

Time for a Change

If at first you don't succeed, try, try again.

That's commendable advice. But after experiencing a long string of failures, your motivation wanes and it gets harder to keep trying. Suddenly, that old adage has a bitter, hollow ring.

What's the answer? Give up? Never try again?

No. There's a better way. And it's guaranteed to bring lifelong—and eternal—results.

What if it were possible to start again—this time with a *new life* altogether?

That is exactly the solution God offers. Jesus emphasized the necessity of that radical change when he said, "I tell you the truth, unless you are born again, you cannot see the Kingdom of God" (John 3:3).

But to demand that change without offering the means to make it possible would be no improvement on the *try, try again* approach.

The great news of the gospel is that although God demands new life as the condition of entering his Kingdom, he provides that new life through Jesus Christ, his Son, for all who acknowledge their need and desire: "To all who believed him and accepted him, he gave

the right to become children of God" (John 1:12).

Here's the big question: How do you make that new start?

Admit honestly your failures and sins. Recognize that Jesus loves you and died for your sins.

Receive him into your life by faith, and trust him as your Lord and Savior.

The result of these three steps?

You are then a child of God. "Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" (2 Corinthians 5:17).

Resolutions and well-meaning attempts at self-improvement do not touch the core of your being—your soul. Only a new birth can do that.

Reread the three steps above. Then ask Christ to take over your life. He will live in you and make all things new for you. Then it will truly be a happy new year—and a blessed new life—now and forever.

[Jim Kraus]

"What if it were possible to start again—this time with a new life altogether?"

NAME & ADDRESS:

HAVE A GOOD DAY AND A SPLENDID *forever!*



|| January 2019 ||

Phenom on Ice

The moment Cheryl Del Sangro met Benny the yellow Labrador, she knew he was special. She rescued the friendly dog from being euthanized, not knowing how perfect they were for each other. Labs are natural water dogs, but what if the water is frozen? Del Sangro, a former professional ice skater and coach, was about to find out.

Benny accompanied his new adoptive "mom" to the Las Vegas Ice Center, where she was helping a friend shoot a video honoring the Vegas Golden Knights' advancement to the NHL playoffs. He scrambled and slid around the rink, playfully chasing and retrieving pucks, then a hockey stick.

"That's when it clicked for me that I could teach him how to skate on actual ice skates," says Del Sangro. "If I could teach our daughter to skate . . . at the age of 17 months old, I could teach Benny to skate."

With the help of a local shoemaker and a dog-boot company, Del Sangro fashioned a pair of skates for Benny's front paws; his back paws provide traction.

"He was very comfortable and immediately started to skate. I corrected his feet positions a few times and he was off on his own," Del Sangro says. "We were completely astounded."

Benny continues to hone his hockey skills and tricks on ice as the performance requests keep coming.



No Ordinary Pebbles

Michigan's shoreline is famous for Petoskey stones, fossilized corals preserved in rock. Now, another type of stone hidden in plain sight has lit up the scientific world thanks to Erik Rintamaki. The gem and mineral collector was walking along an Upper Peninsula beach in 2017 when he spotted a glowing rock. Rintamaki came back again with an ultraviolet light that revealed many otherworldly stones. The rock hound bagged as many as he could find. When Rintamaki couldn't find any information on the unique discovery, he contacted several universities. Their geology depart-

ments confirmed the collector's rare find—igneous syenite rocks containing fluorescent sodalite. Rintamaki prefers *Yooperlites* and has created a successful tour and retail business around them. For \$50, you can go on a treasure hunt with him, looking for cool take-home souvenirs.



A Great Idea Realized

Giselle Burgess, 32, deserves a badge for offering hope. When she and her five kids became homeless and needed to move into a shelter, she talked to her supervisors at the Girl Scouts of Greater New York about starting a troop there. Burgess was given the go-ahead. The first meeting attracted only eight girls—including Burgess's three daughters—but Troop 6000's numbers quickly grew.

Now these scouts learn key life skills to help them in the future. Eighteen months later, the program has expanded to shelters in all five boroughs. It offers consistency for the girls, with a weekly meeting and a community of peers and supportive adults who live in similar environments.

"I pray for the day when there's a troop in every single shelter," says Burgess, now living in permanent housing. "You need something to look forward to."



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Napping Masters

Here's to the animal kingdom's best snoozers! But why *do* cats sleep so much? Are they lazy or bored? Cats can slumber 16 to 20 hours a day, but they can't help



it—the behavior is “programmed” into their genes.

Long before cats became domesticated, they had to hunt for food to survive. Sleeping conserved the energy they needed to stalk and kill their prey. (Lions, tigers, and other cats in the wild are good examples.) Although you probably won't catch your kitty sleeping with one eye open, her dozing is not always deep. Short catnaps keep felines alert enough to respond immediately to danger or excitement.

Yes, sleep proves beneficial to cats, but so does purring. The vibrations, which range from 20 to 150 Hz, have been found to lower kitty's blood pressure, promote bone strength, heal muscles and ligament injuries, and decrease respiratory difficulties.

A Brand-New Opportunity

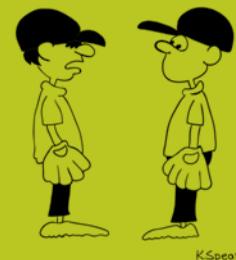
Have you made a New Year's resolution? Between 40 and 50 percent of Americans make at least one resolution every year. The most popular? To get healthy. Thirty-eight percent of Americans determine to exercise more, while 33 percent vow to lose weight, and 32 percent aim to make

healthier eating choices.

Alas, resolutions rarely stick. Though 71 percent are able to keep their resolve at first, that number drops to 53 percent after three months, and only 8 percent after a year. Why the failure rate? Most people admit that they set too many goals, too many small failures derail them, or their resolutions are just too ambitious.



"Can you help us find a house with great Wi-Fi?"



"When I yell 'I got it!' run into me anyway. It will make a great highlight reel!"

There is no fool like an old fool—you just can't beat experience.

Worry doesn't help tomorrow's troubles, but it does ruin today's happiness.

Humor is to life what shock absorbers are to automobiles.