

New Years Resolution

by Susanna Martinez

Happy Sabbath boys and girls. It's my opportunity once again to bring you the story this week.

Now we just celebrated a new year this week, right? We are in 2025. And I know some of us put out new calendars up in our walls and you might hear mommy or daddy talking about new year resolutions. Have you heard that before? Now a resolution is a plan we put before us. that we want to maintain for this upcoming year. I know some of our parents say, oh, I want to eat healthier. I want to exercise more. I want to sleep more. I want to drink water, which is all great, right? We talked about eating healthy foods, foods that don't have a label, foods that will spoil, that would give nutrients to our bodies.

But it made me think, maybe. I should be asking myself a different question. What can I do every day so that others see Jesus through me? Hmm, so this would be naturally, I think. I would always use kind words to everyone on the street. I would always say "good morning," "good afternoon." Don't forget those magic words saying "thank you" and "you're welcome." Helping people that we see that might need a little bit of help. Maybe our friends don't know how to tie their shoes, but we know how. Maybe we could help them. Maybe they forgot a pencil and we can share the extra one that we have.

And everything that we do, we should try to see what can I do so that they see Jesus through me. Because I think that's what Jesus would want us to do. Yes, he would want us to take care of our bodies and make better choices. But I think the biggest thing is so that we can reflect who Jesus is through our actions. People should be asking, why is he or she so different? Why do they always have a smile? Why are they always willing to share? And this would be a great opportunity to share who Jesus is with these friends. And I'm sure your teachers would notice the difference in you too. If they see that you're always using kind words, and if you're making better choices, and most importantly, you're remembering to do your homework and read every day. Because you know who benefits from doing all that? It's you, boys and girls. All teachers

really want is for you to be the best you can be, making better choices in all the things that you do.

So as we start a new year, 2025, I would invite you to ask yourself every day, every opportunity, what can I do to be more like Jesus this year? What can I do in our family, in my school, in my community, at my church, to make it a better place? I hope that makes it easier for you. And every day you try to do something Jesus would do. to the people that are around you.

Okay, let's bow our heads, boys and girls. Dear Heavenly Father, we thank you, dear Lord, once again for another opportunity to begin another year. 2025 is here with us, dear Lord, now. Help us to be more like you, help us to make better choices, help us to be an example of who Jesus is. Protect us and guide us, be with us always. for we pray in Jesus' name, amen.

Bye boys and girls.