

# Happy New Year!!



January 14, 2024

# As Christians, What Resolutions Should We Make Together?



**What is the history of New Year's Resolutions?**

**Where did the idea come from?**



**In 2000 B.C., the Babylonians celebrated the New Year during a 12-day festival called Akitu (starting with the vernal equinox). This started the farming season to plant crops, crown their king, and make promises to pay their debts. One common resolution was the return of borrowed farm equipment (which makes sense for an agriculturally based society).**

**The Farmer's Almanac, Catherine Boeckmann, December 13, 2023**



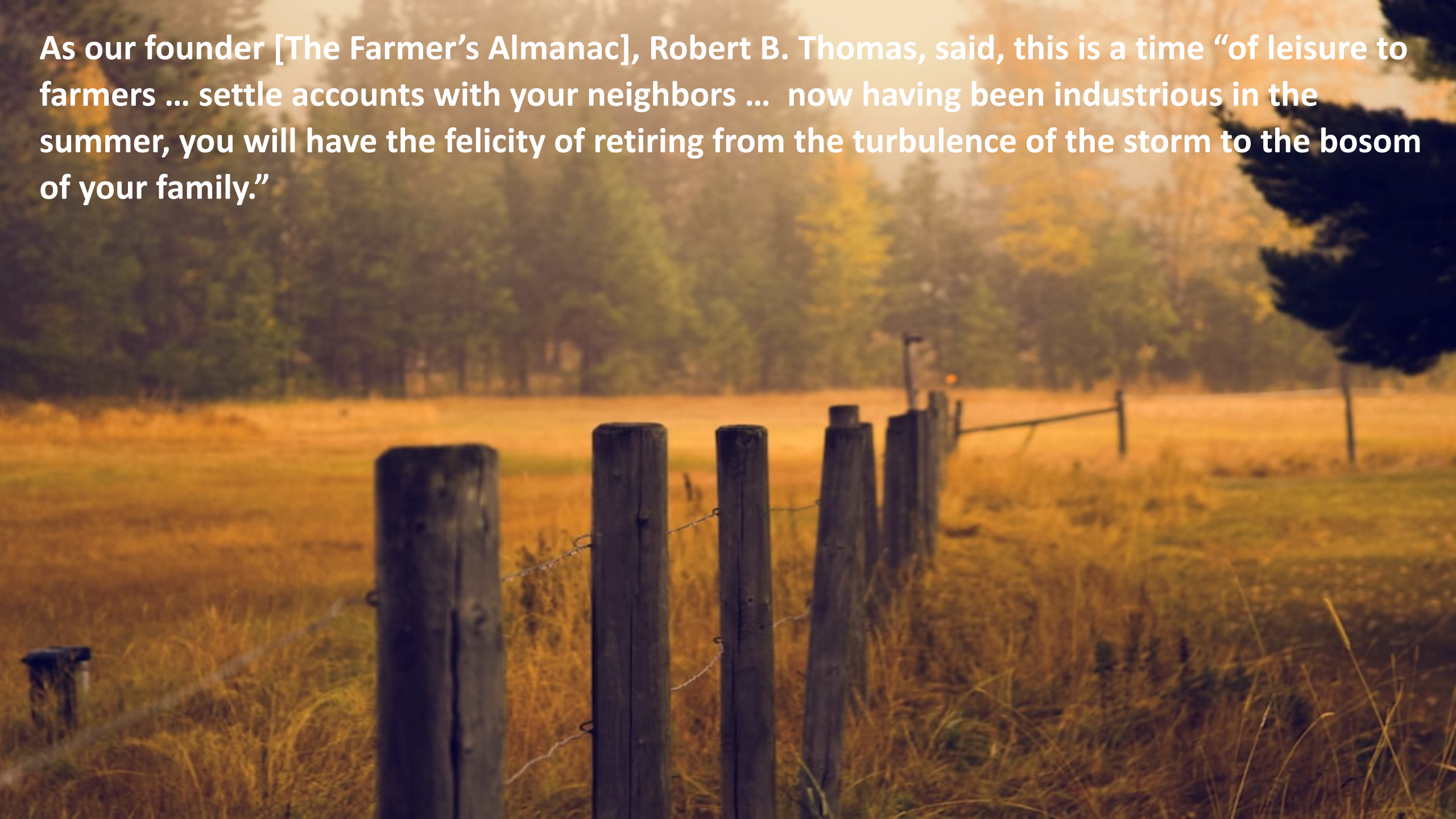
**January was named for the two-faced Roman god, Janus, who looks forward to new beginnings as well as backward for reflection and resolution. The Romans would offer sacrifices to Janus and make promises of good behavior for the year ahead.**





