



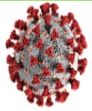
You are the salt of the Earth

# Ministry of Health and Wholeness

## All Things Being Made New: Renewing Body, Mind, and Spirit

### Special points of interest:

- New Year's Resolutions are an ancient practice supporting human growth and wellbeing.
- Practice:  
**G**– greens & grains  
**R**– rest/ relax  
**A**– activity/ exercise  
**C**– cease smoking  
**E**– emotional centering



### COVID Update

As of 12/28 Mecklenburg is back in the **Yellow** reporting **Medium transmission** with 17% increase in 2 weeks. Folks at risk should mask in crowds. CDC recommends bivalent booster for all.

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### Volume III: Issue I

January 2023

## Making New Year Resolutions

### History

Making New Year's Resolutions is an ancient tradition practiced around the globe, in which individuals resolve to improve their life in some way at the beginning of a calendar year.

- Ancient Babylonians are thought to be the first to make New Year resolutions 4,000 years ago.
- Making New Year's resolutions has religious origins as people made promises to their gods at the start of a new year to return borrowed objects and pay their debts. The Romans began as early as 46 B.C.E. making promises to their god Janus.
- The first day of the new year became the traditional occasion for early Christians to think about past mistakes and resolve to do and be better in the future. At watchnight services, many Christians prepare for the year ahead by praying and making resolutions.
- During the medieval era, knights took the "peacock vow" at the end of the Christmas season each year to reaffirm their commitment to chivalry.
- In 1740 the Methodist Church first used the Covenant Renewal Service for their Watch Night Services.
- Other current religious parallels include Judaism's New Year, Rosh Hashanah, when one is to reflect upon one's wrongdoings over the year to both seek and offer forgiveness.

The concept regardless of creed is to reflect upon self improvement annually. According to the AMA 40% to 50% of Americans make New Year's resolutions. A study found that resolutions made at the beginning of a new year were 10 times more likely to succeed.

### Biblical Command:

- **Genesis:** "So God created humans in his own image, in the image of God he created them."
- **Ephesians:** "the duty of the Christian is to "put on the new self, created after the likeness of God in true righteousness and holiness." and "Know the Love of Christ that surpasses knowledge, that you may be filled with all the fullness of God to do immeasurably more than all we ask or imagine, according to His power that is at work within us."
- **Colossians:** "And have put on the new self, which is being renewed in knowledge after the image of its creator."
- **II Corinthians:** "And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit." Because we are still a work in process, consider a resolution.

### Guidelines for Success with New Year's Resolutions: (<https://tinyurl.com/4f824e9p>)

1. Align resolutions with core values
2. Clearly describe specifics of change
3. Write out the resolution plan
4. Design environment for support
5. Focus on 1 or 2 changes.
6. Focus on the PROCESS persistently
7. Forgive your failures -begin again.
8. Involve the God of your understanding





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**More Special Points:**

- Clinical research shows active collaboration with God in achieving goals for wellbeing enhances potential for success.

**Additional Resources:**

Glenn Miller, MD, Why we should make New Year's Resolutions: <https://tinyurl.com/2udhbzkb>

Methodist Renewal Service: <https://tinyurl.com/57y74ubr>

Strategies for New Year's Resolutions: <https://tinyurl.com/4f824e9p>

\*\*\*New Year's Resolutions: <https://tinyurl.com/3wkue7pk>

**Ministry of Health and Wholeness: Pondering the Sacred**

The Christian is to "put on the new self, created after the likeness of God in true righteousness and holiness....according to His power that is at work within us." *Ephesians*

**A New Year's Resolution Challenge**

Both our faith and secular statistics tell us we have good reason for taking time to make New Year's resolutions. As Christians we are called to a lifetime of growing into the image of God which includes our potential for wellbeing. People who make resolutions for improvement are 10 times more likely to achieve progress toward wellbeing than those who simply want something but never resolve to make the necessary change. People who think through what it is they really want for their life and plan for it, have a much better chance of improvement. The #1 reason people give for not making resolutions is fear of failure, and the number one reason for failure is lack of sufficient motivation.

Both faith and clinical research teach that motivation comes to us from a Higher Power— the God of our understanding. The time proven most successful clinical treatment program, AA, teaches and has validated that truth —we are powerless on our own to do the good God wills for us, but with God's power working in us all things are possible.

Recent research confirms the power of this spiritual resource. A study involving over 1,000 participants described the difference between an **active locus of control** where participants collaboratively work with God and **passive locus of control** where participants simply pray and give God complete control of one's health. Tracking for over 2.5 years, showed those working collaboratively with God experienced significantly better health outcomes. Study conclusion— "Clergy and health ministries may be able to increase health-enhancing and decrease health compromising behaviors."

Another research study of 261 participants published in 2018 also adds evidence to support a positive relationship between 'religious skills' and healthy behaviors. This study found religion offers support for improving public health components. The study states, "The Christian would attribute this support to the presence and power of the Spirit of God at work with people who pursue God's agenda...of wellbeing. The Christian acknowledges that health behavior change requires knowledge, support, and spiritual practices beyond the individual to be successful. Another factor, positively affecting the Christian is the emphasis on community based responsibility to support each other. This study further confirms the **active locus of control**, collaborating with God, to be most successful model.

**You are invited to consider collaborating with God to identify self improvement resolutions for 2023. Consider:**

1. **Start by completing the attached private assessment**
2. **Use results to influence developing resolutions**
3. **Complete the attached survey to let Health Ministry know of programming that would support your resolutions for the year.**
4. **Consider attending the Tuesday Steps to Wellbeing group to help with sticking to your New Year's resolutions.**

All good wishes for the New Year ahead.

**Opportunities to Boost Health and Practice G.R.A.C.E. at Living Saviour**

Tuesday: Steps to Wellbeing for ALL 10:30 AM  
Thursday: Chair Yoga 11:00 AM  
Saturday: Active Workout 10:00 AM

Month of January complete the attached Wellbeing Assessment and provide feedback for programming

\*\*\*Assistance from Faith Community Nurses by Appointment

All are welcome to all activities.