

Spiritual New Year's Resolutions

1. Kick some **HABITS** – Ungodliness
 1. Unforgiveness – devilish device **2 Cor 2:11; Matt 6:14**
 2. Envy – delivered our Lord **Matt 27:18**
 3. Bitterness – don't let it take root! **Hebrews 12:14-15**
 4. *APATHY* – *HEBREWS* 3 hardened, **acts 28:26**
 5. Associations – **2 Corinthians 6:14-7:1**
 1. **1 Corinthians 15:33**
 2. **1 Timothy 5:22; 2 Timothy 2:22**
 3. "If you play with it, you will smell like it."
2. Change of **DIET**
 1. **1 Peter 2:2**
 2. **1 Corinthians 3:1-3**
 3. **Hebrews 5:12-14**
 4. Less time on Facebook and more time in God's book.
3. Get more **EXERCISE**
 1. Exercise our MINDS:
 1. **1 Timothy 4:13-16**
 2. **Hebrews 5:12-14**
 2. Exercise ourselves unto GODLINESS – **1 Timothy 4:7-9**
4. Renew or Adjust My **FOCUS**
 1. Focus less on SELF – **Luke 23:26-31**
 1. **1 Corinthians 10:24**
 2. **Philippians 2:3-4**
 2. Focus more on SELF – **1 Timothy 4:16**
 1. **James 1:21-27**
 2. **Romans 2:17-24**
 3. Focus on GOD – Psalm 121
 1. **Colossians 3:1-3** – seeking those things which are above
 2. **2 Corinthians 4:16-18** – looking at things eternal
 4. Focus on OTHERS
 1. Struggling brethren – **Galatians 6:1-2**
 2. Erring brethren – **James 5:19-20**
 3. the lost — **John 4:35**
5. Lose **WEIGHT** — **Hebrews 12:1-2**
 1. Weight of SIN and GUILT
 2. By obeying the GOSPEL – **1 Peter 1:22-23**
 3. By being RESTORED – **Psalm 51:6-12**