in a most wonderful way. Imagination, when used in uplifting and encouraging ways, can open up to us incredible opportunities if we would just give ourselves a fair and honest chance to learn and grow.

- Each of us can become whole in wonderful ways,
- and more wonderful ways beyond those,
- and even more wonderful ways beyond those.

Did you give your self that chance? If not, why not?

If you did, did you reach out for more? If not, why not?

One guy made comment on how God made the human body.

- A guy who knew.
- A guy who kept stepping out in his life.
- A guy who also made a few really poor choices for his life that also adversely affected others. It is rare that other people are not affected by poor decisions we make for our own self.

- But this guy also chose to learn deeply from those poor decisions.
- He also had to live with certain consequences from those poor decisions.

- Yet, he pressed on, looking to God to free him from his unwise, careless and thoughtless decisions from his past.
- Because he was deeply sorry for those harmful things he did, God forgave him and comforted him, and the guy accepted God's forgiveness and graciousness.
- He also forgave himself, and vowed to live the rest of his life respectably and honorably.

Psalms 139:14 I will praise You Lord; for I am fearfully *and* wonderfully made: marvelous *are* Your works; and *that* my soul knows right well.

To express that in more of a commentary kind of way:

I will praise You, and be forever thankful to You, Lord.

- You made me to be honorable toward my self and toward others.
 - You made me to be respectful toward my self and toward others.
 - You made me in such wonderful and intricate ways; so breathtaking, that I can not yet understand it all.
-
- Help me to bring glory to Who You are.
 - Help me, that I may show my deep appreciation and love for You in Truth, and for you caring about me so very, very, very much,
 - and for Your wonderful patience You show toward me.
-
- Thank you for the gift of life, that I may keep learning more about You.
 - That I may fully experience Your Love for me,
 - and that I may learn why I can Love you with a Love that will never end.

It takes strong willpower to let the Lord guide your life. The man who wrote the Statement from a Psalm above did, and in the end, he did not regret it, nor was he ever ashamed in choosing to walk with God.

He knew God in a very special and intimate way that most people do not take the time to learn about Who the Creator really is.

Based on historical data, being a genuine Christian has always been one of the most challenging lifestyles to live because of all the heartache they must endure from others who do not take sufficient time to understand. But no matter how many complications one encounters on the journey, it is absolutely the most rewarding way to live.

If you have not experienced that, you might consider stepping close to God. Go to Scripture and see if what you are believing is even verifiable according to His Word. When I did, I was shocked to see how many lies I was believing.

Regardless what a person chooses to believe, a life walking with God is the only life that will keep on giving; and yes, when a person is true to God, their life will last Forever.

Most Christians just seem to hope what the Bible says about Eternal Life is true. Then there are some who know with absolute certainty that Eternal Life is totally real.

How can they know for sure? Because they take the time each day

- to walk with God,
- to learn from Him,
- and to learn of Him,
- to better understand their own self,
- and are constantly growing because the One they are walking with knows everything,
- and they know that with absolute certainty.

The doubts and uncertainties they once had are gone. God proved Himself to them, and they know they can fully trust Him to fulfill all of His Word.

Though the steps of a genuine Christian life are often riddled with obstacles and complications, they know the end will never be an end, but Glorious Endlessness. Amen to that.

Who will hold God to His Word, and let Him show them just how wonderful life can be, even when you are dealing with unpleasant, and even heart-wrenching experiences? Who will keep their eyes on the end? The Eternal result?

Every one will find out where their personal decisions have taken them, and hopefully each of us will have taken the proper steps for a Glorious and endless Future.

These are just some things to seriously consider since we are at the close of another year, and at the beginning of another. Who knows if we will be around for the next one?

There will be millions who will not be around at the end of next year. Do you really know you will not be one of them? But if you are, have you honestly been walking with God? Will He be able to trust you with Eternity? Have you taken the time to know what that means?

Respectfully,
Joe