

# "Psyche Me Up"

A Monthly Newsletter brought to you by Simpson University Wellness Center

## New Year's Revolutions 2015

January 2015



**HAS the GOSPEL  
BECOME SO  
WATERED DOWN** to  
you, **SO TAME**, that it  
has **LOST ITS POWER**  
to **REVOLUTIONIZE**  
your **LIFE?**

Are there  
**SUBSTITUTES** and  
"IDOLS" THAT need  
to be "DE-THRONED"  
in your life?

Prayerfully consider  
what is required to  
**REVOLUTIONIZE** your  
life. Write it down.

Commit to it!

All real **CHANGE**  
requires  
**REPENTANCE** from  
something.

Need Help?

**Talk to Someone!**

Talk to a professor, a friend, your  
RA, your SRD, or stop by the  
Counseling Center!  
We are located at:  
2211 College View Drive  
Redding, CA 96003  
Owens Center, Suite 208  
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What if we think bigger this year? What if we  
consider making some **REVOLUTIONARY** changes in our  
lives instead of the usual  
"New Year's Resolutions" that we often fail to keep anyway.

**Rev-o-lu-tion:** 1.) A sudden, complete or marked change in something  
2.) Drastic action; 3.) Far-reaching change 4). Overthrowing an old government  
and establishing a new authority.

**Antonyms:** Stagnation, submission.

**Synonyms:** Metamorphosis, innovation, overthrow, radical change, reformation,  
shake up, transformation.

What are the **struggles, distractions, relationships, and ways** that you spend  
**your time, that currently "govern"** your life and may require a **Revolution** to change?  
What if your life needs **more than just renewed commitments** to eat better, establish  
healthy sleep habits, exercise more, spend more time in God's word, nurture your positive  
relationships, etc.? Are there **emotions, beliefs, attitudes or behaviors** that have taken  
hold and have become **time wasters, diversions** or even a **destructive power** in your life?  
Or, perhaps, at the very least, made you stagnant, apathetic, complacent, impulsive:

**Fear ... pride ... ingratitude ... unmanageable expectations ... lies ... envy ...  
social media ... technology ... pornography ... habits ... addictions ... insecurities ...  
doubt ... money ... materialism ... unhealthy relationships ... self-centeredness**

"Renewing our mind" results in **transformation**. **Repentance = Change: It takes  
us in a new direction**. The opposite of which is **stagnation and submission**. The things in  
my life that keep me **stuck**, or cause submission to anything other than **obedience to  
Christ**, may require a radical and drastic action on my part to **remove it** from my life.  
Likewise, setting in place the **rightful "authority"** and "government" of my life, will require  
**more than a resolution** to simply spend more time in God's word. It may require a **radical  
shake up** to have fresh eyes to see God's Word in **new and life-altering ways**. And even  
still, I may have to **forcibly overthrow SELF** and the things that currently control my life,  
**steal my time**, desensitize my affections, and **derail my purpose and priorities** ... then,  
only then, can I place **God** firmly back on **the governing throne of my heart**.  
**Where He rightfully belongs**. Now, that, would make for some *True Revolutionary Change*.

**WHAT IS YOUR NEW YEAR'S "REVOLUTION"?**

**"Your HOUSE and your KINGDOM will endure forever before me;  
YOUR THRONE will be established forever."**

2 Samuel 7:16