



SPIRITUAL RESOLUTIONS FOR YOUR FUTURE

What are some of your spiritual resolutions for the new year....things you really want to do differently or better? According to a study conducted by the University of Scranton, just 8% of people achieve their New Year's goals. (Roughly 55% of those resolutions were health-related).

But it's not all grim, **there's hope**. Dr. Carly Moores, registered nutritionist, said, "if your goal is to lose weight or improve lifestyle habits, try not to make too many changes at once. Start with small changes and continue to build on these or try to tackle one change at a time. Try to set yourself goals, reflect on your progress towards these, acknowledge that changes can be hard, and results won't happen overnight ... or even in the first two weeks of the new year." Dr. Marcelo Campos, a lecturer at Harvard Medical School, said writing goals down can help us to achieve them because it feels like more of a commitment.

All of the above tactics are good ideas for addressing your spiritual resolutions for the new year. However, the most critical and powerful force of all is the **Holy Spirit Our Helper**.

Proverbs 3:5-6	Don't Try To Figure It Out Yourself. ⁵ Trust in the LORD with all your heart, And lean not on your own understanding; ⁶ In all your ways acknowledge Him, And He shall direct your paths.
Acts 1:8	Receive Power. ⁸ But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth."
Romans 8:15-16	Bondage No More. ¹⁵ For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." ¹⁶ The Spirit Himself bears witness with our spirit that we are children of God,
Romans 8:26	Help In Our Weakness. ²⁶ Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession ^[a] for us with groanings which cannot be uttered.
Philippians 4:13	God's Promise Through Christ. ¹³ I can do all things through Christ who strengthens me
Galatians 5:16-18, 22-24	Walk In The Spirit For Fruitfulness. ¹⁶ I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. ¹⁷ For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. ¹⁸ <u>But if you are led by the Spirit, you are not under the law.</u> ²² But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³ gentleness, self-control.



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	Against such there is no law. ²⁴ And those <i>who are</i> Christ's have crucified the flesh with its passions and desires.
Ephesians 6:10-18	<p>Get Prepared By "Suiting Up". ¹⁰Finally, my brethren, be strong in the Lord and in the power of His might. ¹¹Put on the whole armor of God, that you may be able to stand against the ^[a]wiles of the devil. ¹²For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of ^[b]the darkness of this age, against spiritual <i>hosts</i> of wickedness in the heavenly <i>places</i>. ¹³Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.</p> <p>¹⁴Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, ¹⁵and having shod your feet with the preparation of the gospel of peace; ¹⁶above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. ¹⁷And take the helmet of salvation, and the sword of the Spirit, which is the word of God; ¹⁸praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—</p>

ASKING GOD FOR SALVATION....A SINNER'S PRAYER

Pray the prayer below, FROM YOUR HEART, and you will be saved.

Heavenly Father, I believe that Jesus Christ is Your Son, and that He died on the cross to save me from my sin. I believe that He rose again to life, and that He invites me to live forever with Him in heaven as part of Your family. Because of what Jesus has done, I ask You to forgive me of my sin and give me eternal life. I invite You to come into my heart and life. I want to trust Jesus as my Savior and follow Him as my Lord. Help me to live in a way that pleases and honors You. **Amen.**