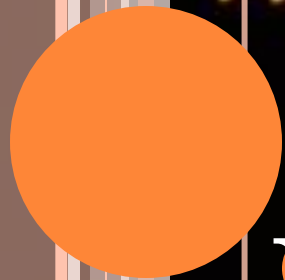




**NEW YEAR:**

**NEW OPPORTUNITIES**



# THE TRUTH @ RESOLUTIONS

- Lose weight (32% of all Americans)
- Get healthy
- Get out of debt
- Spend more time with family



# THE TRUTH @ RESOLUTIONS



# THE PROBLEM WITH RESOLUTIONS

- They are easier to make than keep
- We make them in isolation
- We fail to see the consequences associated with failure



# **A CHALLENGE FOR CBC:**

## **That Means *YOU***

- Take time to meditate on God and his desires for your life**
  - 1. Get to know Him**
  - 2. Realize that He has placed you here for a purpose**



# WHAT DOES MEDITATE MEAN?

- Think deeply or focus for a time for spiritual purposes or to relax.
- Think deeply or carefully about (something).



# PSALM 46

God is our refuge and strength,  
an ever-present help in trouble.

<sup>2</sup> Therefore we will not fear, though  
the earth give way

and the mountains fall into the  
heart of the sea,

<sup>3</sup> though its waters roar and foam  
and the mountains quake with  
their surging.

*Selah*



# PSALM 46

- 4 There is a river whose streams  
make glad the city of God,  
the holy place where the Most  
High dwells.**
- 5 God is within her, she will not fall;  
God will help her at break of day.**
- 6 Nations are in uproar, kingdoms  
fall;  
he lifts his voice, the earth melts.**



# PSALM 46

**<sup>7</sup> The LORD Almighty is with us;  
the God of Jacob is our fortress.**

***Selah***



## PSALM 46

**8 Come and see the works of the Lord,**

**the desolations he has brought on the earth.**

**9 He makes wars cease to the ends of the earth;**

**he breaks the bow and shatters the spear,**



## PSALM 46

he burns the shields with fire.

<sup>10</sup>“**Be still, and know that I am  
God;**

**I will be exalted among the  
nations,**

**I will be exalted in the earth.”**



## PSALM 46

**<sup>11</sup>The LORD Almighty is with us;  
the God of Jacob is our  
fortress. *Selah***



# **BARRIERS TO MEDITATION**

- Too much information**
- Too little time**
- Not enough discipline**
- Lack of desire**
- Little awareness of the benefits**



# WHAT TO MEDITATE ON

- **God's word**

1. **Have a reading plan that is tailored to you**
2. **Leave marks along the path**
3. **Share with someone what you are seeing and hearing**



# WHAT TO MEDITATE ON

- Reflect on what God is saying to you as we come to worship on a weekly basis
  1. What did you hear God say to you
  2. What is he calling you to be or do
  3. What would stop you
  4. Who will help you



# WHAT TO MEDITATE ON

- Memorize one verse per week for the next year
  1. The single insight that will help you memorize – JUST DO IT!
  2. The reference is a great tool – before and after
  3. Break anything down into pieces you can handle without stress
  4. Repetition



# HOW TO DO IT

1. Ask God if He wants you to meditate
2. Make a commitment
3. Share it with someone you trust
4. Three helpful insights, commit to:
  - To tune out
  - To turn off
  - To sit still



# **SOW WHAT?**

- **What will you do this year to grow closer to the author of life**
- **He has given his all**
- **Will you seek Him**

<sup>20</sup> Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.

**Revelation 3:20**