**If you think about the land and the seasons, the timing of early January makes sense for most of Europe and for North America, too. The active harvest season has passed. The holiday frenzy is ending.**

As our founder [The Farmer's Almanac], Robert B. Thomas, said, this is a time “of leisure to farmers ... settle accounts with your neighbors ... now having been industrious in the summer, you will have the felicity of retiring from the turbulence of the storm to the bosom of your family.”



New Year's resolutions were also made in the Middle Ages. Medieval knights would renew their vow to chivalry by placing their hands on a peacock. The annual "Peacock Vow" would take place at the end of the year as a resolution to maintain their knightly values.





**By the 17th century, New Year's resolutions were so common that folks found humor in the idea of making and breaking their pledges. A Boston newspaper from 1813 featured the first recorded use of the phrase "New Year resolution." The article states:**

**"And yet, I believe there are multitudes of people, accustomed to receive injunctions of new year resolutions, who will sin all the month of December, with a serious determination of beginning the new year with new resolutions and new behavior, and with the full belief that they shall thus expiate and wipe away all their former faults."**





**As a legacy of our Protestant history, resolutions in the early 1900s were more religious or spiritual, reflecting a desire to develop stronger moral character, a stronger work ethic, and more restraint in the face of earthly pleasures.**

**Over the years, however, resolutions seem to have migrated from denying physical indulgences to general self-improvement, like losing weight. While it may seem superficial, medical sociologist Natalie Boero of San Jose State University suggests that today's resolutions are also a reflection of status, financial wealth, responsibility, and self-discipline—which isn't that different from how the New Year's resolution tradition began.**



