

## New Commandment

### 11(12) Resolutions Everyone Should Consider

- 1) Spend more time with meaningful conversations
- 2) Complain less and do more
- 3) Worry less
- 4) Pray more
- 5) Listen to more new music
- 6) Cut others more slack
- 7) Cut yourself more slack
- 8) Read more
- 9) Challenge your own presuppositions (seriously consider opposite viewpoints)
- 10) Spend less time on your phone
- 11) Share more meals with people you love
- 12) **Walk the Jesus Way!**

### 1 John 4:7-8

### John 13:31-35

The defining quality of an authentic disciple of Christ is love.

### Mark 12:28-34: Great Commandment

### Philippians 2:1-5

- In making decisions we must always ask, "How will this affect others?"
- The Jesus Way is to value others above our selves and to look to the interests of others more than our selves.
- Selfishness is the source of all division and strife.

### 1 John 3:16-24

- Love is action. Love is doing or giving something beneficial to another person that cost me something (time, money, etc.)
- Love is sacrificial.
- Our love for others cannot be just words, but in deed and truth.
  - Spend a month giving away things from your excess!
  - Give the money saved from fasting\* to Empower International.
- An atmosphere filled with love produces confidence with God in prayer
  - Our homes and churches should be filled with peace and joy resulting from the free flow of love in the house.
  - This sacrificial, unrestrained love produces spiritual confidence.

### SEEK FIRST FAST - JANUARY 4-17

"But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. - Matthew 6:33-34

- Food
  - Total abstinence days
  - Partial (remove certain items from diet)
  - Restricted diet (eat only a select handful of simple food and drink items)
- Spending—only necessities
- Media
  - Total fast days

- Partial (social media, television, etc.)
- Restricted use (set time restrictions)

**RATE YOURSELF**

**Devotional Life**

- Corporate Worship 0 1 2 3 4 5 6 7 8 9 10
- Prayer 0 1 2 3 4 5 6 7 8 9 10
- Study 0 1 2 3 4 5 6 7 8 9 10

**Serving Others (time)**

0 1 2 3 4 5 6 7 8 9 10

**Giving (money & possessions)**

0 1 2 3 4 5 6 7 8 9 10

**Accountability**

- Mentor/Coach (Who speaks into my life?) 0 1 2 3 4 5 6 7 8 9 10
- Peers (quality time with healthy friends) 0 1 2 3 4 5 6 7 8 9 10
- Legacy (Who am I helping?) 0 1 2 3 4 5 6 7 8 9 10

"Earthly goods are given to be used, not to be collected. In the wilderness God gave Israel the manna every day, and they had no need to worry about food and drink. Indeed, if they kept any of the manna over until the next day, it went bad. In the same way, the disciple must receive his portion from God every day. If he stores it up as a permanent possession, he spoils not only the gift, but himself as well, for he sets his heart on accumulated wealth, and makes it a barrier between himself and God. Where our treasure is, there is our trust, our security, our consolation and our God. Hoarding is idolatry."

— Dietrich Bonhoeffer, *The Cost of Discipleship*