

# Why New Year's Resolutions Fail

December 31, 2020

*"A fresh start to the new year usually motivates people to pursue self-improvement and actualization. According to a ComRes poll, the great majority, 71%, of New Year's resolutions revolve around weight loss and fitness. The next most common resolutions at 47% focus on improving physical health and eating better. Learning new skills and hobbies, practicing self-care and spending more time with family and friends follow at approximately 15% each.*

*Unfortunately, many resolutions are set up for inevitable disappointment and eventual burn-out. On average, 80% of New Year's resolutions fail by the second week of February."*

—FSU News.com, How to make your New Year's resolutions last, by Melissa Ma, Staff Writer, January 5, 2020

Romans 7:18-24 ESV

18 For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.

19 For I do not do the good I want, but the evil I do not want is what I keep on doing.

20 Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

21 So I find it to be a law that when I want to do right, evil lies close at hand.

22 For I delight in the law of God, in my inner being,

23 but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members.

24 Wretched man that I am! Who will deliver me from this body of death?

Galatians 3:3 ESV

3 Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh?

***Do you confront life by believing that survival, change and accomplishment come by your self-effort and trying harder?***

***Or do you knowingly and deliberately place your faith and reliance on God to keep and sustain you, to bring the change and the accomplishment?***

***The balance is knowing that you do have to apply your own effort and sustained commitment, but that ultimately the results belong to God.***

***Those are two different thought-processes and life-methods which are diametrically opposed and difficult to differentiate because they reside at the level of motive, thought and attitude.***

- **Why and how are you right with God?** *By faith in the sacrifice of Jesus on the cross or by your own good works and performance?*
- **How do you resist temptation and stop sin in your life?** *By the power of the Holy Spirit and Christ living within or by your will-power and self-discipline?*
- **How do you face and navigate the trials in your life?** *By staying in control of the circumstances and people or by trusting the care and the control into God's hands?*
- **How do you advance in this world system?** *By self-promotion or by God's favor and sovereign placement?*
- **How did Abraham and Sarah bring forth a son when they were both barren in old age?** *By Hagar or by trusting in and waiting on God for miraculous intervention?*

Galatians 3:1-14 ESV

1 O foolish Galatians! Who has bewitched you? It was before your eyes that Jesus Christ was publicly portrayed as crucified.

2 Let me ask you only this: Did you receive the Spirit by works of the law or by hearing with faith?

3 Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh?

4 Did you suffer so many things in vain--if indeed it was in vain?

5 Does he who supplies the Spirit to you and works miracles among you do so by works of the law, or by hearing with faith--

6 just as Abraham "believed God, and it was counted to him as righteousness"?

7 Know then that it is those of faith who are the sons of Abraham.

8 And the Scripture, foreseeing that God would justify the Gentiles by faith, preached the gospel beforehand to Abraham, saying, "In you shall all the nations be blessed."

9 So then, those who are of faith are blessed along with Abraham, the man of faith.

10 For all who rely on works of the law are under a curse; for it is written, "Cursed be everyone who does not abide by all things written in the Book of the Law, and do them."

11 Now it is evident that no one is justified before God by the law, for "The righteous shall live by faith."

12 But the law is not of faith, rather "The one who does them shall live by them."

13 Christ redeemed us from the curse of the law by becoming a curse for us--for it is written, "Cursed is everyone who is hanged on a tree"--

14 so that in Christ Jesus the blessing of Abraham might come to the Gentiles, so that we might receive the promised Spirit through faith.