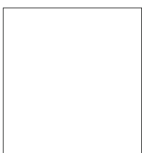


## WEEKLY MEDITATION

The New Year is almost upon us! What New Year's resolution will you make? Of course, New Year's resolutions are quite common in our society and usually concern things such as diet, exercise, or financial goals. But how about a spiritual New Year's resolution? If 2009 was going to be the last year that you were alive, what would you do differently? Of course, we all know that most New Year's resolutions are broken shortly after the New Year and eventually fall by the wayside. Apparently it takes approximately six weeks of doing something consistently for it to become a habit. So it would seem that if we can stick to something for 6 weeks that it would get a lot easier after that. But most of us are not very disciplined! I certainly am not! But perhaps the sad state of our discipline can be used to our advantage. After all, if we were very disciplined we might become very proud and not think that we need God or other people. If we don't think that we need other people, the reality is that we are already too proud! If we will not humble ourselves before other people, then let us not kid ourselves, we are not humble toward God either. This is a principle that is clearly revealed in Scripture (1 John 4:20-21 is but one example.) This is also one reason why groups such as Weight Watchers or the 12 Step groups (Alcoholics Anonymous, Overeaters Anonymous, Gamblers Anonymous, etc) have had great success. The story of groups like Alcoholics Anonymous is that apparently by humbling oneself and saying, "I need help" and seeking the help of others, it is only then that the help of God arrived. Many an alcoholic prayed ardently to be delivered from his alcoholism, but until he humbled himself and went to AA and joined others, God did not answer. God will not be separated from our neighbor. Remember, that whatever we do or do not do to our fellow human being, we do or not do to Christ! (Matthew 25:31-46).

So let us humble ourselves! If we have an addiction or bad habit let us seek human help also, lest we cut ourselves off from God's help. And let us make some spiritual new year's resolutions, asking for God's help every step of the way. And let us remember that it is better to have tried and failed, then never to have tried at all!

*Fr. Stacey*



*St. Mary's Orthodox Cathedral  
1701 Fifth Street NE  
Minneapolis, MN 55413*