The New Year births new beginnings to those who look for a fresh start. Parents tend to take this time to set forth new goals, new ideas, new mindsets, and new habits for their family. Thus, allowing them to step away from the old and into something new. While the New Year allows for a time of reflection and an analysis of life, it begs the question...what takes priority.

Everything worth having comes at a cost. Sacrifices need to be made which means that for every yes, there will be some no's. For some parents that means having difficult conversations with their children about the sacrifices needed to fulfill those goals. While not easy, with consistency and determination it most certainly can be accomplished.

But what happens when you continually feel like you are sacrificing and nothing changes? As parents this can be discouraging because a sense of frustration and remorse sets in when the hard work put forth doesn't produce fruit. Therefore, making it easier to quit and no longer seek to fulfill a goal. Perhaps, if this becomes the case, looking at the stagnant problem from a different lens can create a change.

There is a saying that obedience is greater than sacrifice. What if the sacrifices that are made, even if they are good, aren't what God has asked of you? Every human on this earth has a purpose and a calling. Every parent plays a vital role in the development and success of their child's life. With that in mind, parents tend to sacrifice so much of their time and efforts. However, often times they don't stop and ask God if that's the direction they should go. As a parent, when in God's will, the burden and stress is alleviated because even in the mistakes, He is there to help clean it up.

To put it into perspective, a child who continually sacrifices is a beautiful thing. However, if a child continually sacrifices, but doesn't obey, there comes a time when those sacrifices don't compensate for the lack of obedience. The same can be said for the goals and New Year's resolutions set forth. The level of obedience to God should far outweigh the sacrifices one makes.

Obedience to the call of God has the power to positively change and transform the world around us. George Washington said it best, "The whole duty of man is summed up in obedience to God's will." If you find yourself stagnant or not content with the goals you have set forth for the New Year, stop and ask yourself, "is this God's will for my life." Till next time... Your Mommy-Friend,

Denize Verduzo