Day 1:

These Resolutions are founded squarely on principles that God Himself has established. They are more than just determinations you make within yourself; they are girded about with the power of the Holy Spirit - encouraging you, comforting you, equipping you, empowering you with the strength you need to carry them out, essentially, these are His resolutions for you.

When you think of a resolution do you get excited or skeptical? Why?

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Have you made a resolution you really wanted to work out, but you didn't follow through? Why do you think you didn't follow through?

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A resolution is more than just saying we want to do something. We need discipline and self-sacrifice. So when we make our next resolution be intentional.

What is something you would like to change in your life?

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This resolution is with God and will have an impact on the people you love.

Are you willing to take this step? Explain.

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“By no means are you promising to be perfect, rather you are making a commitment simply to begin - to journey forward in the direction that particular resolution is pointing you.” - Priscilla Shirer
We should enter every season with expectation and enjoy its blessings. When we try to rush through we miss the blessings God wants you to experience.

**What in your life have you rushed through?** (example: your single season, we rush to have kids and get married without flourishing on our own in our season of singleness. )

Let's take a moment to imagine what is wonderful in each season that you could enjoy or possibly miss out on. Pick two and explain; childhood, teens, 20's, 30's, 40's or older. Singleness, married, parenting, retired, empty nest.

Take the time to full participate and enjoy what is happening at this very moment.
What in this current season is something you are enjoying and taking your time with; and what are you rushing?

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What have you been hurrying to get to?

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Discontentment will take over and rob you of your years. Then before you know it, you’ve missed out on the joys in the journey, the growth that comes from battling through the difficulties, the sweet and savory experience of creating the memories.

Where in your life are you not fully content?

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Let’s look in the Bible to see what is said about being content. Read each scripture and explain what you think it means.

**Job 36:10-12**
10 He makes them listen to correction and commands them to repent of their evil.
11 If they obey and serve him, they will spend the rest of their days in prosperity and their years in contentment.
12 But if they do not listen, they will perish by the sword[a] and die without knowledge.

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**Psalm 131: A song of ascents. Of David.**

1 My heart is not proud, Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me.
2 But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content.
3 Israel, put your hope in the Lord both now and forevermore.
A Resolution to be Content

Day 3

The Secret

We all know the game telephone that we play at slumber parties; and that the message usually looses its meaning the farther around the circle you go. This has happened to us as women in the line of women through the generations. The meaning of happiness has been blurred; it now says there is always something else, something more, some additional requirement we need before we can really enjoy life the way it was meant to be enjoyed.

Caught in a vicious cycle, we consequently feel incomplete, unhappy, uncontrolled, and unfulfilled. Dissatisfied.

What in life makes you feel like this?

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A satisfied woman got the secret message correct. You can tell it by her peace and serenity. She chooses contentment over displeasure. Contentment is not some unique gift given to us all. It is a skill we have to choose, adopt, then master and apply it to our life.
Do you tend to think more on the content side or the other?

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How do you think you can control and improve this skill?

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**Philippians 4:11-12**
11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

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Paul’s secret was this; he had resolved to be ________.

**13 I can do all this through him who gives me strength.**

If you don’t have it – whatever it is – its because you don’t need it. You may want it, but its not necessary in order to accomplish what He knows is most important for you life today.

What desire do you keep asking for that you may not need? or maybe just not need now?

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Whatever He’s given or not given, He’s done for a specific reason – a reason known only to Him perhaps but one you can trust with fill confidence, sight unseen.
What in your life have you been given that you do not understand?

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You can always tell people who are not satisfied.

• Their are stingy with their time.
• They are selfish with their resources.
• They’re tight fisted with their energy.
• They’re reluctant to sow of themselves into the lives of others because they are afraid they don’t have enough to do it with and still have enough left over for themselves. Not enough time, energy, talent, money, skill, or patience.

Do you find yourself having problems with any of these above statements? Why?

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Luke 6:38 (NLT)

38 Give, and you will receive. Your gift will return to you in full—pressed down, shaken together to make room for more, running over, and poured into your lap. The amount you give will determine the amount you get back."

Paraphrase what you think this means.
This doesn’t mean you should always without question give yourself at the expense of the relationships and purposes that should be prioritized in your life.

Do you find yourself worn thin? Saying yes to too many people and things?

How can you stop this?

How do you know when to help, at those times you feel so low and do not think you can?

List 4 things that run out quickly in your life. One example: Money!

He will supply you a portion that is abundantly good and beyond what is warranted. That extra is meant to be given out to the ones who are in need.
A Resolution to be Content

Day 5

( The Balancing Point Pg 28- 30)

So how do we balance all this!? How do we balance all of life’s wants and needs?

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Contentment is the balance between the enjoyment of life now and the anticipation of what is to come.

Why is it important to have contentment?

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What do you anticipate for your future?

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Contentment is not complacency.

What does complacency mean to you?

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There are always going to be things in your life that annoy you. What are some in your day to day life that drive you crazy?

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That’s a safe, healthy place when contentment allows you to take root and take up residence. Instead of being manipulated by unrestrained discontent, instead of allowing restlessness to hustle you into decisions, relationships, and opportunities that you’re unable to recognize as being faulty from the outset, contentment keeps your mind clear.

Looking back; what choices or decisions have you made in a rush and ended up regretting?

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Surprisingly Satisfied

I do solemnly resolve to embrace my current season of life and will maximize my time in it. I will resist the urge to hurry through or circumvent any portion of my journey but will live with a spirit of contentment.