

Spiritual Resolutions

There isn't time in this short article to cover all the possible New Year's resolutions we might make for 2017. Statistically, we humans show a very poor batting average for actually achieving New Year's resolutions. Studies show that writing down your goals greatly increases the odds of actually doing them.

We often have resolutions about health, work, sleep, weight, etc. The most important resolutions are spiritual. Common goals may include reading the Bible more, doing more for those in need, or spending more time in prayer, etc. These are great, but they are vague and not very specific.

This year, write down your goals and make them specific. Make them actually achievable for you. When writing down the challenging specific goals you have, remember: you can't eat the whole elephant in one bite, so eat it one bite at a time.

My son, Tyler, was home from medical residency and told me about micro goals: goals so small it seems impossible not to accomplish them.

Set micro goals like, "I will read one verse every day," and "I will thank God every day when I lie down and get up," and "I will do something kind for someone every day."

Set your big, specific goals, but also make very small, very simple goals. These micro goals can lead toward greater and greater accomplishment until you truly are "praying without ceasing" (I Thess. 5:17), studying the Bible every day, reading larger and larger amounts and studying deeper on topics that arise as you study (II Tim. 2:15). Maybe you will be taking meals to those in need, taking communion to shut-ins, or giving your time and resources in greater and greater ways (James 1:27, Matt. 19:21) until it is natural and enjoyable to do so. Through these micro goals, you will have achieved your larger overall goals!

Consider pretty much any goal you have for the New Year. None are more important and critical to your present and future happiness than progressing toward your spiritual goals.

For the elders,
Gary Woodall