



10 New Year's Resolutions

We All Should Make

1 Smile more

"A joyful heart makes a cheerful face, But when the heart is sad, the spirit is broken." - Proverbs 15:13

2 Spend less

"Why spend money on what is not bread, and your labor on what does not satisfy?" - Isaiah 55:2

3 Stay active

"I discipline my body like an athlete, training it to do what it should..." - 1 Corinthians 9:27

4 Eat smarter

"Have you found honey? Eat only what you need, Lest you have it in excess and vomit it." - Proverbs 25:16

5 Don't worry

"Don't worry about anything, but pray about everything..." - Philippians 4:6

6 Pray harder

"Pray in the Spirit at all times, with every kind of prayer and petition." - Ephesians 6:18

7 Hug loved ones

"Greet one another with a holy kiss." - Romans 16:16

8 Count your blessings

"Bless the LORD, O my soul, and forget not all his benefits." - Psalms 103:2

9 Listen before speaking

"Let everyone be quick to hear, slow to speak and slow to anger." - James 1:19

10 Own up to being wrong

"Therefore, confess your sins to one another and pray for one another, that you may be healed." - James 5:16