

New Years Resolutions for Christians

... and some suggestions on how to make resolutions into real achievements

- ***I resolve to put God first in my life***

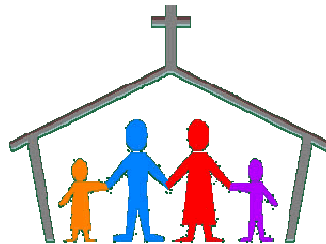
- Open your diary and *make some dates with God* ... a prayer time in the day or in the week that you will keep as seriously as you would keep a work appointment.



- *Join a Christian group* to support your faith commitment. A prayer group, a Bible Study group, a class, etc. Details of all these are available on our calander at www.limerickdiocese.org

- ***I resolve to be a better parent / child / partner***

- Take some time to consider this. *What do I want and need in an ideal partner/child/parent?* Think deeply about this - whats the ideal, the dream? Now – turn it around! Consider what it would take for you to become that person, for all the people in your life!



First recognise where you are already doing well, then choose one or two areas where you can resolve to do better.

- “*You can pretend to care, but you can’t pretend to be there*”. Consider the priorities that your diary reveals, and how you might better ‘be there’ for those you love. Consider how you feel about that, don’t worry if you’re nervous about it ... just bring it to God and ask God to bless your time together, and to open your eyes and heart to how you can make the best of that time.

- ***I resolve to be generous with those in need / to be more involved in my community***

- Generosity is a habit learnt by practise. Carry small change in your pocket, specifically in order to be able to give it away. Set up a standing order with a charity. Even if its for a small amount – choose to make charity part of your lifestyle.
- Volunteer locally this year – www.volunteeringireland.ie/
- Commit to notice those in need around you, by smiling and speaking with people you meet each day. Say hello, don’t avoid eye contact, be present in the world to the people who are here with you. These are God given people, don’t miss the opportunity to hear what God is saying through them to you!

