



## 10 GUIDELINES FOR NEW YEARS RESOLUTIONS

**GOD:** Be prayerful. Remember dependence and helplessness in your relationship with God are prerequisites for spiritual health. How about a thorough spiritual check-up this year (2 Cor. 13:5)?

**OTHERS:** Be helpful. Make a commitment to show love and encouragement to someone everyday (Rm. 14:19-22). Challenge yourself to be kind and helpful especially to those who least expect it (Eph. 4:32)!

**YOUR MIND:** Read and think about something noble and creative every day (Phil. 4:8). Start the day with the Bible. Let the words of life fill your heart and mind before anything else gets to them!

**FEELINGS:** Express them with love and honesty. Whether fear, guilt, grief, rage, shame, or anxiety, express your feelings to God, self, and a trusted friend (Prov. 27:5; 1 Pet. 3:7).

**ACTIONS:** Be generous. Without thought of reward or praise be extravagant in your giving to others (2 Cor. 9:7). Give freely of your love, time, money, spirit, creativity, encouragement, and praise. Don't be stingy with the most important and powerful gifts in your possession, let your actions reflect the startling love of God!

**SUCCESES:** Be thankful (Col. 3:15). Most if not all of our successes are the result of God's grace not our cleverness or hard work. Count your blessings regularly. *Continued on the next page*



