



“REFLECTIONS”

By Mary Mayko 1997

Psalm 19:14 KJV “Let the words of my mouth and the meditations of my heart be acceptable in thy sight, O Lord, my strength and my Redeemer.”

Psalm 1:2 KJV “But his delight is in the law of the Lord, and in His law doth he meditate day and night.”

REFLECTIONS! What do you think of when you hear that word? I am sure many thoughts flood your mind! After all, it has several different meanings! When you look into a mirror you see your own reflection or image. The likeness in the mirror is not really you, it is only a reflection! You have substance and meaning, but as soon as you walk away from the mirror, the reflection is no longer there! Sometimes we “talk” with our reflection in that mirror to criticize, admire or encourage ourselves. We are comfortable with that image in our mirror and we can be very honest as we speak! After all, no one else is there to hear you!

Have you ever looked into a body of water on a clear sunny day? Our face looks softer, smoother, and younger! As we gaze at that **reflection** many thoughts may come to mind. We might be peacefully lost in thoughts when some disturbance destroys the image in the water! Ripples move the water and distort the reflection and nothing is clear now!! That reminds us of our lives! Just when all seems to be moving along smoothly, a sudden event can distort the pictures of our life!

Reflection! It also means to think, consider, to ponder, and/or meditate. At the beginning and end of each year, people often begin to reflect on what the past year has meant for them and what the future may hold. What lessons did we gain from the past? What worked or what failed and why? Pleasant memories hopefully are among the struggles most of us face!

What plans or resolutions will we make for the New Year? Some set goals realistically and work diligently to accomplish them. Others will make resolutions based on impulse without reasoning out what the cost will be to keep their commitments. The first group is likely to succeed, at least to some degree. The second group will start with bragging of their goals, and perhaps make an excellent start. But, they get discouraged easily when the results are not as quick as they desire, or it is much harder than they realized, so they simply give up trying!

Luke 14:27-30 CEV “Suppose one of you wants to build a tower. What is the first thing you do? Won’t you sit down and figure out the cost, and if you have enough money to pay for it? Otherwise, you start building the tower, but you not be able to finish it. Then everyone who sees what is happening will laugh at you. They will say, “You started building, but you could not finish the job!” No one wants to be ridiculed for their apparent failures!

The principle is very clear! We are not to be impulsive but to reflect, to ponder, to really consider all the aspects before making a promise to God, to yourself and others. After all, a resolution is

really a promise you have made to yourself! God knows the promise and statements you made to Him, and if told, others know them. All these factors make it harder on you if you have not planned wisely!

Sometimes our resolutions reflect our spiritual walk with the LORD! 1 Cor.13:5-6 CEV “Test yourselves and find out if you are really true to your faith. If you pass the test, you will discover that Christ is living in you. But if Christ isn’t living in you, you have failed. I hope you will discover you have not failed!”

To accomplish your goals, you must make a sacrifice of time, energy, and other important areas of your life. If, after considering all the aspects of your plans, you decide it is worth the costs and if it is one God can bless, seek Him for the wisdom and strength needed to fulfill them!

God is the God of New Beginnings! When we need a new start in life, He is willing to restore our hope! We will make many choices this year. If you decide not to examine your life and set some goals, you have decided you will not change anything! When changes do come unexpectedly, confusion is often the result!

If your reflections discerns the areas that need a change and ask His help, He will use that desire to help you accomplish it! Joy and peace are the results of wise choices! God bless your New Year!

Jeremiah 29:11 NIV “For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future.”

Visit our website at: www.momentswithmary.org Email: mmako1968@msn.com



“GOD’S COMFORT”

By Mary Mayko

Isaiah 61:1-3 LB “The spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the suffering and afflicted. He has sent me to comfort the brokenhearted, to announce liberty to captives and to open the eyes of the blind. He has sent me to tell those who mourn that the time of God’s favor to them has come, and the day of His wrath to their enemies. To all who mourn in Israel He will give: Beauty for ashes; Joy instead of mourning; Praise instead of heaviness. For God has planted them like strong and graceful oaks for his own glory.”

The Lord wants to bring His comfort to you in a special way. He can take all your brokenness and bring beauty and new life out of the ashes. He is concerned about every detail of our life! His Word provides insight and encouragement to comfort us in our times of loss. Life really does continue after our losses, but it changes us from the inside out!

What kind of life will you have after those hurts? If we are not careful, we can stay in the midst of our rejections, heartaches and anger for many years, unless we choose to let God ease our pain with His loving comfort! The loss of a spouse through death or divorce is especially difficult! It forces a lifestyle change without your permission! You may even feel unqualified to handle life’s many decisions and responsibilities!