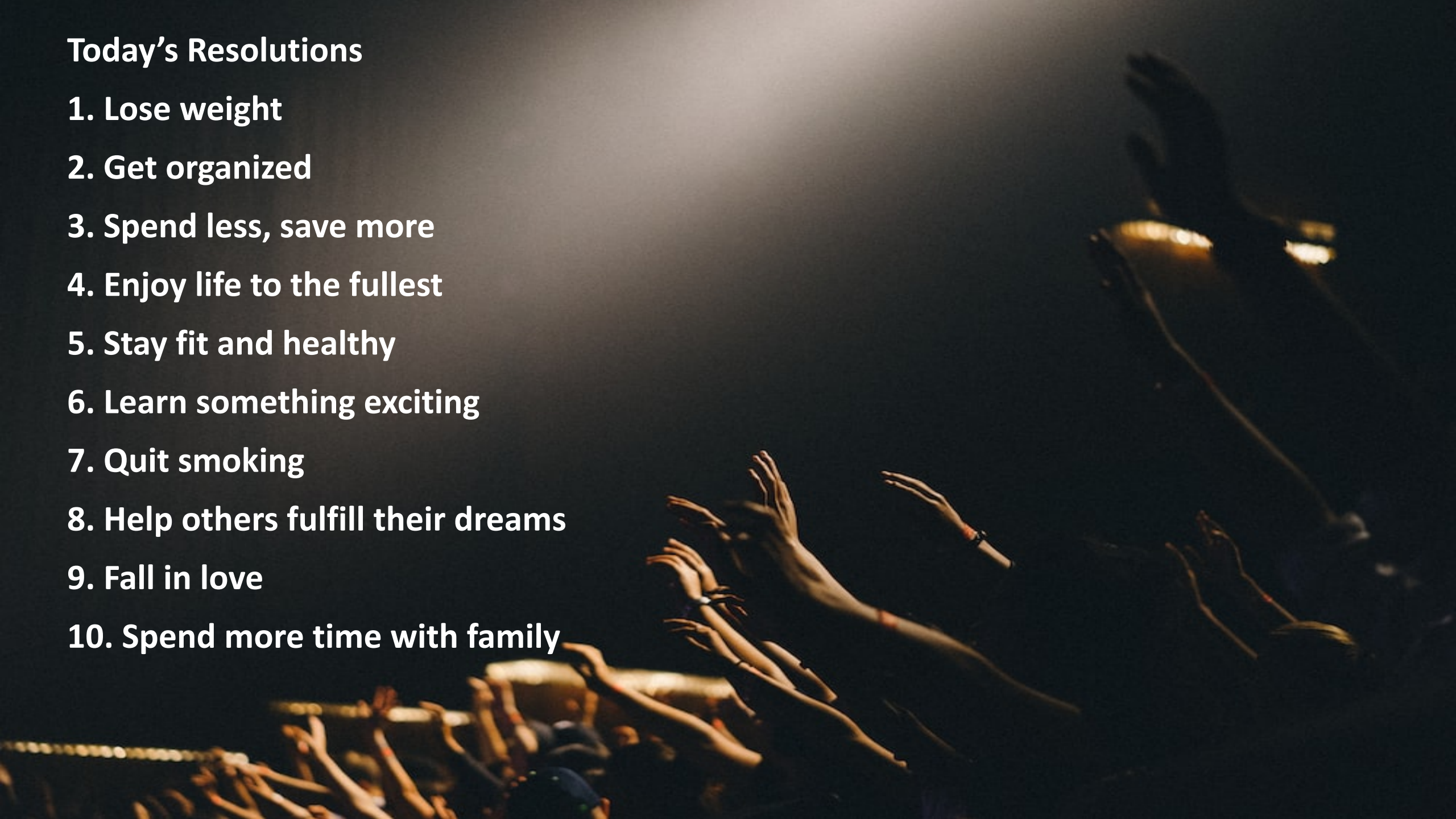
## **Resolutions From 1947 - Gallup Poll**

- 1. Improve my disposition, be more understanding, control my temper**
- 2. Improve my character, live a better life**
- 3. Stop smoking, smoke less**
- 4. Save more money**
- 5. Stop drinking, drink less**
- 6. Be more religious, go to church more often**
- 7. Be more efficient and do a better job**
- 8. Take better care of my health**
- 9. Take a greater part in home life**
- 10. Lose (or gain) weight**



## **Today's Resolutions**

- 1. Lose weight**
- 2. Get organized**
- 3. Spend less, save more**
- 4. Enjoy life to the fullest**
- 5. Stay fit and healthy**
- 6. Learn something exciting**
- 7. Quit smoking**
- 8. Help others fulfill their dreams**
- 9. Fall in love**
- 10. Spend more time with family**



9 \*Because of his strength I will give heed unto thee;  
 For God is my high tower.  
 10 My God with his lovingkindness will meet me:  
 God will let me see my face upon mine enemies.  
 11 Slay them not, lest my people forget:  
 Scatter them by thy power, and bring them down.  
 O Lord our shield.  
 12 For the sin of their mouth, and the words of their lips,  
 Let them even be taken in their pride,  
 And for cursing and lying which they speak.  
 13 Consume them in wrath, consume them, so that they shall be no more:  
 And let them know that God ruleth in Jacob,  
 Unto the ends of the earth. <sup>ISÉ lah</sup>  
 14 And at evening let them return, let them howl like a dog,  
 And go round about the city.  
 15 They shall wander up and down for food,  
 And tarry all night if they be not satisfied.  
 16 But I will sing of thy strength: Yea, I will sing aloud of thy lovingkindness in the morning:  
 For thou hast been my high tower,  
 And a refuge in the day of my distress.  
 17 Unto thee, O my strength, will I sing praises:  
 For God is my high tower, the God of my mercy.

