

“A Resolution that Sticks”
(Philippians 3:12-14)

Scripture Reading: [Psalm 46:1-11](#)

- Here we are again at the beginning of another year...another year has passed and a new year is upon us...ready for our resolutions, but we have all made them, and we have all failed at them at one time or another...that sure can put a damper on trying them again!
 - Just think about all that is before you...**A year full of possibility and opportunity. 12 months. 52 weeks. 365 days. 8760 hours. 525, 600 minutes and 31,536,000 seconds. What will you do with all this time?**

- And so we resolve to:
 - Loose weight, eat better, stop smoking, be a better person, finally fix that leak in your faucet at home, close that big deal at work...and the lists go on and on...
 - Consider these possibilities:
 - **“I have resolved not to do drugs anymore, because I get the same effect just standing up really fast.”**

 - “I have resolved to live in my own little world, because at least they know me here.”**

 - “I have resolved to stay married, because it is so great to find that one special person you want to annoy for the rest of your life.”**

 - “I have resolved to not make any resolutions, because nobody is perfect. I’m a nobody, therefore I’m perfect.”**

- May I share a couple key elements to help our resolutions to stick this New Year from [Philippians 3:12-14](#)...

I. **Forget the Past**...

A. Consider [Philippians 3:13](#):

1. Hey Paul was just being real with himself...he knew that he had failed in the past, and he learned a very valuable lesson:
 - a. Allowing your past failures to creep up in your mind will hinder your future successes!
 - b. Did Paul have things to forget?
 - A former persecutor of the church...
2. Knowing where he was in the past and where he was in the present was another motivation to forget the past:
 - a. Paul also could not focus completely on how far he had come or else he would be prone to just settling for where he was...

- B. There was a couple who were sitting with a marriage counselor for their first session and the good doctor asked them to identify what seemed to be the root of their problems. The wife responded, "It all started when we thought it would be cute to think up each other's New Year's resolutions"
- C. Application:
1. Realistically we have all made resolutions/promises/plans/goals and have at some time dropped the ball on them...
 - a. So often we fail at our new beginnings because we are already defeated ("I have tried before and failed...").
 - b. The cartoon character Calvin from Calvin and Hobbes once said, "God put me on this earth to accomplish a certain number of things. Right now I'm so far behind I'll never die."
 2. We have to believe that God is able to move beyond our past...and we must allow that God has and will in order for us to move on.

In forgetting the past we have to replace it with a new goal to...

II. *Pursue the Future...*

- A. Consider [Philippians 3:12b, 13b, 14](#):
1. Notice the emphasis in this section...very little on the past (one phrase), but three different verses on this idea...move on!
 2. Paul used some very descriptive words to direct us in our new attitude:
 - a. New Living Translation:
 - Keep working toward (vs. 12)
 - Focusing all my energies on one thing (vs. 13)
 - Strain (vs. 14)
 - b. NIV:
 - Press on (vs. 12)
 - Strain forward (vs. 13)
 - Press on (vs. 14)
 3. Consider the effort that is implied in "straining", "working toward ONE THING"...
- B. Someone once said..."I made 6 resolutions last year and I kept them all Year long. They are in an envelope on the top of my file cabinet."
- C. Application:
1. As we make our resolutions forgetting the past, we must actively strain forward, put effort and energy into what we want to achieve!
 2. Determine what resolutions really need to be made...may I suggest that we all:
 - a. Keep the ultimate goal in sight ([Philippians 3:14](#); [Hebrews 12:1, 2](#))

Conclusion:

- Lets be real, there are a lot of things we are going to resolve to do and to be this next year (and all those things are great, i.e. exercising, work around the house, new job, etc)
 - As we set out for the newness of the year, lets commit not only to ourselves and our own resolutions but let us also encourage others to rise above their pasts, be determined and press on to the future.

- Some simple ideas:
 - **Set attainable resolutions!**
 - Setting out to completely remodel your house yourself, may not be attainable.
 - **Take small steps!**
 - You want to run a marathon, don't start by trying to run 26 miles the first day.
 - **Focus on one thing at a time!**
 - It is easy to get sidetracked (Satan's trick), so just do one things at a time.
 - **As you achieve things, reward yourself!**
 - Nothing wrong with physical rewards as you attain some of your goals this year.
 - **Track your progress!**
 - If your goal is to quit smoking, track your progress...
 - **Partner up with someone...don't do it alone!**

- *We can either be defined by our past or choose to define who we will be by the present. Both affect our future, but only one can we actually do something about today.*

- All of these tips can help us reach and keep our resolutions, but remember the most important things...you are not alone in your efforts, God is with you and will give you the inner strength to achieve your goals...