

I Am What I Am

If we are to make progress in this journey though life we must learn to take responsibility for our own journey. There are no free lunches as such. There is an old proverb that god helps those who help themselves. While not in the Bible as such this saying carries a lot of truth in it.

As Christians we are taught that we can do all things through Christ who strengthens us. This is a fantastic promise and proven to be true in the test of time. God provides opportunities for all of us to be the very best there is within the limitations that each and every person has. This promise is not a magical answer for success in life.

However, when we take this promise and connect the dots so to speak and add that we are to do all things as unto God not man we do have a formula for success in life. It really doesn't matter what your chosen career field is when you have a positive attitude and do the very best you can, you will succeed at whatever you attempt.

We begin this journey by knowing what we can and cannot do. All of us should have goals in life and constantly strive to reach those goals. This is written in the plural because the process of setting goals is multi-phased.

Setting unrealistic goals or goals too far in the future will only cause frustration and lead to failure. For example if like me you need to lose some weight do not set the goal of becoming the twenty-first century Twiggy. It is far wiser to set a goal of losing five pounds this month and celebrate the victory before we tackle the next five. This doesn't mean the goal of being the new Twiggy is not there, it is an ultimate goal, but not our focus at the moment.

Human beings will only take the time and effort to do what they perceive is first of a benefit to themselves and second can be achieved. If as in this example keep only the ultimate goal in sight time will take its toll and the frustration will cause us to abandon the whole plan. This is why most "New Year's" resolutions fail. Most can see that they can benefit from being more fit and that five pounds is very obtainable. Also, to miss by a pound or two out of five isn't bad news and we simply try harder. However to need to drop a hundred pounds and only lose one pound makes the goal seem to be unobtainable in any reasonable amount of time.

God has created each of us as unique and special people. Each has strong points and weak points. We need to take the time to understand ourselves, then set goals that we can obtain short term.

We must not think that God is going to work some magical transformation for us. For example, it isn't realistic for a five-foot person to think they are going to be the next basketball star at any level of the game. However, they just might be the next superstar in baseball. When we know who and what we are, we can do all things through Jesus Christ who strengthens us.

Dr. Chuck Baynard – April 17, 2006