

“A Different Kind of New Year’s Resolution”

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**THE LORD'S FLOCK
GROW DIGEST**

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What are the most aspired New Year’s resolutions? According to the USA data, the top three are the following: Save money, Exercise, and Eat healthy. Often, these resolutions are not met. We tend to forget our New Year’s resolutions. A better way to do a resolution is this – to promise God **to be better than last year**. As a person, as a church and as a community, a simple goal to be better is achievable.

There are many ways to make a change for the better:

1. Develop a positive outlook toward life. A positive attitude is one that reflects the image of Christ for the people we interact with by doing the following:

- Focus on the positive side of all situations.
- Expect a positive outcome when dealing with problems.
- Associate with positive thinking people.
- Concentrate on the solutions and not the problems.
- Get encouragement from people with strong faith.
- Look for lessons in successes and mistakes.
- Take a pro-active approach to all aspects of our life.
- Turn our bad situations into teachable moments.
- Provide calm and reason in the middle of the storms.

Let us be reminded to praise the Lord with all our being and never forget the blessings He gave us (Ps. 103:1-2). A real positive attitude comes from a belief that God is in charge and His will is going to prevail.

2. How can our life be positive?

Most people consider material possessions, promotions, or relationships as the reasons to be positive in life. However, these cannot sustain us. We must stay strong in the belief that God loves us. We are God’s creations, and we bear His image. Let us claim all the identities that God blessed us with (Rom. 8:28-36). We are:

- Predestined, called, justified, and glorified.
- God’s elect.
- More than conquerors.

Trials and challenges are part of Christian life. They lead us to God and help us to be calm and mature when faced with problems (James 1:2-4, 1 Peter 1:6-7). Our relationship with God is developed through the trials, but we must use His word to increase our confidence in Him. We must use the Scripture amid challenges.

3. How can we become more than conquerors?

- Prayers (Phil. 4:4, 1 Thess. 5:7)
- Peace (Phil. 4:7, Jn. 14:27)
- Praise (Ps. 47, Acts 16:25-34)
- Positive (Phil. 3:12-14)

Conclusion:

Our Christian life does not wait for another year so we can improve for the better. Our material goals are important, but they should not be our ultimate goals. We must strive to be better for God’s glory notwithstanding time nor seasons. God never gives temptations that we cannot overcome (1 Cor. 10:13). Moreover, He takes care those of who love Him (1 Cor. 2:9)

Reflection:

1. What are your New Year’s resolutions? How will you make sure that you will fulfill them?
2. What are your personal goals to please God?
3. How will you develop your confidence on your relationship with God?

Prayer:

“Walk beside us, O Holy One, as we question and welcome, as we challenge and invite, as we discover and understand. As we see, touch, taste, smell, and listen for the newness awaiting us this year. May we, Your holy people, walk forward together side by side. Amen.”