

# Instead of New Year's Resolutions

Fill in the blank: New Year's \_\_\_\_\_.

You probably either supplied "Eve" or "Resolutions," right?

Resolutions are intentions that may last days or weeks, but so often they peter out before we even get used to using the new year in our dates. May I suggest that instead of forming resolutions, we spend time asking some powerfully insightful questions that will help us evaluate ourselves truthfully and helpfully?

Here are three questions that many community/accountability groups ask each other regularly (as in, weekly):

**What am I doing to feed myself (spiritually)?** *How am I spending time in God's word and other sources of spiritual truth and wisdom such as books?*

**What am I doing to feed my flesh?** *How am I indulging my appetites and desires in ways that glorify myself instead of God?*

**What am I doing to feed others?** *How am I pointing others to Christ and helping them grow spiritually?*

My pastor at Watermark Community Church-Plano, Kyle Kaigler, is especially good at pointed questions. Every morning, as he thinks back on the previous day, he examines himself in four areas:

**Where was I hooked?** (caught in a bad habit that controls me)

**Where was I cold?** (being so self-focused that I failed to be loving and kind to those around me)

**Where was I scared?** (allowing my fear of man to keep me from saying and doing the things I should be)

**Where was I proud?** (taking credit for what God did)

(Pastor Tim Keller asks these same questions:  
<https://www.thegospelcoalition.org/blogs/erik-raymond/help-with-prayer-simple-clear-gospel-devotion-from-tim-keller/>)

Kyle also offers these questions:

John Piper says that “God is most glorified in us when we are most satisfied in Him.” So, looking back over the last 12 months:

**What are the most God-glorifying occasions over this past year that came from finding satisfaction in Him?** *When was I moved to erupt in gratitude and praise for what God did in my life? Were there sweet moments of deep connection with others, or a “lightbulb moment” when He revealed truth to me in a way that zapped lies and wrong beliefs? Were there moments of realizing I was just immersed in His goodness?*

**What was a distraction to the glory of God?** *In what areas of my life is my stubborn affinity for my flesh, getting my way, insisting on staying in my comfort zone, serving like mud that covers up “Christ in me, the hope of glory”? Where did my entrenched habits (such as continually checking my phone) function like a stop sign, keeping God at a distance? How have I tuned Him out so that I miss the ways He wants to nudge me, direct me, lead me through the day?*

Here are some helpful spiritual assessment questions:

**What has God been teaching me in His word?** We should be recording the things the Holy Spirit is showing us in our time in His word so we can remind ourselves of His lessons and insights. Otherwise we are the guy from James 1 who looks in a mirror and then turns away, thoughtlessly unaware of what he

looks like.

### **How's my time with the Lord?**

- a. Consistent and meaningful (It's ok to choose this option)
- b. Consistent but not so meaningful (I am faithful to go before the Lord but I leave the time unfulfilled)
- c. Inconsistent but meaningful (I don't do it very often but when I do, He is faithful to meet me there)
- d. Inconsistent and not meaningful (it's just not happening)

(If a or c) **How is God transforming my life?** What is God revealing about Himself and His desire for my life? How is my heart being changed to more faithfully follow where He is leading? What have I surrendered (or still working on surrendering) to Jesus' control? How is my life changing so He is increasing, and I am decreasing?

(If b or d) **What are the barriers to consistent and meaningful time with God?** (Busyness, worldliness, selfishness, sin—lust of the flesh, lust of the eyes, sinful pride of life)

### **Am I sharing my story of how Jesus Christ changed my life?**

**Am I being a good steward of the body God gave me?**

**Am I being a good steward of the resources He has given me?**

And finally, again thanks to Kyle, here are some interesting survey questions for family members:

### **Spouse survey**

1. What were the best memories that we made together this year as a *couple*?
2. What were the best memories that we made together this year as a *family*?
3. What would you consider the key challenges we faced as a family this past year? What about in our marriage?
4. If someone were to ask you, "Describe your current

- marriage relationship.” What would you say and why?
5. If you could change anything about last year, what would it be and why?
  6. Based on the experiences that we have had as a couple and as a family, what have you learned about God and His work in our lives?
  7. What are 3 trips or activities that you would enjoy doing together this next year?
  8. What do I do that really ministers to you and you would love it if I did it more?
  9. What are your top fears/concerns for each of our children?

### **Kid Survey**

1. What have been some of the best times you have had with me this past year?
2. If you had to give me some advice on being a better parent, what would it be and why?
3. What are some things that you would like to talk with me about and why?
4. What are some of your fears that you would like me to pray for you about?
5. What is something that you would like to do with me?
6. How can I help you grow as a Christian?
7. As you consider conversations and time together as a family over the past year, what new things have you learned or understood more about God?

I think these powerful questions, answered thoughtfully and truthfully, will serve us better than any New Years Resolution we've ever made.

This blog post originally appeared at [blogs.bible.org/instead-of-new-years-resolutions/](https://blogs.bible.org/instead-of-new-years-resolutions/) on December

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