

Spiritual Resolutions List

After you have rung in the new year and the celebrations are done, you may find yourself writing out a New Year's resolution list. You may be thinking of your physical health, but have you added practices to support your spiritual health?

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, friends, or as a whole church community.

1 Commit to worship attendance.

Show up to your weekly church service. Be present when you are there.

Hebrews 10:24-25 says "And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."

2 Reconnect with your church family.

Stay for fellowship after the church service. Engage with others while having a snack and coffee. Plan midweek get togethers to help build relationships.

Hebrews 10:24 says "And let us consider how to stir up one another to love and good works."



3 Improve your prayer life.

Start with a short prayer before you get out of bed or while you are brushing your teeth before bed. Soon it will be added to your daily routine and you will find yourself connecting to God easier.

Psalms 90:14 says "Lord, satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days."

4 Volunteer to help with worship.

Be a reader, sing in the choir, greeter for worship, help with coffee hour, usher or be a Deacon.

1 Peter 4:10 says "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."



5 Read the Bible.

Find scripture that nourishes your soul.

Romans 15:4 says "For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope."



6 Bring a friend to church.

This may take a lot of courage to ask a friend to join you at church. Don't get discouraged if they say no.

Romans 15:7 says "Therefore welcome one another as Christ has welcomed you, for the glory of God."

7 Volunteer in your community.

Donate food to a food pantry or offer to drive someone to a church service when they can no longer drive. Your kindness will be well rewarded.

1 Peter 4:10 says "Each of you should use whatever gifts you have received to serve others, as faithful stewards of God's grace in its various forms."

8 Recruit leaders.

Ask individuals who you think work well with children and youth to volunteer their time or find readers for upcoming services.



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 yaleyouthministryinstitute.org/news/spiritual-resolutions. Happy New Year!

From YDS Center for Continuing Education