

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)

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

¹⁹The thought of my affliction and my homelessness is wormwood and gall!

²⁰My soul continually thinks of it and is bowed down within me.

²¹But this I call to mind, and therefore I have hope:

²²The steadfast love of the Lord never ceases, his mercies never come to an end;

²³they are new every morning; great is your faithfulness.

²⁴"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