

Bible Detectives

Case 5

“The Case of the Missing Resolutions”

Introduction

Will you be making one or more New Year’s resolutions this year?

- No
- Yes, I’ll make one
- Yes, I’ll make more than one

If you are making a resolution this year, what is it? _____

If you’re not making a resolution this year, why not?

- I don’t need any improvements
- I won’t keep it anyway, so why bother?
- I make resolutions throughout the year, and don’t do anything special at the new year.
- _____

How long do you *hope* to keep your resolution?

- a week
- a month
- several months
- all year
- forever

How long do you *expect* to keep your resolution?

- a week
- a month
- several months
- all year
- forever

Do you *expectations* match your *hopes*? Why or why not? _____

What do you think? How many Americans will make a New Year's resolution this year?

___	0%	___	40%	___	80%
___	10%	___	50%	___	90%
___	20%	___	60%	___	100%
___	30%	___	70%		

What do you think? How many Americans will keep their resolutions for at least:

- 1 week ___ %
- 6 months ___ %
- 2 years ___ %

The Mystery

While the Bible doesn't use the word "resolution", what does it teach that might help me with my resolutions?

Just the Facts

Read Proverbs 14:8

- **What** does a wise person do? _____

Read Philippians 3:7-11

- **Who** wrote this? _____
- **What** is his goal? _____

Read Philippians 3:12-14

- **How** does he assess his spiritual progress?
___ No room for improvement
___ Still needs to improve
- **What** is his plan?
 - Press _____
 - Forget _____
 - Strain _____
 - Press _____

Read Philippians 3:15

- Who should agree with him about making “knowing God” the most important priority?
 - ___ Everyone
 - ___ Everyone else but me
 - ___ The immature who need to be more spiritual
 - ___ The mature

Read Philippians 3:17 and 4:9

- **Whose** example should we follow?
 - _____
 - _____
- **What** example should we follow?
 - ___ What has been taught
 - ___ What has been practiced
 - ___ What has been written in motivational books
 - ___ What is heard on Christian radio
- **What** criteria is used to determine a worthy example? _____

Read Philippians 4:9b and 4:13

- **Who** is able to help you? _____
- **Who** should you rely on? _____

Conclusions

According to *Daily Walk* (January 2005) and *The Detroit News* (December 29, 1995):

- Fewer than 40% of Americans make New Year’s resolutions.
- The most popular resolutions are:
 - 84% exercise more
 - 82% eat healthier
 - 76% reduce stress
 - 62% reduce fat in diet
 - 19% decrease alcohol intake
- How long are resolutions kept?
 - 80% keep their resolution for at least one week
 - 40% keep their resolutions for at least six months
 - 20% keep their resolutions for at least 2 years

- In other words:
 - After one week, 20% have given up on keeping their resolution
 - After six months, 60% have given up on keeping their resolution
 - After 2 years, 80% have given up on keeping their resolution

According to Paul, which is more important:

- ___ Eating better
- ___ Exercising more
- ___ Growing in spiritual maturity
- ___ Watching less TV
- ___ Reading more good books

Does this mean that your New Year's resolutions should not include lifestyle and health resolutions?

- ___ Yes
- ___ No

According to Paul, should you let past failures to keep your resolutions prevent you from setting resolutions (or goals) for this next year?

- ___ Yes
- ___ No

When is the right time to make a resolution?

- ___ Any time.
- ___ Any time that God impresses upon me a need to change.
- ___ New Year's day.

According to Paul, is keeping your resolution going to be easy?

- ___ Yes
- ___ No, he uses words like "straining" and "pressing"
- ___ No, but God is our helper

Who do you know that is setting a good example that you could follow? _____

What resolution would you like to make this year? _____
