

S.O.H.L. (1/4/10)

WEEKLY MINISTRY MEDITATIONS

Pronounced "Soul"

New Years Resolutions

PHILIPPIANS 4:13 NKJV – (13) "I can do **everything through Him** who gives me strength."

To my single brothers and sisters in the faith, over the years I have discovered that there is just something about the start of a New Year that gives us the feeling of a fresh start. In reality, there is no difference between December 31st and January 1st. Nothing mystical occurs at midnight on December 31st. The bible does not speak for or against the concept of New Year's resolutions. Though married and single people have different challenges, we also have a lot of the same as well. It is one thing to make a New Years resolution and it's another thing when we don't ask God what or how to make it happen in a way that He will be glorified. However, if a Christian determines to make a New Years resolution, what kind of resolution should he or she make?

Many Christians make New Years resolutions to pray more, to read the bible every day, and to attend church regularly. These are fantastic goals however; these New Years resolutions are unsuccessful just as often as the non-spiritual resolutions, because there is no power in a New Years resolution. Resolving to start or stop a certain activity has no value unless you have the proper motivation for stopping or starting that activity. For example, why do you want to read the bible every day? Is it to honor God and grow spiritually, or is it because you have just heard that it is a good thing to do? Why do you want to lose weight? Is it to honor God with your body, or is it for vanity, to honor yourself?

John 15:5 declares, "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing." If God is the center of your New Year's resolution, it has chance for success, **depending on your commitment to it**. If it is God's will for something to be fulfilled, He will enable you to fulfill it. If a resolution is not God honoring and/or is not in agreement in God's word, we will not receive God's help in fulfilling the resolution.

So, what sort of New Years resolution should a Christian make? Here are some suggestions: (1) Pray to the Lord for wisdom (**James 1:5**) in regards to what resolutions, if any, He would have you make; (2) Pray for wisdom as to how to fulfill the goals God gives you; (3) Rely on God's strength to help you; (4) Find an accountability partner who will help you and encourage you; (5) Don't become discouraged with occasional failures; instead allow them to motivate you further; (6) Don't become proud or vain, but give God the glory.

Psalms 37:5-6, "Commit your way to the LORD; trust in him and he will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun."

SCRIPTURE READING

JOHN 1:1

THOUGHT FOR THE WEEK

The quality of life that you want to experience is determined by your choices.

SOHL's mission is to sow God's word into the hearts of men and women that will propel them to their God-given destiny.

