

NEW YEARS 2026  
Resolutions We Can All Keep - 1/4/26  
Lamentations 3:19-24

I. Jeremiah's Words of Hope

- The Jews had been forcefully exiled in Babylonia
- They were discouraged and had lost hope of ever returning home
- Jeremiah lamented with them but reminded them that God had not abandoned them

II. The Basis for Hope, Theirs and Ours

- It's easy to worry and stress out, but sometimes hard to see the good things in life
- Jeremiah describes what he reminds himself of when he feels discouraged:
  - God's steadfast love for us
  - God is always merciful and kind – every morning is a new opportunity to experience his kindness
  - God is faithful – steady, stable, secure and trustworthy
  - The Lord is all we need in difficult times
- For these reasons we can always hope in the Lord

III. Practical Resolutions We Can All Make – Pick some

- Buy yourself some flowers or a plant
- Cut back on ultra-processed food
- Schedule annual health screenings
- Eat citrus fruit every day
- Fall in love with vegetables
- Eat more whole grains, nuts, fish, legumes, blueberries
- Quit multitasking
- Drink more water
- Be kinder to yourself
- Get more steps in

- Start a gratitude journal
- Be more mindful
- Cook something new
- Read more books
- Exercise your brain with puzzles or brain teasers
- Take the stairs
- Explore new hobbies
- Spend less time on your phone

(From [www.goodhousekeeping.com](http://www.goodhousekeeping.com))

*See the new year as a time of opportunity. A time to first and foremost remember that God loves us, he's kind to us, and he's faithful so we can go through the year being hopeful*

SCRIPTURE PASSAGE

Lamentations 3:19-24

<sup>19</sup>The thought of my affliction and my homelessness is wormwood and gall!  
<sup>20</sup>My soul continually thinks of it and is bowed down within me.  
<sup>21</sup>But this I call to mind, and therefore I have hope:  
<sup>22</sup>The steadfast love of the Lord never ceases, his mercies never come to an end;  
<sup>23</sup>they are new every morning; great is your faithfulness.  
<sup>24</sup>"The Lord is my portion," says my soul, "therefore I will hope in him."

A modern translation of verse 24 – "Because the Lord is all I need, I rest in Him, and I'll keep my hope fixed on Him."

A New Years Poem

Just think, think, think  
Of things you can do  
To make yourself better  
Before the year's through