



7 Resolutions for a Spiritually Healthy New Year

With the flipping of calendars from December to January, many of us spent time reflecting on 2018 and resolving to do better in 2019. Whether you're powering through these resolutions or have already decided to let them go, I would like to offer you 7 practices to adopt in 2019 to spiritually jump-start your New Year.

7 Resolutions for a Spiritually Healthy 2019

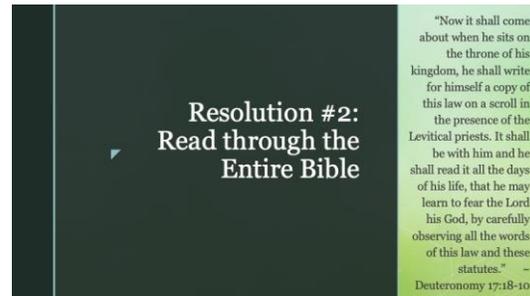
“But He said, ‘On
the contrary,
blessed are those
who hear the
word of God and
observe it.’”
~ Luke 11:28

Resolution #1: Adopt a Daily Quiet Time Alone with God

“I rise before dawn
and cry for help; I
wait for your words.
My eyes anticipate
the night watches,
that I may meditate
on Your word.”
~ Psalm 119:147-148

Beginning my freshman year of college, I adopted the habit of meeting with a fellow believer in Christ early in the morning to read the Word of God and pray. We would ask God to speak to us from His written Word before reading a chapter in Proverbs. Then we would ask ourselves 3 questions from the chapter - What is one thing God would like me to know? To be? To Do?

Christian businessman Gene Warr challenged me that, if I wanted to be used by God, I should read every word that God the Holy Spirit had to say about me every year. While this may seem daunting, he pointed out that if I read 3 Old Testament pages and 2 New Testament pages each day, I would meet this goal. That was 1972, and it has been my practice ever since.



You can begin by making a list of 12 people to whom you will witness; choose one each month with whom you will share Christ and invite to church. Put a notecard on your mirror in the bathroom with these 12 names on it next to their corresponding month. As you begin each day, pray for the "person of the month" and ask God to open up your mind as to how to creatively share Christ with that person.

Make it your goal for four of these dinners to be weekday evenings and one Sunday after church. As you consider this practice, it may not seem spiritual, but consider for a moment the spiritual importance of meals throughout Scripture as pictures of Heaven, God's sovereign protection, and times during which Jesus witnessed and taught His disciples. If this form of fellowship is important to God, then it should be a centerpiece of your family's spiritual traditions.



Every Sunday, every member of your family sitting together in church, participating in the worship, listening to the pastor, and taking notes on the sermon. Then in conjunction with Resolution #4, you all enjoy a Sunday meal together and discuss the sermon from your notes. Don't be a parent who emphasizes school and extracurricular activity attendance but neglects the gathering of the local church.

At your family sit-down dinners, pray for your missionary. Each week, send a text, email, or letter to your missionary. Every month, make a financial contribution to your missionary. When our children lived at home, I would write missions agencies and let them know that if they had a missionary traveling through town, to please consider having this worker stay with us. All my children were impacted by these visits and subsequently went on to serve on the mission field at one time or another in their adult lives.

Resolution #6:
▸ Adopt a Missionary

"For they went out for the sake of the Name, accepting nothing from the Gentiles. Therefore we ought to support such men, so that we may be fellow workers with the truth."
~ 3 John 1:7-8

Resolution #7:
▸ Forgive and Restore Family Relationships

"Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering."
~ Matthew 5:23-25

If any family member has a right to bitterness and refusing reconciliation for hurts received, it is Jesus who as your Brother suffered for your sins. If any family member has the right to refuse to forgive, it is your Heavenly Father for what His innocent Son suffered on your behalf. If God the Son and God the Father can suffer, reconcile, forgive, forget, and even bless, then who are you to not seek to

restore relationships with your early
family member?

A Closing Hymn

Please allow me to close with the words of the hymn "[Rescue the Perishing](#)" by Fanny Crosby as an encouragement to use 2019 to more faithfully serve our Mighty God.

Rescue the perishing, care for the dying,
Snatch them in pity from sin and the grave;
Weep o'er the erring one, lift up the fallen,
Tell them of Jesus, the mighty to save.

Refrain

Rescue the perishing, care for the dying,
Jesus is merciful, Jesus will save.

Though they are slighting Him, still He is waiting,
Waiting the penitent child to receive;
Plead with them earnestly, plead with them gently;
He will forgive if they only believe.

Down in the human heart, crushed by the tempter,
Feelings lie buried that grace can restore;
Touched by a loving heart, wakened by kindness,
Chords that were broken will vibrate once more.

Rescue the perishing, duty demands it;
Strength for thy labor the Lord will provide;
Back to the narrow way patiently win them;
Tell the poor wand'rer a Savior has died.