

New Year's Prayer: *Out of Control and Loving It*

Devotional by Jodi Kozan

When it comes to change, fear tries to grip us. We face it every day with changes in our health, wealth, relationships, politics and the world in which we live. Fear is undoubtedly the opposite of faith, sisters: yet we still like things to be in our control don't we? We like to plan out our lives with all our ducks in a row, and when something comes our way that isn't part of our plan, we sulk. Ever hear the term 'control freak'? Well, if you are honest with yourself, you have been one too. Maybe you are one now? I've come to realize that careful planning is godly- yet that 'control freak/out of balance' tendency will undoubtedly choke my faith journey. Change is inevitable and I'm personally learning to be 'out of control and loving it!' To free us from the fear of change is to recognize that there is a loving God who has a plan for our lives. He's ultimately in control, as He doesn't change.

Long ago you laid the foundation of the earth and made the heavens with your hands. They will perish, but you remain forever; they will wear out like old clothing. You will change them like a garment and discard them. But you are always the same; you will live forever. Psalm 102:25-27 (NLV)

If life's negative changes don't cripple us with fear and uncertainty, the desire for positive change can often excite us. When we realize this wasn't the life we signed up for, we are tapping into the fact that we were made with eternity in mind. We were created to be loved, to love, to live in peace, and to experience joy and purpose beyond measure. In the beginning, God created us in His image and we were destined to live harmoniously with Him. Adam and Eve lived in perfect harmony and were blessed with perfect health in all ways: mind, body and spirit. No wonder our New Year's resolutions are often health related! After the fall of mankind (as sin entered our world), that union was broken and we have been trying to establish that connection again ever since. Jesus came to seek and to save what was lost (Luke 19:10) and re-established that connection once again. He made the first move and awaits our response as He is all about change from the inside out.

As we have embarked on yet another year, what New Year's resolutions have called out to you? Rather than scoffing at them and 'shooting yourself in the foot before you start the race', why not listen to your longings and seek God's best plan for your life? As much as I want to change the world, (change other people, change the unrest in the Middle East, change the economic meltdown), with God's help, I can only change myself. Here's a suggested New Year's Prayer to affirm your path of being 'out of control and loving it'!

Dear God,

The world is ever changing and I long to know you as the ever present, solid foundation in my life. Thank you for sending your Son Jesus Christ to this world to show us the way to live and then to die on the cross for my sin. For that I am grateful beyond words. Forgive me for my sins, both seen and unseen. As I live out my journey of faith, I long to be the woman you created me to be. I want to give the control of my life over to you and trust your Spirit to guide me every step of the way. Help me not to be so overburdened by the constant changes life brings, but to pray for the needs around me and to step out and help when you lead me to. As I wait for your guidance, help me to be self-controlled and to focus on what I can, with your help, change about myself. I give you my whole being- spirit, soul and body in 2009! – Amen.

May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If he said it, he'll do it! 1 Thessalonians 5:23-24 (The Message)



For further reading- A suggested book by Lisa Bevere "[Out of Control and Loving It](http://www.lisabevere.org)" www.lisabevere.org

Lisa was our keynote speaker for the Empowered Conference in November 2006.