

The New Year comes with good intentions to better our lives. We make promises to ourselves about a plethora of behaviors, thoughts and modes of being in our lives. It all starts with the celebration of Christmas. We hear the Good News, spend time growing closer to God and gain this great inner momentum for life. With this momentum we jet into the New Year. Yet, when the New Year hits us and the same old, same old happens we start to lose that drive to be better in our personal, spiritual and professional lives. With slowed or no drive or momentum our lives remain the same old, same old.

Starting on Jan. 15 we will kick off a Sermon Series/Small Group study around *Momentum for Life* a book by Methodist Pastor, Mike Slaughter. Pastor Slaughter lays out a method for us to DRIVE through life with “biblical practices for sustaining physical health, person integrity, and strategic focus.” For five weeks we will learn and talk about these practices and how to use them in our own life. You can come to the Sermons each Sunday and also join one of our small groups that will read the book and meet each week for discussion. Let’s gain momentum and DRIVE through life.

Here are some quotes from the book that could be used

“What you value most highly becomes the object of your worship, and what you worship drives you!” We don’t need to increase our belief in God—we need to increase our passion for God!”

“Life is not about me but about me being a link in the chain of God’s generations.”

“Your worship is far more than the songs you sing in church. Worship is the honorable, excellent offering you’re making to God through your work as part of God’s redemptive purpose in the world.”