

Americans & Resolution Making



38% do not make resolutions

Top Ten Resolutions

- 1. Lose weight
- 2. Get organized and uncluttered; simplify
- 3. Spend less, save more
- 4. Enjoy life to the fullest
- 5. Stay fit and be healthy
- 6. Learn something new
- 7. Quit smoking
- 8. Help others achieve their dreams
- 9. Fall in love
- 10. Spend more time with loved ones





Resolution makers are 10X more likely to achieve a worthy goal



Establishing a "resolve to do" is nothing more than an articulated request to the God who answers prayer.



"Delight yourself in the Lord, and he will give you the desires of your heart."

"If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you." JOHN 15:7

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." PHILIPPIANS 3:14



b) Articulate those goals in prayer ("ask whatever you wish")



As we set our goals up to honor God and send our goals up in prayer, we secure the spiritual energy to achieve them. "I press on toward the goal"

> "The establishment of a goal is the key to successful living." ARI KIEV



Setting a goal and striving to achieve it is an act of faith that honors God.

"Without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." HEBREWS 11:6

Making Life Work in 2018

Setting Blessable Goals

Internal Character. Where do I need to look more like Christ?

External Conduct. What actions do I need to take or eliminate?

Routine Customs Which practices will I need to add/improve upon?



Share your goals with someone it promotes accountability and produces support.

"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near." HEBREWS 10:24-25

Making Life Work in 20

Above all else, stay focused on Jesus.

"Fix your eyes on Jesus, the pioneer and perfecter of faith... Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart." HEBREWS 12:2-3

