

**INTRODUCTION**

“Resolutions” - determine; to reach a decision or intention; to be fixed in purpose; affirmation.

Ackerman, Jennifer. “Revive Your New Year’s Resolutions,” Parade Magazine, Feb. 19, 2012.

- 1) Take action now and understand that you’re human and you’ll have setbacks.
- 2) Limit the number of times you need to exert your willpower each day.
- 3) When your surroundings stay the same, so do your ingrained habits.
- 4) If you stick with your goal for a week, reward yourself.
- 5) Visualize, anticipate challenges, and imagine how you will overcome them.
- 6) Keep track of your efforts.
- 7) Seek support.
- 8) Be kind to yourself.
- 9) Above all, be patient.

**SUGGESTED RESOLUTIONS**

**1. READ YOUR BIBLE**

Be convinced that the Bible is always up-to-date (1 Peter 1:24).

Realize the value it has in our relationship to God (Psalm 119:11, 24, 105, 130; Matthew 4:4)

Have a Bible that is written in language you understand.

Set a time frame that is a reachable goal.

**2. PRAY IN PRIVATE**

Find a quiet place and times to speak your mind to God.

Bible admonitions to pray: (Psalm 88:9; Eph. 6:18; 1 Thess. 5:17; Luke 18:1)

Expect answers: (Jeremiah 33:3) “Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not.”

**3. ENCOURAGE SOMEONE**

Every one needs and appreciates a “cheer message” to brighten their day.

Does not have to be face-to-face: phone call, e-mail, card or letter, mail the bulletin.

**4. “REJOICE IN THE LORD ALWAYS” (Philippians 4:4)**

(John 16:33) “... in the world ye shall have tribulation: but be of good cheer; I have overcome the world.”

(Psalm 68:19) “Blessed be the Lord, who daily loads us with benefits, the God of our salvation”