



Bethel Lutheran Nursing & Rehabilitation Center

## JANUARY 2024 MONTHLY UPDATE

### Happy New Year!



January often brings thoughts of resolutions – things we want to start, things we should stop or things we think we need to do better in the new year. It's another beginning – a clean slate. But sometimes the pressure to “do” better or to “be” more can be overwhelming and just feel like one more thing we need to add to our already overflowing to-do list.

As we start off another year, I want to encourage you to focus on a different kind of beginning. No new task to add to our list – a different ‘new’ for the months ahead...

What if we started this year focused on:

- A new attitude (Ephesians 4:22-24)
- Less worry (Philippians 4:6)
- More love (John 13:34-35)
- Living in truth (Colossians 3:9-11)
- His direction for our life (Jeremiah 29:11)
- Praise & Thanksgiving (Colossians 3:17)
- Renewed focus (Isaiah 43:18-19)
- Peace (John 14:27)

It's easy to feel weighted down by past hurts, bad decisions or unmet expectations. But rather than focus on things that we can't change or control, what if we embraced this New Year as a time to rely on God and focus on His promises and direction.

What if we simply rest in the fact that we are already “new” for the coming year...

“Therefore, if anyone is in Christ, he is a new creation: The old has gone, the new has come!”

2 Corinthians 5:17

By His Grace,  
*Belinda Moen*