Lament over Defeat in Battle, and Prayer for Help.

For the Chief Musician; set to Shoshon Eduth, Melcham of David, to sing: when he sheweth with Aramothah and with Aramothah, and that returned and smote of Edom in the Valley of Salt twice thousand.

60 O God, thou hast cast us off, thou hast broken us down: Thou hast been angry; oh restore us again.

<sup>1</sup> Or, to help, and help. <sup>2</sup> My strength. <sup>3</sup> Or, them that he is with for me. <sup>4</sup> Or, Make them wander to and fro. <sup>5</sup> That is, The City of Jerusalem.

2 Thou hast made the land to tremble; thou hast rent it: Heal the breaches thereof; for it shaketh.  
 3 Thou hast showed thy people hard things:  
 Thou hast made us to drink the wine of staggering.  
 4 Thou hast given a banner to them that fear thee.  
 That it may be displayed because of the truth. <sup>ISÉ lah</sup>  
 5 That thy beloved may be delivered.  
 Save with thy right hand, and answer us.  
 6 God hath spoken in his holiness: I will exult.  
 I will divide: Shéchem, and mete out the valley of Succoth.  
 7 Góllé-ad is mine, and Má-nás-séh is mine;  
 2 phá-ím also is the defence of my head;  
 10 M'áb is my sceptre.  
 8 M'áb is my washpot:  
 Upon E'dóm will I cast my shoe:  
 Phi-lis-tin, shout thou because of me.  
 9 Who will bring me into the strong city?  
 Who hath led me unto E'dóm?  
 10 Hast not thou, O God, cast us off?  
 And thou goest not forth, O God, with our hosts.  
 11 Give us help against the adversary:  
 For vain is the help of man.  
 12 Through God we shall do valiantly:  
 For he it is that will tread down our adversaries.

Confidence in God's Protection.

For the Chief Musician; set to Shoshon Eduth, Melcham of David, to sing: when he sheweth with Aramothah and with Aramothah, and that returned and smote of Edom in the Valley of Salt twice thousand.

61 Hear my cry, O God: Attend unto my prayer.  
 2 From the end of the earth will I call unto thee, when my heart is overwhelmed:

<sup>1</sup> Another reading is, me. <sup>2</sup> Or, daughter. <sup>3</sup> Or, them that he is with for me. <sup>4</sup> Or, I will not show, O God, who stand out as if and peer. <sup>5</sup> Or, I will not show, O God, who stand out as if and peer. <sup>6</sup> Or, I will not show, O God, who stand out as if and peer.

Lead me to the rock that is higher than I.  
 3 For thou hast been a refuge for me.  
 A strong tower from the enemy.  
 4 I will dwell in thy tabernacle for ever:  
 I will take refuge in the covert of thy wings. <sup>ISÉ lah</sup>  
 5 For thou, O God, hast heard my vows:  
 Thou hast given me the heritage of those that fear thy name.  
 6 Thou wilt prolong the king's life:  
 His years shall be as many generations.  
 7 He shall abide before God for ever:  
 Oh prepare lovingkindness and truth, that they may preserve him.  
 8 So will I sing praise unto thy name for ever.  
 That I may daily perform my vows.

God alone a Refuge from Treachery and Oppression.

For the Chief Musician; after the manner of Jeduthun. A Psalm of David.

