

Leap of Faith

Here we are another New Year! 2019! Time to start thinking about those New Year's resolutions! I wonder how many times resolutions fail. I remember a few unsuccessful ones over the years and they often backed with excuses, but there were successful resolutions, too. What was the difference? Let's reflect on what it means to take a leap of faith.

Several weeks ago my husband and I attended a church service with our son and his family. The message was about excuses and I felt as though it had been written for me. I have to admit I have made excuses over the years for not following through with desires to start something new, to travel somewhere, to develop new friendships, to be adventurous or to follow my dreams. I found myself agreeing with each excuse mentioned. They were very familiar and I am sure each of you would have recognized one or two as your own frequently used excuse.

Some of my favorite excuses include: I don't have the time, I don't have the money, I don't have the experience, I am too old, and the list goes on. A quick personal life review identified a common factor in the success or failure of my decisions or resolutions, faith. Fortunately, years ago I recognized my usage of idle excuses and decided that when I felt called to something new I would rely on my faith for guidance and trust in the divine wisdom I received to make a leap of faith.

With faith time is created for those things God finds valuable. Money is raised or granted when we take a leap of faith and step out into a new adventure. Experience is gained by trusting God to be with you through each experience along the way and finally we are never too old when we tap into our life giving spirit. Some of my favorite stories have come after great consideration of the excuses I was making and taking a leap of faith. As I gain life experience (get older) I continue to become more comfortable with answering the call, but I still throw out an excuse or two before making that leap.

What are you being called to in this New Year? What changes would you like to make? What trips do you dream of taking? Who should you visit while they are still here on this earth? Time will not stop while

you rattle on with excuses. Time will, however, cause you to pause and look back with wonder about the validity of those excuses. For many the missed opportunities in life cause deep regret.

Today is a new day with lots of possibility. Will you choose to make excuses or will you take a leap of faith trusting God will not lead you to a place he cannot sustain you. He will be with you in your ventures if you pause to consider his divine guidance rather than make a list of excuses. A new friend of mine shared this verse with me. If you live a life guided by wisdom, you won't limp or stumble as you run, Proverbs 4:12. Answer the call. Tap into your Divine wisdom. Think about it. Forget the excuses. Take a leap of faith.

Questions to ponder:

- What are my favorite excuses?
- What is God calling me to do in the New Year?
- How do I embrace each new day as an opportunity for growth?
- Where do I look for wisdom in making decisions?

God's Peace be With You,
Tammy Koenecke, RN, BSN, MASL
Spiritual Care Coordinator, RAMC

*Faith is not knowing
what the future holds,
but knowing
who holds the future.*