

# Try 7-Ups Next Year

How about some 7-Ups for 2016? And, no, I'm not talking about the soft drink.

The Rev. Walter Schoedel, director of church relations for Lutheran Senior Services in St. Louis, prepared a list of resolutions he calls *7-Ups for the New Year*. They have to do with attitudes and actions.

If you are considering your personal resolutions for 2016, perhaps you might include these:

1. **Wake Up.** Begin the day with the Lord. It is His day. Rejoice in it.
2. **Dress Up.** Put on a smile. It improves your looks. It says something about your attitude.
3. **Shut Up.** Watch your tongue. Don't gossip. Say nice things. Learn to listen.
4. **Stand Up.** Take a stand for what you believe. Resist evil. Do good.
5. **Look Up.** Open your eyes to the Lord. After all, He is your only Savior.
6. **Reach Up.** Spend time in prayer with your adorations, confessions, thanksgivings and supplications to the Lord.
7. **Lift Up.** Be available to help those in need – serving, supporting and sharing.

Why do we bother to make New Year's resolutions in the first place? Why do we feel the need each January to set new goals?

Maybe it is because resolutions help us to identify our priorities. They answer the question: How do I want to invest my time, energy, money and talents in 2016?



The New Year reminds us that time is passing. It is up to each of us to maximize the potential of every moment.

So have some 7-Ups. They can add to the sweetness of our lives – in 2016 and beyond.

And here is biblical counsel that ties it all together:

*And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful (Colossians 3:14-15 ESV).*

– Beecher Hunter