



"Don't Make New Year's Resolutions!", Wednesday Minute January 1, 2020

*"My salvation and my honor depend on God; he is my mighty rock, my refuge"*

*Psalm 62:7 NIV*

*Read: Psalm 62:5-8*

Most New Year's resolutions are never kept. They are usually as productive as the statements from an old beauty contest. "I want world peace." "I want to make a difference." "I want to be a better person." Oh, you think your resolution may have a better chance of success? "I am going to lose twenty pounds." "I am going to get up earlier and exercise before I go to work." These have purpose...but lacking a guaranteed success.

You might even start out to make your New Year's resolution work...for a few days or weeks or maybe just a few hours, but how many resolutions have you seen to success and how many resolutions have you made that failed?

I am not saying not to make New Year's resolutions because you will fail. Simply, you are likely to fail because you are making a commitment only to yourself. If you want to do something better with your life or for someone else, then do it...just do it. False or half hearted resolutions will not lead to success.

Don't put your faith in yourself. Make a promise to GOD. Commit your desire to change your old habits to GOD. Ask GOD to help you. If you need to lose weight,

before every meal ask GOD to guide you in the selection and quantity of what you should eat. Be accountable to GOD. If you need to save money, before you spend a dime ask GOD if HE wants you to buy the item before you open your wallet or purse.

No one knows all things better than GOD and know one knows you better than GOD. Don't make false or unobtainable resolutions based on a half hearted hope or a maybe. Trust GOD. Make your promises and commitments to the only ONE who can help you and guide you to success.

Make your promises to GOD and be accountable to HIM. Did you know the word promise is repeated in the Bible almost seventy times and almost every time it is a reference to GOD'S promise to HIS people. If HE can Bless us nearly 70 times, can you make your simple promise to HIM once?

Today's Prayer:

"LORD GOD, Thank YOU for always being here for me. Thank YOU for all the promises YOU have made for my benefit. Thank YOU for forgiving me for all of my broken promises I made to YOU. Help me today with these new promises I am making to YOU. I know I need YOUR help. Amen."

Feel His Blessings!

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