

Try This Faith-Filling Exercise So You Can Keep Your New Resolutions

This is the time of year that we all do it; every single one of us is guilty. We make enormous resolutions, only to stumble and fall by the second or third week of the infant year. Generally, when I resolve to do something gargantuan in nature, I know in the deepest part of me that in actuality, I am resolving *not* to do it. How ironic is that?

I am well aware that there is so much about my life that needs changing. I need to eat differently, to exercise more, to call my mom more often and in general just be a nicer and kinder human being. The problem is, how do I connect the dots from January to December? How do I convince the sincere intentions of Day 1 to stay the course until Day 365?

This year, I am trying something different. Would you like to join me on this journey? Rather than just mentally noting my resolutions in the hidden resources of my mind or rather than flaunting my big ideas all over social media, I have decided to write them out and then declare them every day of the calendar year.

The Scripture that has led me to this year-altering decision is a familiar one and a daunting one: “Death and life are in the power of the tongue” (Prov. 18:21a).

I believe that the things I speak, I can actually give life to! I am confident that as I declare my resolutions out loud, they will become alive even to me.

I will state my plans loud enough for every demon in hell to hear and for every angel in heaven to applaud. I will declare my heartfelt intentions until the strength of the Lord fills

every weak place in my mortal body.

I declare that in 2019, I will pray more than I worry.

I declare that in 2019, I will be kind to people who have been unkind to me.

I declare that in 2019, I will make family a priority.

I declare that in 2019, I will spend time in worship every day.

I declare that in 2019, I will search for hidden treasure in the Word of God.

I declare that in 2019, I will wring the joy out of an ordinary day.

I declare that in 2019, I will not spend more than I earn.

I declare that in 2019, people will know that I am a believer in Jesus Christ because of the love I extravagantly share with everyone I meet.

I declare that in 2019, I will choose joy every day.

What will you declare this year? I am waiting, and heaven is listening! {eoa}

Carol McLeod is an author and popular speaker at women's conferences and retreats, where she teaches the Word of God with great joy and enthusiasm. Carol encourages and empowers women with passionate and practical biblical messages mixed with her own special brand of hope and humor. She has written 10 books, including *The Rooms of a Woman's Heart*; *Defiant Joy!*; *Holy Estrogen!*; *No More Ordinary*; *Refined*; *Joy For All Seasons*; *Let There Be Joy!*; *Pass the Joy, Please!*; *Guide Your Mind*, *Guard Your Heart*, *Grace Your Tongue*; and *Stormproof*, which releases on March 1, 2019. Her teaching DVD, *The Rooms of a Woman's Heart*, won the Telly Award, a prestigious

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