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|  |  | Pastor Chris Brown  January 2, 2022  Message #12 / Daniel 1 |
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**The Scale Doesn’t Lie**

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**Food for Thought for the week of January 2, 2022**

1. This week marks the end of a year. One of the gifts of marking time on a calendar year is being able to look back and remember life in smaller segments or seasons. Read Ecclesiastes 3:1-13 and take a moment to pause and reflect on what you have learned or experienced in this “time” of 2021.

***Ecclesiastes 3:1-13******New International Version (NIV)***

*There is a time for everything, and a season for every activity under the heavens:*

***2****a time to be born and a time to die,   
    a time to plant and a time to uproot,****3****a time to kill and a time to heal,  
    a time to tear down and a time to build,****4****a time to weep and a time to laugh,  
    a time to mourn and a time to dance,****5****a time to scatter stones and a time to gather them,  
    a time to embrace and a time to refrain from embracing,****6****a time to search and a time to give up,  
    a time to keep and a time to throw away,****7****a time to tear and a time to mend,  
    a time to be silent and a time to speak,****8****a time to love and a time to hate,  
    a time for war and a time for peace.*

***9****What do workers gain from their toil?****10****I have seen the burden God has laid on the human race.****11****He has made everything beautiful in its time. He has also set eternity in the human heart; yetno one can fathom what God has done from beginning to end.****12****I know that there is nothing better for people than to be happy and to do good while they live.****13****That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God.*

What is something God may have used this time for in your life or your walk with Him?

2. A new year often presents an opportunity to take a closer look at our growth and progress. Read 2 Peter 1:2-11 and reflect on the list of spiritual qualities we are to continue to grow in as followers of Christ.

***2 Peter 1:2-11******New International Version (NIV)***

***2****Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord.* ***3****His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.****4****Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.* ***5****For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge;****6****and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness;****7****and to godliness, mutual affection; and to mutual affection, love.****8****For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.****9****But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.* ***10****Therefore, my brothers and sisters, make every effort to confirm your calling and election. For if you do these things, you will never stumble,****11****and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.*

As you look ahead to 2022, what is something you would like to begin, increase in or mediate on when it comes to your relationship with God, similar to the list in the passage above?

What is something you hope you will be able to say is true when you look back a year from now at the end of 2022?

3. Write out a prayer for this next year.

Can you think of one word or phrase that sums up your prayer for 2022?