

RESOLUTIONS
2020
NEW YEAR'S EVE



TOP 10 RESOLUTIONS MADE IN 2019:

1. Diet or eat healthier 71%
2. Exercise more 65%
3. Lose weight 54%
4. Save more and spend less 32%
5. Learn a new skill or hobby 26%

TOP 10 RESOLUTIONS MADE IN 2019:

6. Quit smoking 21%
7. Read more 17%
8. Find another job 16%
9. Drink less alcohol 15%
10. Spend more time with family and friends 13%

- *1 Tim. 4:8 “For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.”*

NEW YEAR'S RESOLUTIONS:

1. Restore Relationships

Eph. 4:1-3 “I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, 2 with all lowliness and gentleness, with long-suffering, bearing with one another in love, 3 endeavouring to keep the unity of the Spirit in the bond of peace.”

WAYS TO RESPOND:

A. Overlook it

Ecc. 7:21-22 “Also do not take to heart everything people say, Lest you hear your servant cursing you. 22 For many times, also, your own heart has known That even you have cursed others.”

WAYS TO RESPOND:

A. Overlook it

Prov. 19:11 “The discretion of a man makes him slow to anger, And his glory is to overlook a transgression.”

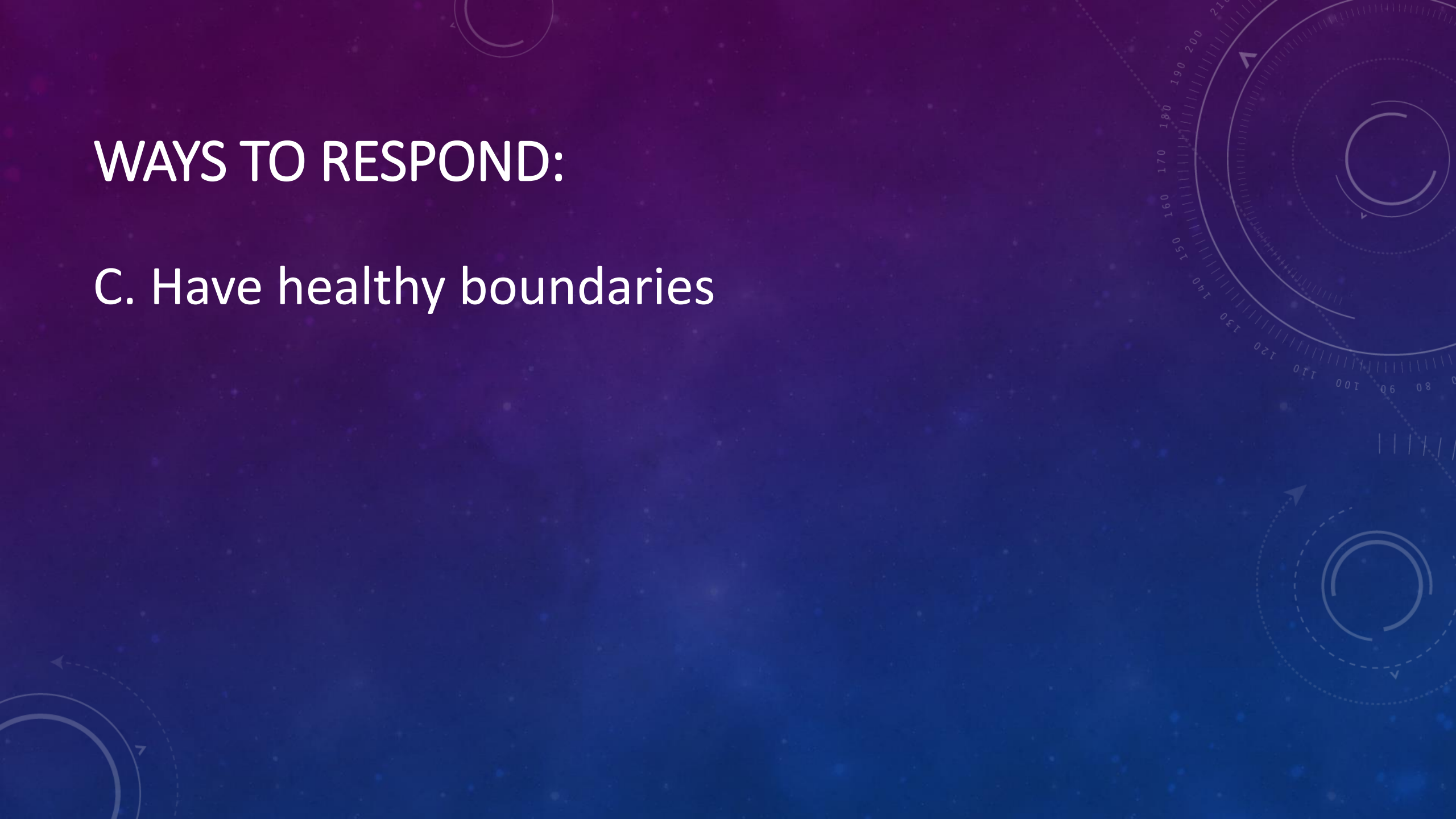
WAYS TO RESPOND:

B. Be quick to forgive

Eph. 4:26 "BE ANGRY, AND DO NOT SIN": do not let the sun go down on your wrath"

WAYS TO RESPOND:

C. Have healthy boundaries



RESOLVE:

What relationships has been hurt or strained this year?
Make it right. If not possible, go to the Lord and release
your anger, hurt or troubles to Him.

NEW YEAR'S RESOLUTIONS:

2. Let Go of Harmful Actions

1 Cor. 6:12 "All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any."

RESOLVE:

- I will, by God's grace, the power of the Holy Spirit, and through the encouragement and support of godly brothers and sisters, give up that which may harm myself or others...

NEW YEAR'S RESOLUTIONS:

3. Grow Deeper with the Lord

Col. 3:1 "If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. 2 Set your mind on things above, not on things on the earth"

NEW YEAR'S RESOLUTIONS:

3. Grow Deeper with the Lord

Col. 3:8-13 *“But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. 9 Do not lie to one another, since you have put off the old man with his deeds, 10 and have put on the new man who is renewed in knowledge according to the image of Him who created him,”*

NEW YEAR'S RESOLUTIONS:

3. Grow Deeper with the Lord

“11 where there is neither Greek nor Jew, circumcised nor uncircumcised, barbarian, Scythian, slave nor free, but Christ is all and in all. 12 Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; 13 bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.”

NEW YEAR'S RESOLUTIONS:

3. Grow Deeper with the Lord

Vs. 14 “But above all these things put on love, which is the bond of perfection.”

RESOLVE:

- My main goal and desire is to go deeper, to fall more in love with Christ and love others as He would have me to.

