

4 Ways to Align With Holy Spirit to Fulfill Your New Year's Resolutions

Chances are you are considering making “resolutions” for the upcoming new year. It is said that more than 40 percent of Americans make a New Year's resolution. But according to a University of Scranton study, only 8 percent achieve their self-improvement resolutions. I want to encourage you to not be disheartened by these statistics if you will be making resolutions coming in to 2019. Instead, rely on the Holy Spirit to help you succeed.

With God, nothing is impossible (Luke 1:37). You are a temple of the Holy Spirit. Thus, if you make a resolution to eat healthier, exercise more or quit a bad habit, your motivation is pure (1 Cor. 6:19). However, whatever your New Year's resolutions will be this year, consider making “Holy Spirit resolution solutions” side by side with them. With the empowerment of the Holy Spirit, you will accomplish and succeed in His revealed will and resolutions for you.

Holy Spirit Resolution Solution Steps

One of the first steps in making a Holy Spirit resolution solution is to commit to the Lord. Proverbs 16:3 says, “Commit your works to the Lord, and your plans will be established.” And Psalm 37:5 says, “Commit your way to the Lord, trust also in Him, and He will bring it to pass.” Commit everything to the Lord and ask His wonderful Holy Spirit to empower you. He'll be giving you insights to what He wants to accomplish through you this year.

Second, write down His vision for you. In Scripture, when the Lord God gave insight or vision to His people, He told them to write it out. He instructed Habakkuk to write the vision, and

the apostle John (Hab. 2:2, Rev. 1:19). It is exciting to write down the vision God has for you!

Third, ask someone to hold you accountable to God's leading in this endeavor. Proverbs 27:17 says, "Iron sharpens iron, so a man sharpens the countenance of his friend." The New Testament reiterates this concept in 1 Thessalonians 5:11, saying, "So comfort yourselves together, and edify one another, just as you are doing." This shows the importance of being a member of a local church where you make friendships with fellow Christians, growing together in Christ as a community of faith.

Finally, do what the Holy Spirit shows you with confirmation from Scripture. Out of love for Christ, keep His commands as you apply His resolution solution for your life (John 14:15 and 15:14). If you apply these four steps in partnership with the Holy Spirit, I believe that you will be more empowered. And you'll be having greater success in the Holy Spirit's resolutions for your new year! {eoa}

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