

# 10 Suggestions for New Year Resolutions

Millions of people view “New Year’s Day” as a time for *resolutions*, a time to start fresh and commit to change; maybe lose some weight or spend more time with the kids. For Christians, it’s a perfect time to make some *spiritual resolutions* to get closer to God and grow in faith. Here are 10 suggestions:

- 1. Put God first** – Matthew 6:33; 22:36-40
- 2. Focus on things that really matter** – Matthew 16:26
- 3. Keep the Sabbath** – Exodus 20:8-11; Mark 2:27
- 4. Count your blessings** – Psalm 103:1-5
- 5. Learn to be more cheerful** – Proverbs 15:13, 15, 30; 17:30
- 6. Don’t be too hard on yourself** – Romans 3:10, 23
- 7. Forgive others** – Matthew 6:14-15; Ephesians 4:32
- 8. Set your heart and mind on things above** – Colossians 3:1-4
- 9. Fix your eyes on Jesus** – Hebrews 12:2
- 10. Rest in God’s mercy** – Lamentations 3:22-23