

Release

How will you start a new year? Some start *chronologically*—merely hitting the reset button on the calendar of life. Others begin *accidentally* with little thought or planning. Some approach the year *circumstantially*—waiting to see how circumstances determine their attitudes and responses. Positive people begin *expectantly*—looking for and hoping for the best. Yet, wise people begin **INTENTIONALLY**. They understand the importance of turning good intentions into positive and productive actions.

“Change is inevitable; growth is intentional.”

Definition of *intentionality*: “Something done on purpose or action taken by design.”

The first big step toward the New Year is **RELEASE**. You cannot go forward holding onto the past. You cannot embrace tomorrow if you are weighed down by yesterday.

...I am bringing all of my energies to bear on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God is calling us up to heaven because of what Christ Jesus did for us.”

—Philippians 3:13-14 LB

Intentional Release is Essential for Future Progress

You can't reach ahead if you don't release what is behind.

Intentional Release is Uncomfortable in the Present

...I could have confidence in my own effort if anyone could. Indeed, if others have reason for confidence in their own efforts, I have even more! I was circumcised when I was eight days old. I am a pure-blooded citizen of Israel and a member of the tribe of Benjamin—a real Hebrew if there ever was one! I was a member of the Pharisees, who demand the strictest obedience to the Jewish law. I was so zealous that I harshly persecuted the church. And as for righteousness, I obeyed the law without fault. —Philippians 3:4-6 NLT

But whatever gain I had, I counted as loss for the sake of Christ. —Philippians 3:7

“For everything you gain, you must lose something.”
—Ralph Waldo Emerson

“You have to give up to go up.” —John Maxwell

Intentional Release is a Powerful Practice—Enabling Higher Purpose and Future Reward

intentionality

“All worthwhile people have good thoughts, good ideas and good intentions, but precious few of them ever translate those into action.” —John Hancock Field

Questions to ask yourself:

- **Where are you tethered to past events, encounters, or experiences that disable you from moving forward?**

“It is never too late to become what you might have become.” —George Eliot

- **Who needs to know you are taking this step and moving forward?**

- **What are the benefits of “release” for you...for your family...for your business?**

- **How do you define the word, *forgetting*?**

“‘Forgetting those things which are behind’ does not suggest an impossible feat of mental and psychological gymnastics by which we try to erase the sins and mistakes of the past. It simply means that we break the power of the past by living for the future. We cannot change the past, but we can change the meaning of the past.” —Warren Wiersbe

I do concentrate on this: I leave the past behind and with hands outstretched to whatever lies ahead I go straight for the goal—my reward, the honor of being called by God in Christ. —Philippians 3:13-14 (Phillips)