

Dear NU Community,

Welcome back to school! While I wholeheartedly enjoyed the break, as I am sure that you did also, I am very glad to be back here with all of you, engaged in the process of learning and growing mentally, spiritually and relationally.

As always, this time of year has me thinking about the infamous subject of New Year's resolutions. Whether you committed to several large changes in your life starting on December 31 at midnight, or you are focusing on a particular theme or word for the upcoming year that you want to lean into, we all have a tendency to view that fresh page on the calendar as an opportunity for a new beginning.

As for me, I am meditating on the wisdom found in Proverbs 21:5, which says, "The plans of the diligent lead to profit." In examining my own soul, and my relationships with the Lord and others, I've made plans to grow *spiritual, personally, and professionally* this year. I'd like to share those plans with you:

Spiritually: Jeremiah 17:10 states that "the Lord searches the heart and examines the mind to reward each person according to their conduct". I have committed to a heart free of bitterness and full of forgiveness, and to a mind engaged in pure and positive thoughts this year.

Personally: 2 Timothy 1:7 reminds us that the Spirit does not make us timid, but rather powerful, loving, and disciplined. This year, I have committed to exerting my power towards completing my doctoral dissertation, to loving Brenda, family, and friends well, and to being disciplined with my finances, diet, and exercise.

Professionally: Ephesians 4:11 tells us that Christ provided different leaders to equip people for works of service, so that the body of Christ will be built up. I am committed to building confidence in the people I work with, and to supporting and equipping them to bring their own unique creativity and personality to the work that they do.

These are the plans that the Lord has laid on my heart for 2017, and I hope they are an encouragement to you as you prepare diligently for the things that God is calling you to this year. I look forward to seeing what the Lord will do in and through us when we are committed to being His disciples in every aspect of our beings.

COMING UP THIS WEEK

Wed, Jan 11 | Chapel: Dr. Paul Kress | 10 & 11:20am, Butterfield Chapel

Fri, Jan 13 | Chapel: Pastor Phil Rasmussen | 10 & 11:20am, Butterfield Chapel

In Christ, the author new beginnings,

Phil Rasmussen, M.A.

Vice President for Ministry and Relations

425.889.5308 (office)

206.909.9488 (mobile)

Phil.Rasmussen@Northwestu.edu | northwestu.edu

Instagram @prasmussen

