

Want to Keep Your New Year's Resolutions? Here's the Supernatural Help You Need

It's that time of year again—New Year's resolution time! For many of us that means dragging the exercise mat out from the back of the closet, clearing the hanging laundry off the treadmill or buying that gym membership (again!) and getting down to the gym.

A lot of us make resolutions that involve getting healthier—whether we plan to lose weight, exercise more, eat better, drink more water and less soda, or something else.

Now, I don't know about you, but I'm not sure I believe in New Year's resolutions. I mean, for the most part, it seems like we only remember them for about a month, even those that aren't about exercise and diet. Our intentions are usually good, but our resolutions don't usually end up changing our lives. By August, most of us would be hard-pressed to even remember what they were!

But wait. The reason we make these resolutions year after year is because it's a chance to start fresh, aim for a new goal or make a new plan. It's a chance to make things better. So I say, let's go for it. Here's some help.

I looked up the meaning of "resolution" in the dictionary. The word "resolute" means: "Marked by firm determination, bold, steady." One definition of resolution is: "The act of determining."

That sounds pretty good to me! It means a resolution is less a goal than it is a determination. And it's bold and steady—in other words, it keeps you on track to make it through to the completion. The only way I know to truly follow through with a

determination is to renew our minds to the Word of God.

How to Change Your Life

I think we'd all agree that we need supernatural help in order to be bold and steady, and the Word of God is the way to get it!

To change our lives, we must first change our thoughts, and we simply can't do that by ourselves—we need help from the Word of God (for more, see "Think About What You're Thinking About"). Without the power of the Word behind you, all you have is willpower—and that only goes so far. Why not get supernatural help?

Romans 12:2a says, "Do not be conformed to this world, but be transformed by the renewing of your mind." Ephesians 4:23 encourages us to "be renewed in the spirit of your mind."

The way to transform your life is to renew your mind. To take "every thought captive to the obedience of Christ" (2 Cor. 10:5, NASB). Spending time in the Word of God is how to get your heart and mind working in agreement with God. God has a "can do" way of thinking!

Changing your health habits (or making any other kind of change) starts with renewing the mind. Avail yourself of articles, books, blogs and podcasts that talk about healthy living. Read or listen a little each day.

Whatever you are aiming to change, I encourage you to start with the Word. It will help you be resolute: determined, bold and steady!

Take Action: Write down two or three realistic determinations (resolutions) and find Scripture that can help encourage you in them. Spend time every day strengthening your spirit by reading the Bible, and renew your mind to God's can-do way of thinking! Then pass this blog along to a friend or two. {eo}

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