



Youth Ministry

December 29, 2013



Lesson:

This week, we looked back at 2013 as we look forward to 2014. We learned how to make a successful “New Year’s Resolution”.

We started by noting that 80% of all New Year’s Resolutions fail (many within just the first few months). We also noted that more than 60% of the population don’t even bother making one because they have accepted the fact that it will just fail anyway. We decided that the reason was that most people don’t know how to make a resolution properly.

Like with everything else that you do, the first step is to always involve God in the process.

First, as everything good comes from God, we must reflect on all the good things God has done in our lives this past year and remember to thank God for all of our blessings. We said that this was pretty easy to do but not always so easy to remember.

The second step is not quite so easy to do. We must thank God for his mercy and forgiveness and release any guilt or regrets that we may be holding onto. We also must **let go of any bitterness or anger that we hold toward others** who may have done wrong against us. All of the guilt, anger, bitterness, etc. is like carrying around heavy baggage with us wherever we go and we must let go of all this baggage if we want to move forward because it just slows us down and holds us back.

We said that it’s not always possible for us to completely let go of our baggage the way we need to without help, but lucky for us we have the most awesome help there is. We can take all of our baggage to Jesus. We can lay it all at the cross and Jesus will give us rest from our burdens.

When our computer acts up, we press the “Reset Button” to stop whatever is going wrong, erase things that are just being carried along in memory slowing things down and making it difficult to run and exit from endless loops that are going nowhere.

When we hit “Reset” the computer starts again with a “clean slate”.

Jesus is our “Reset Button”. In Christ, the old is gone, the new is here. Jesus lets us start again with a clean slate.

So, before we can even start thinking about making a “New Year’s Resolution” we must first thank God for all the good he has done, thank God for his grace and forgiveness and ask him to help us let go of any guilt, anger or bitterness that we’re carrying. We did mention that sometimes it may not happen right away but it WILL happen with Jesus’ help.

We ended the lesson by writing down on a card all the good things God has done in our lives so we can remember to thank him. We then wrote down, on another card, all the things we needed to be forgiven for and all the things we need to forgive others for. We prayed over the cards, thanking God for his blessings and forgiveness and asked for him to help us let go of our baggage. We then ripped up the second card and let our guilt, our anger and our bitterness go. So we can be ready to start with a clean slate. Next week we move on with a clean slate and talk about how to create a successful resolution/vision for the new year.

Bible Verse: James 1:17

17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

Bible Verse: 1 John 1:8-9

8 If we claim to be without sin, we deceive ourselves and the truth is not in us. 9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Bible Verse: Ephesians 4:31-32

31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Bible Verse: Matthew 11:28

28 “Come to me, all you who are weary and burdened, and I will give you rest.

Bible Verse: 2 Corinthians 5:17

17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

God Bless,

Chris & Michelle