



bits from bob....

The day after you change your life

New Year, 2026

I have recommitted myself to reading more widely, more generally, more consistently. The week before Christmas, I went to the local library and checked out three books. I completed them on Christmas Eve. My goal is one book per week.

One of the books I randomly selected from the shelves was Barbara Brown Taylor's autobiography which is subtitled "memories of faith." The title is *Leaving the Church*.

On page 131, she poses an interesting question. What will you do the day after you change your life? I share some of her thoughts, coupled with my own reflections.

She observes that we blame distractions for our lack of traction in Christianity and spirituality.

How many times have I vowed to change my life? How many times have I changed my life? The first number is bigger than the second number!

In college, I thought, "My studies, along with my work schedule, are overwhelming. They take a lot of time. I will develop better spiritual habits after I graduate and start ministry."

In the early years of our marriage Jan and I have struggled to get up early in the mornings. After two years in Arkansas, we moved to Tulsa. "Now that we have an east window in our bedroom, we will change our sleep routine!" Not! (Never mind that caring for our first baby overnight explained part of our sleepy mornings.)

More than once. The coming year will be the year I find new (or renewed) intimacy with God. I, as you, have begun again countless times, too many new year's resolutions to count.

Truth. We offer and repeat excuses for our distracted hearts and lives. We overcommit. We fill our lives with unchangeable commitments and then hope to change! It may be true that many things on the outside will have to change. But if we want to change, the place to start is on the inside.

Our efforts to maintain changed lives artificially hide the obvious truth—changed lives are changed because the change comes naturally. Change is not manufactured, artificial. Change that will last comes because we are remade, we are different.

Again, the question. What will you do the day after you change your life? If you do not have a clear answer, there's a good chance that little is going to change!