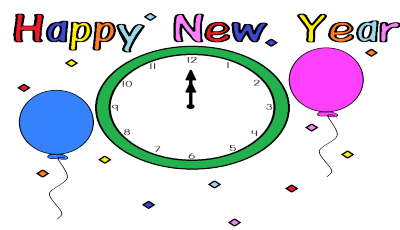


New Year



I. Introduction

- A. Do you think New Year Resolutions are good or bad?
- B. What do you wish you did NOT do this year?
- C. What do you wish you did, did more, or wish you would accomplish this New Year?

II. Scripture (Php. 3:1-21 or Eph. 5:1-17)

III. Application (Spiritually, Physically, Emotionally, Socially, Intellectually, Financially, and Aesthetically (SPESIFA) ¹)

Category	Objective	Measurement Criteria	Achievement Notes
Spiritual (Spirit)			
Physical (Body)			
Emotional (Soul)			
Social			
Intellectual (Mind)			
Financial			
Aesthetical			

¹Note:

1. Spiritual (Spirit) Bible reading, study, application, memorization, and meditation, prayer, praise, worship, attending church regularly, evangelizing, using gifts...
2. Physical (Body) Sleep (8 hrs/day), eating a well balanced diet with proper nutrition & food groups, workout, rest, recreation, play, sports...
3. Emotional (Soul) Fun, romance, passion, laughter, quick forgiveness, communication, courage, discipline...
4. Social Family (marriage 1st, children 2nd), friends, fellowship (accountability), country, service, games, hospitality, civic, legal, community...
5. Intellectual (Mind) Read, write, math, computers, study, school, research, observe, analyze, comprehend, apply, synthesize, evaluate, listen, think...
6. Financial Job (10 hrs/day), plan, save, monitor, give, career, retirement...
7. Aesthetic Singing, play instrument, appreciation of beauty, art, music, entertainment, travel...

IV. Conclusion & Prayer