62 My soul waiteth in silence for God only:  
 From him cometh my salvation.  
 2 He only is my rock and my salvation:  
 He is my high tower: I shall not be greatly moved.  
 3 How long will ye set upon a man,  
 That ye may slay him, all of you?  
 Like a leaning wall, like a tottering fence?  
 4 They only consult to thrust him down from his dignity:  
 They delight in lies:  
 They bless with their mouth, but they curse inwardly. <sup>ISÉ lah</sup>

5 My soul, wait thou in silence for God only:  
 For my expectation is from him.  
 6 He only is my rock and my salvation:

<sup>1</sup> Or, a rock that is no high for me. <sup>2</sup> Heb, I will not show, O God, who stand out as if and peer. <sup>3</sup> Or, I will not show, O God, who stand out as if and peer. <sup>4</sup> Or, I will not show, O God, who stand out as if and peer. <sup>5</sup> Or, I will not show, O God, who stand out as if and peer. <sup>6</sup> Or, I will not show, O God, who stand out as if and peer.

Where is God in our Resolutions?  
 As Christians, What should we Resolve?



## 9 New Year's Resolutions from the Bible

**Note: All Bible quotations are from the Common English Bible**

*Commit your work to the Lord, and your plans will succeed.*

*Proverbs 16:3*

This year, consider these Bible verses and have peace in knowing that if it is God's will for your resolution to be fulfilled, God will enable you to accomplish it.

<https://www.aop.com/blog/9-new-years-resolutions-from-the-bible>

# 1. Teach with intelligence.

*Avoid foolish and thoughtless discussions, since you know that they produce conflicts. God's slave shouldn't be argumentative but should be kind toward all people, able to teach, patient, and should correct opponents with gentleness. 2 Timothy 2:23-25a*





## 2. Pray for guidance.

*But anyone who needs wisdom should ask God, whose very nature is to give to everyone without a second thought, without keeping score. Wisdom will certainly be given to those who ask.  
James 1:5*



### **3. Forgive those who have hurt you.**

*Be tolerant with each other and, if someone has a complaint against anyone, forgive each other. As the Lord forgave you, so also forgive each other.*

*Colossians 3:13*



## 4. Take care of yourself.

*Or don't you know that your body is a temple of the Holy Spirit who is in you? Don't you know that you have the Holy Spirit from God, and you don't belong to yourselves? You have been bought and paid for, so honor God with your body. 1 Corinthians 6:19-20*



## 5. Love others.

*(Jesus) replied, "You must love the Lord your God with all your heart, with all your being, and with all your mind. This is the first and greatest commandment. And the second is like it: You must love your neighbor as you love yourself. All the Law and the Prophets depend on these two commands."*

*Matthew 22:37-40*



## 6. Be a role model.

*Offer yourself as a role model of good actions. Show integrity, seriousness ...  
Titus 2:7*



## 7. Don't be discouraged by failures.

*I've commanded you to be brave and strong, haven't I? Don't be alarmed or terrified, because the Lord your God is with you wherever you go. Joshua 1:9*



## 8. Value your friendships.

*Two are better than one because they have a good return for their hard work. If either should fall, one can pick up the other. But how miserable are those who fall and don't have a companion to help them up! Also, if two lie down together, they can stay warm.*

*But how can anyone stay warm alone?  
Ecclesiastes 4:9-11*



## 9. Help those in need.

“Then the king will say to those on his right, ‘Come, you who will receive good things from my Father. Inherit the kingdom that was prepared for you before the world began. I was hungry and you gave me food to eat. I was thirsty and you gave me a drink. I was a stranger and you welcomed me. I was naked and you gave me clothes to wear. I was sick and you took care of me. I was in prison and you visited me.’

“Then those who are righteous will reply to him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you a drink? When did we see you as a stranger and welcome you, or naked and give you clothes to wear? When did we see you sick or in prison and visit you?’

“Then the king will reply to them, ‘I assure you that when you have done it for one of the least of these brothers and sisters of mine, you have done it for me.’”

Matthew 25:34-40



# What will you Resolve?

