



New Year Resolutions

Thoughts have consequences. We act on what we think.

To resolve or make a resolution is to faithfully decide to do something or take action on something. To resolve is to firmly determine to deal with a problem or difficulty and boldly holding to a purpose. To make a resolution is to make a commitment to accomplish something. There are plenty of historical examples of resolve — Abraham, Jacob, Moses, Joshua, Caleb, Daniel, Elijah, David, Paul, Peter, Jude, Charlemagne, Alfred the Great, Oliver Cromwell, George Mason, Patrick Henry, etc.

Joshua 24:15 — And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD.

1 Kings 18:14 — And Elijah came unto all the people, and said, How long halt ye between two opinions? if the LORD be God, follow Him: But if Baal, then follow him. And the people answered him not a word.

Psalms 18:2 — The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in Whom I will trust; my buckler, and the horn of my salvation, and my high tower.

Psalms 17:3 — Thou hast proved mine heart; Thou hast visited me in the night; Thou hast tried me, and shalt find nothing; I am purposed that my mouth shall not transgress.

Thoughts have consequences. We act on what we think. Individuals make resolutions all the time whether or not they realize it. How do you know these resolutions are made? Simple. People act on what they think. There is an old proverb that points to this truth: Actions speak louder than words. Why would it be important for a Christian to faithfully, firmly and boldly determine to deal with a difficulty or hold to a purpose?

But wilt thou know, O vain man, that faith without works is dead?
James 2:20

For as the body without the spirit is dead, so faith without works is dead also
James 2:26

Thoughts have consequences. We act on what we think. Can you think of others in history that have made resolutions and shown resolve? What about the Pilgrims, those that led the patriots in the American War of Independence, the Dutch War of Independence, the Scottish War of Independence?

Thoughts have consequences. We act on what we think. There are plenty of examples in history where individuals have both succeeded and failed in keeping their resolutions. Many of those that failed the first time, prayed, and tried again to accomplish their resolution and succeeded later. Failure in initially keeping a resolution turning to success later is seen in many fields of academic pursuit and is especially evident in the field of science. So, were these initial failures in keeping a resolution bad? or did these failures help to strengthen and teach the individual to rely on God more in order to achieve success in their resolution?

For precept must be upon precept, precept upon precept;
line upon line, line upon line; here a little, and there a little.
Isaiah 28:10

Thoughts have consequences. We act on what we think. Training and goal setting are important aspects of making a resolution. To resolve to learn how to play the piano, guitar or any musical instrument requires making a resolution to learn or train one's self how to play. Practicing scales and pieces of music, learning to read music, gaining finger flexibility, listening to a variety of instruments playing music and many other steps are all important with respect to learning how to play the piano.

The key to making a resolution is to keep it very simple. Determine what area(s) you have a difficult time with and set a goal. Keep your resolutions short, simple and to the point. Do NOT have so many resolutions that you become overwhelmed. One to three resolutions are not unreasonable.

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Write down your resolution. Keep your resolution in a page protector and keep it where you will see it.

Time-limited. Determine how long to make that resolution. Will the resolution be something daily for a year? Will the resolution be only for a week, month, or quarterly? Will the resolution be in effect until the goal has been mastered?

Examples of resolutions for young scholars ...

- 1) I will conquer cursive by writing 10 minutes a day.
- 2) I will conquer addition by using flashcards 2 minutes a day.
- 3) I will conquer oral reading by reading daily into a tape recorder and listening to myself.

Examples of resolutions for older scholars ...

- 1) I will conquer one Shakespeare play in the month of January by listening to an audiobook while I follow along in the play.
- 2) I will conquer algebra by reading my lesson two to three times before I begin the exercises for that lesson.
- 3) I will conquer my messy room by picking it up each day for 5 minutes after lunch.

Now it is time for you to make your own resolutions. Print off a Resolution Worksheet by going to the web site address ...

<http://www.lovetolearnplace.com/SpecialDays/NewYears/Activities.html>

Print off a Resolution Worksheet to help you get started.

resolution = noun

resolve = noun / verb

resolver = noun, one who

resoluteness = noun

resolving = verb

resolved = verb

resolute = adjective

resolvent = adjective / noun (one who)

resolvable = adjective

resolutely = adverb