

New Year Resolutions

1/1/12

As of today, many have made New Year resolutions. Resolutions to loose weight, to be better, and the list goes on. Maybe some of you have made New Year resolutions.

At the same time, some will not make any resolutions. Why? Scranton University did a study that showed 40 to 45% of American adults make resolutions each year. 75% of those resolutions make it past the 1st week and only 46% make it past the 1st 6 months.

The question that comes to mind is 1) What is a resolution? and 2) Does the Bible have anything to say about it? and 3) Why do we have trouble keeping resolutions?

Resolution – the act of resolving – to reach a firm decision
– a course of action determined or decided on
– to be determined or purposed

The word resolution is not used in the Bible but the definition to be determined is. The KJV uses the word purposed – to fix a thought upon, to plan

Psalm 17:3 (Holman),

119:30 *I have chosen to be faithful; I have determined to live by your laws. (NLT),*

119:112 (Holman)

“Daniel purposed in his heart”

“David purposed”

What were these heroes of the Bible determined to do? They were determined to follow God’s commands, to have a close relationship with Holy God.

There will be all kinds of resolutions made today. But the best resolution is to purpose in your heart to follow Jesus’ example and have a closer relationship with our Heavenly Father.

Now we have a problem. Of those who resolve, less than half will keep their resolution past 6 months. Why is it so hard to remain purposed?

Paul puts it this way in **Romans 7:14-24**, **Galatians 5:17**.

What is the remedy for our problem of keeping Godly resolutions? **Galatians 5:16**

We have to be like Daniel and David. We must purpose in our heart to follow God.