



GET INTO  
THE BIBLE



15 MINUTES



READY  
TO GO

# NEW YEAR'S RESOLUTIONS



## AIM

Promises at the start of the year are easy to make, but how easy are they to keep? Whilst we might break a new year's resolution in just a few days / weeks, God makes promises to us all that he will never break. Explore these promises and why we can rely on them.

## WHAT YOU'LL NEED

- New Year's Resolutions Leader's Script
- Pen & Paper (Optional)

# GET INTO THE BIBLE: NEW YEAR'S RESOLUTIONS

THEME: DEVELOPING MY FAITH



## LEADER PREPARATION

A leader will want a copy of the leader's script to follow. This could be printed out or it could be accessed via a mobile phone or similar device. Access to paper and pens might be useful too, for some of the questions to the group.



[Download 'New Year's Resolutions Leader's Script'](#)



## GETTING INTO THE ACTIVITY

Take some time to think about new year's resolutions / promises and our ability to keep to these promises. Then take a look at what God promises in our lives and how his promises are built on far stronger foundations. This activity has a few different stages, explained below. Check out the leader's script for the full step-by-step instructions on how to run the activity with your group.

**New Year Resolutions:** Ask the group who has made a new year's resolution and who has managed to keep it so far? What are the resolutions? Who has already failed theirs?

**UK's Top 10 New Year's Resolutions:** Split into small groups and try to predict what the top 10 new year's resolutions are in the UK. Can you guess them all? How many of the top 10 have people in the group promised to do in previous new year's resolutions? What were the results of those past resolutions?

**Promises:** Explore what is meant by a promise and why we aren't always great at sticking to them.

**God's Promises:** In the Bible there are apparently over 3,000 promises. Thankfully God is far better at keeping his promises than we are! Take a look at the 4 promises God makes that sum up what being a Christian is all about.

- I promise to save you (John 3 v 16)
- I promise to free you (John 8 v 32)
- I promise to give you purpose (Jeremiah 29 v 11)
- I promise to give you a life that's overflowing (John 10 v 10)

These promises are rock solid (unlike our resolutions!) and are there for us always, not just for a new year!



## IDEAS TO TAKE THIS FURTHER...

Consider making a new year's resolution to God about your faith. This might be to follow a 'Bible verse a Day' series, find time to pray each day, a commitment to God around an area of your life and so on.

# NEW YEAR'S RESOLUTIONS LEADER'S SCRIPT - PAGE 1

**Ask the group who has made a new year's resolution this year.** Let the group provide their examples. Now ask who has kept their resolution? Who has failed already? If they have failed, ask why they failed and how long it took them to give in?

Lots of people tend to make a new year's resolution, a promise to themselves, that they are going to do something different or something better.

**Challenge the group to guess what the UK's top 10 new year's resolutions are.** Split into smaller groups and give them a few minutes to come up with their guesses. How many can they guess correctly?

Top 10 new year's resolutions are:

- |                          |   |
|--------------------------|---|
| 1) Diet or eat healthier | 6) Quit smoking                           |
| 2) Exercise more         | 7) Read more                              |
| 3) Lose weight           | 8) Find another job                       |
| 4) Save more, spend less | 9) Drink less alcohol                     |
| 5) Learn a new skill     | 10) Spend more time with family & friends |

Sadly nearly half of people fail their new year's resolution by the end of January, with only a tiny 8% being successful by the end of the year. Many people don't even bother to make a resolution – they know they won't be able to keep to their promise so don't bother. And that's what new year's resolutions are, promises to ourselves that we are going to do something different or better.

The really important word there is promise – it's not try, it's not attempt, it's not a maybe – we promise that we are going to do something. Yet 92% of us break that promise every year, which make them pretty rubbish promises!

**Ask the group to come up with a definition for the word 'promise'.**

The definition of promise is to assure someone that they will definitely do something or that something will definitely happen.

A promise is quite a strong word which should carry quite a lot of weight – however as humans, we are quite rubbish at keeping our promises. Not just our new year resolution promise but also promises throughout the year. How many of us are guilty of saying – I promise to tidy my room after the Xbox, but then don't? Or promise to be home from a friends by 9pm, but actually role in at 9:30pm? Sometimes our promises aren't worth much and can be pretty pointless.

# NEW YEAR'S RESOLUTIONS LEADER'S SCRIPT - PAGE 2

God also makes promises. Apparently, there are over 3,000 of them in the Bible – which is quite a lot! However, unlike us God keeps his promises and he has 4 really important ones which sum up what being a Christian is all about.

- I promise to save you (John 3 v 16)
- I promise to free you (John 8 v 32)
- I promise to give you purpose (Jeremiah 29 v 11)
- I promise to give you a life that's overflowing (John 10 v 10)

God promises us that if we chose to live in his way and believe in him, then he will do these things for us.

God doesn't say he will try to save us or try to give us purpose. God promises us that he will and that promise is rock solid. These promises aren't only available to us at the beginning of the year, but we can access them any day, of any month, of any year. God doesn't forget about his promise after 3 or 4 weeks (like we do with a new year's resolution), but will keep that promise for eternity.

As we start a new year, hopefully some of us will be able to keep the new year promises that we made, but thankfully all of us will be able to collect God's promises whenever we choose to.

Finish in prayer.