



# Welcome to 2020 Let's Start a Real Resolution-Revolution

By Renee Lea-Currie, Ph.D.  
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Definition of **RESOLUTION/ TO RESOLVE**: *a firm decision to do or not do something*

Definition of **REVOLUTION**: *the movement of an object in a circular or elliptical course around another or about an axis or center*

### Almost 60% Americans make new year's resolutions but only 8% keep them

Typical Top 10 New Year's Resolutions	Top 10 <u>Broken</u> New Year's Resolutions	Top 10 New Y ears Resolutions for 2020
1. Exercise more 2. Lose weight 3. Get organized 4. Learn a new skill or hobby 5. Live life to the fullest 6. Save more money / spend less money 7. Quit smoking 8. Spend more time with family and friends 9. Travel more 10. Read more	1. Lose Weight and Get Fit 2. Quit Smoking 3. Learn Something New 4. Eat Healthier and Diet 5. Get Out of Debt and Save Money 6. Spend More Time with Family 7. Travel to New Places 8. Be Less Stressed 9. Volunteer 10. Drink Less  -Time USA, 2012	<b>1. Actually doing my New Year's resolution</b> 2. Trying something new 3. Eat more of my favorite foods 4. Lose weight/diet 5. Go to the gym 6. Be happier/better mental health 7. Be more healthy 8. Be a better person 9. Upgrade my technology 10. Staying motivated

Here are 10 New Year's Resolutions Every Christian Should Make:

1. Resolve to stay faithful to Jesus Christ. He is the one Truth, Way and Life. There's no reason to look elsewhere.
2. Resolve to not let anything – a career, a significant other, social media, a house – become an object of worship.
3. Resolve to watch your language and not speak any destructive talk, especially involving the name of God.
4. Resolve to prevent burnout by putting aside work one day a week. Trust God to provide for your needs that day and just enjoy the time He's given you.
5. Resolve to talk to your parents on a regular basis, and show them love and respect.
6. Resolve to be angry less. Channel any feelings of rage, which Jesus said are as severe as murder, into worshipping God and serving others.
7. Resolve to honor your commitment to your spouse. Whether in thought or in deed, stay pure and loyal in the union God made.
8. Resolve to not take anything that's not yours, including stuff you can hold and put in your pocket, and plenty that you can't, like music downloads, streaming movies and hours on your time card.
9. Resolve to speak about others only with truth and love, not gossip.
10. Resolve to be content with what you have, and not worry about that others are amassing.

## **LET US RESOLVE TO REVOLVE AROUND CHRIST AS OUR CENTER**

The Take Back Tour Health Ministry is the health ministry of the Philadelphia 7<sup>th</sup> Day Adventist Church in Burlington, NC.  
Visit us at [www.thetakebacktour.com](http://www.thetakebacktour.com)

M R N F D I R D V B L G Q T C  
P E E O J Y N M S V P B U H U  
E W N P I E P S U D P Q I G E  
U X U T W T E P E Z N K T I D  
M N E Y A R U T A H K C S E A  
A P E R T L A L H H O X M W C  
C A X S C V H B O M E V O E E  
R B F U I I S E M S F B K S D  
K M A T L K S U A J E S I O E  
P A O O I Y N E F L E R N L C  
R M V S B I L P Y M T S G L I  
A E H B C T R A V E L H U P S  
Y P S A V E M O N E Y D U S I  
U J T B E D T U O T E G O G O  
L E Y H T L A E H M Y G I G N

BE HAPPY  
COMMUNICATE  
DECADE  
DECISION  
EXERCISE  
GET OUT DEBT  
GOD  
GYM  
HEALTHY  
JESUS  
LOSE WEIGHT  
LOVE  
MENTAL HEALTH  
MOTIVATED  
NEWYEAR  
PRAY  
QUIT SMOKING  
RESOLUTION  
SAVE MONEY  
STRESS  
TRAVEL

**Regarding your health (spiritual, mental, physical):**

- there is no mystery, secret or quick fix. Keep focused on Jesus. Listen to his words.
- Don't be fooled by miracle cures no one has heard about that is only from a far away area of the world.

Keep God's original plan

- how to de-stress (daily commune with the Father through prayer and faith)
- how to eat REAL (plants you enjoy)
- how to be physically active daily, with movement you enjoy
- Communicate with God daily

**Regarding your medical and mental health: COMMUNICATE**

- Keep your physician noted for all herbal, alternative "natural" supplements or foods that might interfere with current medications. Adjust as needed. Don't suffer in silence.
- Keep communication open about any side effects you experience. Don't just stop. Talk to your doctor and/or pharmacist to get help. Don't suffer in silence
- If you do not communicate well with your medical team, try another. Keep communication open with a medical professional.
- Never forget that God is on your side ALWAYS and is ready to hear your problems, your concerns, your frustrations and help you.
- Don't forget to tell yourself each day: I AM AMAZING. GOD IS WITH ME. JESUS IS NEAR. THE SPIRIT IS GREATER THAN MY FEARS.

**But seek you first the kingdom of God, and his righteousness; and all these things shall be added to you.**  
- Matthew 6:33 KJV

**If you don't have time to pray and read scriptures, you're busier that God intended you to**

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<https://www.quitlinenc.com/>

*DISCLAIMER: The information contained is not intended or implied to be a substitute for professional medical care, diagnosis or treatment. Do not disregard professional medical advice or delay seeking emergency medical treatment if needed.*