

2026: LIVING LIFE BY DESIGN... NOT DEFAULT

YOUR *BEST* NEXT CHAPTER

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Text: Psalms 65: 1-9,11

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