

Southern Adventist University
Knowledge Exchange

The Main Thing Devotional

Chaplain's Office

1-4-2022

New Year, Same God

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“Jesus Christ is the same yesterday, today, and forever.” (Hebrews 13:8) “...but to be spiritually minded is life and peace.” (Romans 8:6)

Life moves in the direction of our deepest attention. When a popular phone app decided to analyze user behavior right after New Year’s celebrations, they sought to answer the question, how long does it take for the average person to break their New Year’s resolution? Answer, February 4th (at least that is the date they came up with). The app designers reported that user visits to fast-food joints increased while trips to the gym experienced a downturn. Shoppers also bought 15 percent more ice cream and desserts, and 35 percent more pizza, in early February than during the first two weeks of January.

We live in a culture that aims for 30 days of fame rather than 60 years of faithfulness. The quick fix promises us that we can get rich quick, lose weight quick, get to know someone quick, no wonder people quit so quickly.

There is an excitement of the new year, but newness can easily wear off. What if instead of focusing on outward goals, we focused on changing the way we think? In Romans 8:6, Paul inspires us be spiritually minded by allowing God to guide our thoughts, purposes, and intentions. Put simply, being spiritually minded is loving the things that God loves. In so doing, God promises that we will experience true life and peace through reconciliation with Him.

The years will change but we can live in faith knowing that God’s love towards us never changes, He is the same yesterday, today and forever. For the moments we battle to stay spiritually minded, “The Holy Spirit is making intercession for every sincere wrestler, and Christ will make His words to be spirit and life, the power of God unto salvation to everyone that believeth.”^[1] When God has our attention, our lives will move in the right direction.

REFLECT

- What hopes do you have for this new year? For yourself? For your family? For your friends? For Southern? For your studies? For your relationships? For your church?
- What areas of your life would you like God to transform your mind in 2022? Where do you need to be made new so that you can experience life and peace?

NEWS & RESOURCES

- Signup for the **21-Day Challenge**, beginning January 5. Students, faculty and staff are challenged to spend 21 minutes of devoted time with God for 21 days. Resources to get started, such as reading plans, prayer prompts, journaling guides, and more, are provided for campus at <https://bit.ly/3pteZTt>. Additionally, when completing the sign-up form, you can opt-in to receive text messages with reminders and encouragement. [#SAU21in21](#)
- **10 Days of Prayer:** The Office of Ministry and Missions is joining the Collegedale University Church for 10 Days of Prayer beginning January 5 and ending January 14. Meetings will be held at 7:00 p.m. in the Sanctuary.
- Follow [@ministryandmissions](#) on Instagram for updates on events and programs as well as encouraging messages and [check out our website](#) for many new resources.
- If you are feeling anxious or have recently experienced loss or grief, call 423.236.2782 to talk to a counselor on campus! (This is a free service for Southern students.) **Talk** with

Chaplain [Anna Bennett](#) or [Joseph Khabbaz](#) if you need someone to pray with or have a desire to grow spiritually.