What resolutions did you make this year?

How successful have you been at keeping them?

Why do we make resolutions? What do resolutions tell us about how we see our lives?

Statistics show that people have a 9% success rate of keeping their resolutions. What's the solution?

Read Genesis 1.
Reread Genesis 1:11; 22; 28
What does the passage say about God and the world he created?

God creates things that create more things! We were made to create.

Every year your body creates 73 trillion red blood cells. Every 10 years your body recreates itself a you're a new you! The world is full of things that create more things.

What does that tell us about the world? Is the world set in stone, or is it unfinished, and changing? Here's the question:

What am I creating?

Every moment we have opportunities to create. Studies show that every day we make around 35,000 decisions.

How many of those decisions are focused on meeting our own needs and wants? How many are focused on meeting the needs of others?

Every decision is an opportunity to create a moment of hope, love, peace for both ourselves and the people all around us.

Read Colossians 4:5
Read John 5:2-12
What kind of moment did Jesus create in this story? What kinds of moments did Jesus create for others throughout his life? What does that tell us about the moments we should create?

When you're eating, or in a meeting, or at home, how often is your phone in front of you? Throughout our day, how often do we miss out on the present moment because we are thinking about the future, or the past? How would our relationships look different if we were more present and less distracted?

What are practical ways you will create moments of love in your home this week? (Words of encouragement, putting away the phone to listen to others, a hug?)

What are practical ways you will create moments of peace, comfort, encouragement at your place of work this week? At the store? On the street?