

January Prayer Challenge - New Year Resolution

What does the word resolution mean? It comes from the Latin word “resolvere”, which means “to loosen”. We can also find it in the Bible in Psalm 51:10... “Create for me a pure heart, O God! Renew a resolute spirit within me!” (New English Translation). In this context, the word means to be “firm, established, rooted, prepared”. So, to be successful in making a resolution, we must loosen our grip on the things we hold on to in order to stand firm and be rooted in Christ!

For early Christians, the first day of the new year became the traditional occasion for thinking about one’s past mistakes and resolving to do and be better in the future. In 1740, John Wesley, founder of Methodism, created the Covenant Renewal Service, most commonly held on New Year’s Eve or New Year’s Day. Also known as watch night services, they included readings from Scriptures and hymn singing, and served as a spiritual alternative to the raucous celebrations normally held to celebrate the coming of the new year.

So, as we make our resolutions for the new year, first let’s ask God to renew our faith and love for Jesus. Use John Wesley’s Covenant Prayer for reflection and allow yourself to be open to his leading:

I am no longer my own, but thine.
Put me to what thou wilt, rank me with whom thou wilt.
Put me to doing, put me to suffering.
Let me be employed by thee or laid aside for thee,
exalted for thee or brought low for thee.
Let me be full, let me be empty.
Let me have all things, let me have nothing.
I freely and heartily yield all things
to thy pleasure and disposal.
And now, O glorious and blessed God,
Father, Son, and Holy Spirit,
thou art mine, and I am thine. So be it.
And the covenant which I have made on earth,
let it be ratified in heaven. Amen.

In addition to this prayer, you can try meditating on scripture. Here are some suggested readings:

Jeremiah 29:11
Matthew 11: 28-30
2 Peter 1:3-10

May your prayers bring you comfort and gratitude as you step into the next year! Share them with your friends and family to inspire their hearts as well. God Bless!

For more information or additional prayer resources, contact Tina Eaton at adultministry@fumchurch.com.