

**Resolutions**  
**One Resolution To Change Your Life In 2025**

1. \_\_\_\_\_

**I Timothy 4:7-8** ...train yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.

**Key:** Training works when you begin \_\_\_\_\_

**1 Timothy 4:1** Now the Holy Spirit tells us clearly ...

**Key:** I train daily to experience the life of God in me  
**Colossians 1:11** We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy.

**2 Timothy 1:7** For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

2. \_\_\_\_\_ **to experience the life of Jesus**  
**Matthew 7:24** Therefore everyone who hears these words of mine and puts them into practice...

- Start with the \_\_\_\_\_

**Galatians 4:19** ...until Christ is formed in you...

**Key:** \_\_\_\_\_

**Key:** \_\_\_\_\_

- Look for \_\_\_\_\_

**I Peter 3:7** Treat her as you should so your prayers will not be hindered.

- Remember \_\_\_\_\_

**I train to deeply connect with God so His love and life can be in me**

**Isaiah 29:13** The Lord says: "These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is based on merely human rules they have been taught.

*"Fully experiencing life in God's kingdom and a close relationship with Christ only comes through practicing the right spiritual habits. These habits are what make the spiritual life undeniably real for everyday Christians."* Dallas Willard paraphrase

**Disciplines of Abstinence:** These are practices where we intentionally refrain from certain activities to focus on God. Examples include:

- Solitude (withdrawing from people and distractions to focus on God)
- Silence (refraining from speaking to quiet the soul and listen to God)
- Fasting (abstaining from food to intensify our spiritual focus)
- Simplicity (removing excess to focus on what truly matters)
- Sacrifice (giving up something valuable to rely on God)
- Submission (Yielding my desires or right to God)

**Disciplines of Engagement:** These are practices where we actively do something that brings us closer to God. Examples include:

- Bible Study (reading Scripture to better know God)
- Worship (praising God and acknowledging His greatness)
- Service (helping others in obedience to Christ's command)
- Prayer (communicating with God regularly)
- Generosity (freely sharing what we have with others)
- Confession (acknowledging and repents of sins)
- Gratitude (daily thanksgiving for God's blessings)

*Father, this is not a task for me to complete. This is about love. Loving you and receiving your love. This is about a friendship and relationship with you that I want to build. That's why I'm talking to you. I don't want to make a prayer speech. I want to talk things over with you.*