

## NEW YEAR'S RESOLUTIONS

**-Did you know that over 100 million Americans make New Years Resolutions each year?**

**-What are some common New Year's Resolutions that people make?** (Lose Weight, Exercise, Eat Right, Get Out of Debt, Save Money, Budget, Quit Smoking, Quit Drinking, Spend More Time w/ Family, Enjoy Life, Be Spontaneous, Laugh More, Volunteer, Help Others, Make a Difference, Get Organized, Learn Something New)

**-Do you think most people keep their New Year's Resolution? Why or why not? (...)**

**-By the middle of the year, most of these resolutions are forgotten because they are usually based on our own strengths to complete them.**

**-Now what are some Spiritual Resolutions that people make?** (Go to church, read the Bible, pray more, have more personal devotions during the week, get involved in a Bible Study, etc.)

**-Why do you think people make these kinds of Spiritual Resolutions?** (They may be in desperate times. They may realize they need something more than themselves. They may understand their need for God and they want to grow closer to Him.)

**-Can we do this in our own power?** (No!)

**-What is our power source as Christians?** (His Holy Spirit.)

**-Does God's Divine Power, the Holy Spirit, give us everything we need for our lives?** (Yes! But the key word here is NEED.)

**-Let's read our first verse together on our verse sheet to find out:** (2 Peter 1:3 *"His Divine Power has given us everything we need for life and godliness through our knowledge of Him who called us by His own glory and goodness."*)

**-Notice He said His Divine Power gives us what we NEED FOR LIFE?**

**-What is life?** (Life is what we do everyday, our waking up, our laying down, living daily, moment by moment.)

**-So according to this verse, He gives us what we need to live day by day in a godly way.**

**-Let's read verse #2 together:** (Lamentations 3:23, *"They (God's great love and compassions) are new every morning; great is your faithfulness."*)

**-So, how often is God's love and compassion given to us?** (Every morning.)

**-According to both of these verses, God gives us His great love and compassion every morning, and He also gives us His Holy Spirit. His Spirit guides us in God's knowledge of knowing how to live life out daily.**

**-Where is God's knowledge found?** (In His Word, the Bible)

**-God's knowledge is found in His Word/the Bible and as we read it, the Holy Spirit shows us what God's guiding principles are to live out a life of joy, peace and hope in Him.**

**-We are going to call these guiding principles "Spiritual Resolutions".**

**-Let's look at 8 Daily Spiritual Resolutions that the Lord gives us to do from His Word. We are going to read each verse and ask ourselves after each one what is the Spiritual Resolution God tells us to practice and then ask for some examples of it in our lives today.**

**-Let's start with the first one. It is #3 on our Verse Sheet. Let's read it together:** (1 Thessalonians 5:11 "Therefore, encourage one another and build each other up.")

**-What Spiritual Resolution should we make according to this verse?** (Encourage one another.)

**-Give some examples of this:** (...)

**-Let's read verse #4:** (1 Thess 5:12, 13a "Respect those who work hard among you. Hold them in the highest regard in love because of their work.")

**-What Spiritual Resolution should we make according to this verse?** (Respect those who work hard.)

**-Give some examples of this:** (...)

**-Let's read verse #5:** (1 Thess 5:13b "Live in peace with each other.")

**-What's our Spiritual Resolution here?** (Live peacefully with others.)

**-Give some examples of how we can do this?** (...)

**-Let's read verse #6:** (1 Thess 5:14 "Encourage the timid, help the weak, be patient with everyone.")

**-Again, what should be our Spiritual Resolution according to this verse?** (Encourage others, help the weak and be patient with EVERYONE.)

**- Give some examples of how we can do this:** (...)

**-Let's read verse #7:** (1 Thess 5:15 "Make sure that nobody pays back wrong for wrong, but always try to be kind to each other.")

**-What's should be our Spiritual Resolution according to this verse?** (Don't retaliate or take revenge. Be kind in return.)

**-What are some examples of this?** (...)

**-Let's read verse #8:** (1 Thess. 5:16,17 "Be joyful always. Pray continually.")

**-What should we be our Spiritual Resolution according to these verses?** (Be joyful and pray continually.)

**-How can we do this?** (...)

**-Let's read verse #9:** (1 Thess 5:18 "Give thanks **in** all circumstances.")

**-What's our Spiritual Resolution here?** (Giving thanks in all things.)

**-Can that be hard?** (...)

**-How do we do this even when it may be hard?** (...)

**-Let's read verse #10:** (1 Thess. 5:19,20 "Do not put out the Spirit's fire. Test everything. Hold on to good.")

**-What's our Spiritual Resolution here?** (Don't discourage others when the Holy Spirit is encouraging them. Also, if the Holy Spirit is trying to help you look at your situation or circumstances through God's eyes, we need to obey and not look at things through our worldly eyes, with discontentment and frustration. God has a plan and a purpose for everything in our lives and we need to be encouraged that He is working it all out for His glory and our good as well as for the good of those around us.)

**-After going over all of these, it may seem impossible to do these everyday completely right. But there is hope.**

**-Let me end with these verses from the Word of God. 1 Thess 5:23-24 is a prayer: “May God Himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of the Lord Jesus Christ. *The One Who calls you is faithful and He will do it.*”**

**-Let me read that last part again: “THE ONE WHO CALLS YOU IS *FAITHFUL AND HE WILL DO IT.*”**

**-Who does it all for us? (God)**

**-If we try to keep the Spiritual Resolutions on our own power, we won't be able to do it. But if we ask God for His help, He will do it for us. As it says at the end here, “the One Who calls you is faithful and He will do it.” So, let's tap into His power and wisdom and trust that He will help us follow through with these Resolutions so others will want to know who Jesus is.**

## New Year's Resolutions Verses

1. **2 Peter 1:3:** *“His Divine Power has given us everything we need for life and godliness through our knowledge of Him who called us by His own glory and goodness.”*
2. **Lamentations 3:23:** *“They (God’s great love and compassions) are new every morning; great is your faithfulness.”*
3. **1 Thessalonians 5:11:** *“Therefore, encourage one another and build each other up.”*
4. **1 Thess 5:12, 13:** *“Respect those who work hard among you. Hold them in the highest regard in love because of their work.”*
5. **1 Thess 5:13b:** *“Live in peace with each other.”*
6. **1 Thess 5:14:** *“Encourage the timid, help the weak, be patient with everyone.”*
7. **1 Thess 5:15:** *“Make sure that nobody pays back wrong for wrong, but always try to be kind to each other.”*
8. **I Thess. 5:16,17:** *“Be joyful always. Pray continually.”*
9. **1 Thess 5:18:** *“Give thanks in all circumstances.”*
10. **I Thess. 5:19,20** *“Do not put out the Spirit’s fire. Test everything. Hold on to good.”*