



RESOLUTIONS

The new-year brings to mind the desire to make “this year better!” We make resolutions to fix problems with our body, attitudes (mind), and spirit. Then comes the reality check – it’s not so easy to change! We start out strong and start to fade in our zeal to keep our resolutions. Often we give up altogether.

Rather than get discouraged, I encourage you to use your experience with your resolutions as a way of evaluating and revising your resolutions. Here are some suggestions:

- If it is hard to keep your resolution, consider modifying your goal to a pattern that is more realistic. Changing habits takes time, and accomplishing a smaller goal is better than not accomplishing anything.
- Give yourself credit for the times you’ve kept your resolution. Everything you do is one step forward.
- Accept that change takes work. It doesn’t happen automatically

Examples:

- **Body:** reduce the number of times or length of time you plan to exercise; maximize your normal activities by walking faster or parking further during day to day errands; establish a regular time to monitor your blood pressure and/or blood glucose if these need to be watched – a regular time makes it easier to establish a good habit.
- **Mind:** make stress relief part of a daily pattern by praying about your concerns as you go to bed; ask for and receive forgiveness from God; be thankful for what you have.
- **Spirit:** don’t dwell on lack of progress; instead focus on showing fruit in your life: *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.* **Galatians 5:22-23**

Above all else, ask God for wisdom to know how to manage your resolutions: *If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.* **James 1:5**