

# New Year's Resolutions

by Ben S.

- Exercise more (38%)
- Lose weight (33%)
- Eat more healthily (32%)
- Take a more active approach to health (15%)
- Learn new skill/hobby (15%)
- Spend more time on personal wellbeing (12%)
- Spend more time with family and friends (12%)
- Drink less alcohol (12%)
- Stop smoking (9%)

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year—though for them the year began in March.

Daniel 1:3-14

## New You Resolutions

- A. Determination of will, heart and mind
- B. Seat of courage

## Reasons for New You Resolutions

- A. Not due to circumstances
- B. Not due to God's gifts or blessings
- C. Not due to others' approval or applause

But due to a desire to honor God and follow His direction regardless

## Roadmap for New You Resolutions

- A. in sight of God (1:8)
- B. with love and respect for others (1:8-14)
- C. in community (1:12)
- D. with hope for provision (1:13)

## Results of New You Resolutions

- A. A view of God's provision (1:15)
- B. A view of God's gifts (1:17)
- C. A view of God's Son (2-12)

Daniel 2:44-45 "a kingdom that will never be destroyed..."

Mark 1:15 "The time has come," he said. "The kingdom of God is near. Repent and believe the good news!"

Daniel 3:25 "and the fourth looks like the son of the gods."

Daniel 7:13-14 "a son of man... given authority, glory and sovereign power"

Mark 10:45 "For even the Son of Man did not come to be served but to serve and give his life as a ransom for many."

## New You Resolutions

- A. Read a chapter of Proverbs each day in January and then ask the Lord where you can focus.
- B. Read the Bible in a year...or 3 months
- C. Invite a friend to church
- D. ....

But “new you resolutions” are not powered by legalism but rather by grace:

“Now God had caused the official to show favor and sympathy to Daniel” (1:9)