

Spiritual Resolutions List

Youth and Children

The beginning of each year is a great time to put together a list of resolutions. Some popular resolutions are to clean your room each week, finish your school homework every night, and to eat your vegetables, but what about your spiritual resolutions?

We have created suggested practices to help support you spiritually throughout the year and paired it with a scripture verse. We suggest tackling the list with family, your Sunday School class, or in your youth group.

1 Attend Sunday School and/or youth group.

Put the activity dates and times on your family calendar. Make sure an adult is available to drive you or help you find public transportation.

Luke 4:16 says "And he came to Nazareth, where he had been brought up. And as was his custom, he went to the synagogue on the Sabbath day, and he stood up to read."

2 Pray regularly.

Pray with your family before dinner or before bedtime. It can be a simple prayer of "Dear God, Thank you for this food. Amen."

Psalm 118:24 says "This is the day the Lord has made; let us rejoice and be glad in it."



3 Read a children's bible story each week.

Plan a night each week (add it to your family calendar!) where you read a children's bible story with your family. You can find stories online or ask a church leader if they have a favorite children's bible story.

2 Timothy 3:16-17 says "All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work."

4 Volunteer at worship.

Offer to read the scripture for the week or be a greeter before service starts.

1 Corinthians 12:12 says "For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ."



5 Practice Gratitude.

A few ideas include giving a compliment to someone at church, thank your Sunday School teacher or help clean up after a youth group event.

1 Thessalonians 5:18 says "Give thanks in all circumstances, for this is God's will for you in Christ Jesus."

6 Be a Leader.

After worship, help the little children find the snacks and treats as well as their adult.



Psalm 78:72 says "With upright heart he shepherded them and guided them with his skillful hand."

7 Invite a friend.

Ask a friend if they would like to come to Sunday School or invite them to a youth group event. They may have to ask their adult for permission and for a ride.

Matthew 18:20 says "For where two or three are gathered in my name, there am I among them."

8 Ask Questions.

You are never too young to ask questions about God, the bible, or religion.

James 1:5 says "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."



We want to hear from you! Send us photos and comments to: megan.lukens@yale.edu. We want to see how these spiritual resolutions have impacted you. For more information go to yale youth ministry institute.org/news/spiritual-resolutions. Happy New Year!

From YDS Center for Continuing Education