



It is a new year! But in this achievement oriented culture emphasizing self-reinvention and raw will power, it is difficult to live new lives that flourish. Are resolved efforts enough? Might our attempts toward self-discovery and improvement actually lead to dissatisfaction? Do good intentions and self-determination propel us toward the change we deeply desire and desperately need? What if the secret is not *finding ourselves*, but rather *becoming* the selves God intended? Transformational change... requires God's help in navigating in an uncertain world.

Following our Fall event, *Evening of Stories*, a woman from the audience shared her deep excitement upon hearing me share this powerful quote by 1800's Christian philosopher, Soren Kierkegaard:

"And now, with God's help, I shall become myself"

Her exhilaration reminded me of my astonishment, when years ago, my intuitive wife, Cathy, began praying a new prayer. She sensed the Lord calling me toward a deeper truth that went beyond self-efforts, spiritual self-discipline or even service. Cathy often ended our prayers with the simple words, "Lord, help him become the man he wants to be". The impact was great. The man I wanted to be was my truest self. I will always need God's help in becoming that man!

We all need God in order for our lives to thrive! Only God knows how to overcome the many fears, discouragements and weaknesses that cause our hearts to grow faint. "So do not fear, for I am with you, do not be dismayed, for I am your God, I will strengthen you and *help you*; I will uphold you with my victorious right hand." Isaiah 41:10

Our culture brashly declares: find yourself! The Bible lovingly beckons: *become yourself!*

Kierkegaard was spot on! With God's help, we can lead lives that spiritually flourish as we actually *become ourselves*...the individuals we were meant to be!

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