

2026: LIVING LIFE BY DESIGN... NOT DEFAULT YOUR *BEST* NEXT CHAPTER

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1/4/2026

Text: Psalms 65: 1-9,11

New Years Resolutions - Globally. 50% of the worlds population
Ditch Your Resolutions Day - January 17
Quitters Day - 2nd Friday of January

Top 3 New Years Resolutions of 2026

- | | |
|---|-----|
| 1. Exercise & Physical Health
(I.e. Lose weight, gain muscle, stop drinking & smoking) | 60% |
| 2. Improve Finances
(I.e. Saving more, budgeting and reducing debt) | 50% |
| 3. Reduce Stress
(I.e. Time pressure, business & work strain, carrying worries without relief or release) | 42% |

I. THE YEAR OF GODS NAME

26: The _____ **Name** _____, _____ **Presence** _____ and

_____ **Faithfulness of God** _____

Name: God's _____ **Revealed** _____ Identity

The people know their God, will be strong & do exploits the
(adventurous) Dan. 11:32

Nearness:

The promises of His Presence Ps. 73:28
"The nearness of my God is my Good"

Never Failing:

"I will never leave you, nor forsake you" Heb 13:5

II. FIVE BIBLICAL WAYS TO STRENGTHEN & KEEP RESOLUTIONS

1. _____ **Include** _____ God in Your Goals
"Commit your work to the Lord..." Proverbs 16:3

2. Rely on Discipline, Not Feelings
"I discipline my body and keep it under control" 1 Corinthians 9:27

3. Include Accountability
"Two are better than one..." Eccl. 4:9-10

4. Don't Just Remove... Replace
... Be transformed by the renewing of your mind" Romans 12:2

III. HELPING MY HABITS & GOALS

1. _____ **Shrink** _____ the Goal
"Do not despise small beginnings..." Zech. 4:10

2. Utilize _____ **Habit Stacking** _____
"Three times a day Daniel got down on his knees and prayed, giving thanks to His God just as he had done before." Deut. 6:10

3. Track it _____ **Visually** _____
"Write the vision; make it plain..." Habak. 2:2

4. Build Identity, not Just Behavior
"By the grace of God, I am who I am." 1 Cor. 15:10