Let the storms of life run their course and allow the wounded heart to heal! The scars we receive through those storms prove we are still holding on to Jesus! We are survivors! People admire true survivors! Their stories are often portrayed in the News Media. They encourage others who are going through hard places in their

lives! We all need a ray of hope! If others make it, well, we can too! The peace and comfort God gives reveals His strength and hopefully motivates others to seek Him!

God's peace brings a sense of security to our souls! We find comfort in Scriptures. It helps to write out your own comfort prayers, and then read them to yourself as a point of encouragement. David did that often! Psalm 43:5 CEV "Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God."

Psalm 61:1-3 "Hear my cry, O God; attend unto my prayer. From the ends of the earth will I cry unto Thee. When my heart is overwhelmed, lead me to the Rock that is higher than I; for Thou hast been a shelter for me, and a strong tower from the enemy."

**"Moments With Mary" Website: www.momentwithmary.org
Email: mmako1968@msn.com**

“WHAT’S NEW?”

Rev. J. Kehl Golding

“The Spirit and the Bride say. And let him that heareth say come. And let that is athirst come. And whosoever will, let him take of the water of life freely.” Rev. 22:13

“For everyone that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.” Luke 11:10



“I can’t really get excited about it, it’s just another year!!”

“Every year we go through this, evaluate the previous year, your life - make some changes!!”

Yes, I know there are things I could do to improve my body, soul and spirit. The ideas used to become resolutions, and at least for two weeks I did pretty well, but! By Feb I forgot I even forgot what I was working on!” “Yes, it’s useless, that’s why I just ignore the entire thing of turning over a new leaf each year!”

Have you ever heard conversations like these? Maybe even been a part of it? The whole truth of this conversation is exactly what the Bible teaches us concerning man and his inability to change his flesh and fallen nature.

The Word makes it clear we are strengthened by the Holy Spirit. In fact, the ONLY way we can be RENEWED is by the Holy Spirit. Consider the following verses that Clearly point this out!

Psalm 51:10 “Create in me a clean heart, O God; and renew a right spirit within me.” The Psalmist recognizes the only way for his heart to be cleaned up, and the correct spirit living in him is the work of God! He cannot do it, only God can do it. He therefore cries out to Him for the work to be done.

Isaiah reminds us it is by prayer and supplication, our communing with God, we are delivered from ourselves. Isa. 40:31 “But they that WAIT upon the Lord shall renew their strength: they shall mount up with wings as eagles; they shall run and not be weary, and they shall walk and not faint.”

The changes we know should and must take place are not accomplished by conforming to this world’s ideas, rules and regulations, But a spiritual TRANSFORMATION by the Power of God!

The writer of Romans spelled this out fully in chapter 12:2 “And be not CONFORMED to this world; but be ye TRANSFORMED by the renewing of your

mind, that ye may prove what is that GOOD and ACCEPTABLE, and perfect will of God.”

Paul tells us in Colossians 3:10 we can't do it ourselves and we need to recognize that, it is by the power of God. “Put on the NEW MAN which is RENEWED in knowledge after the image of Him that created him.”

And what is this NEW MAN?

Paul tells us in 2 Corinthians 5:17 “Therefore if any man be in Christ, he is a NEW CREATURE: old things are passed away, behold ALL things are become new.”

Indeed, we are told we can put on a new man in Christ and should do so! Read Ephesians 4:24 “And that ye put on the NEW MAN, which after God is created in righteousness and true holiness.”

This idea of a new creature, a “true makeover” was given to Ezekiel way back in 592 B.C. He records it in his Book, chapter 11:19 “And I will give them one heart, and I will put a NEW Spirit within you, and I will take away the stony heart out of their flesh, and will give them a heart of flesh.”

This is the CORE of the conversation that Jesus had with Nicodemus in John chapter 3. Nicodemus was a learned Jewish Scholar. So important was his position in their society, he went seeking Jesus at night, so as not to be seen by the people.

His first words to Jesus are: “I realize you are no ordinary man, but of God, or you could not do the miracles you have already done. Explain to me, just who are you?” Jesus first words to him are: “Verily, verily, I say unto thee. Except a man be born again [born from above] he cannot see the Kingdom of God. That which is born of the flesh, is flesh; and that which is born of the Spirit is Spirit. Marvel not that I say unto thee, YE MUST BE BORN AGAIN.” John 3:3-6

Poor Nicodemus! Now he's really confused!! He quickly says, “How can these things be?” In verses 16-19 Jesus explains God's plan of salvation to him, and why it is NECESSARY for us to have a personal relationship with Him. He is the ONLY WAY TO GOD. Our only hope for a TRANSFORMATION in our life!

2009 is another year. Don't let it be just another year! Let 2009 be your time for a new life in Christ Jesus. Let 2009 be your time for an abundant life in Him who died to give it to you.

Have a Blessed NEW YEAR in your NEW LIFE, as you grow in Christ Jesus by hearing, believing, and responding to His Voice!

Rev. J. Kehl Golding