



**First United Methodist Church**  
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**Moultrie FUMC: We Love, We Grow, We Serve for Christ.**

## **Ready for a New Start?**

The New Year, while a symbolic thing in the counting of time, is also an excellent opportunity to bring freshness to our lives. It is a time to stop an old, debilitating and negative habit and to start doing something new. Through prayer, meditation, goal setting and accountability with a trusted friend, we can change our lives. Even a small growth group can help us to do this.

Want to lose weight? Want to stop smoking, eat better, clean up a foul mouth, or put away a grudge? This is the time to do it. The New Year is an opportunity to stop old things and repent (turn away from the old in order to embrace the new).

John Wesley called upon the early Methodists to be about serving God with great intentionality. This called for them to be being willing to change their lives for the better with the help of scripture, prayer, small group accountability and perseverance. We are called to the same task.

God Bless you in your new year.

*Rev. Stephen Grantham*