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The Department of Youth and Young Adult Ministries

Five Resolutions You Can Keep

The beginning of a new year is a time to start fresh. Yet many people do not stick to their **New Year's resolutions**, and others don't even begin. We tend to shape these resolutions based on what we want to do in the coming year. Yet there's a more important question that should be on our minds and hearts: who do we want to be?

With that in mind, here are a five simple things that the Y2AM Team is resolving to accomplish this year. We hope you will join us!

1. Open Our Hearts to God's Presence

Our relationship with God is central to our lives; and it takes work. Even though God is present in all places and filling all things, this may not be obvious to us, especially when times are tough. That's why Be the Bee is dedicated to helping us **find God in everything, every day**. As we **make the most of the year ahead**, we can develop the ability to see every person we meet as an icon of Christ, and every situation we encounter as being guided by God's loving Providence.

2. Focus on God's Love

You may have heard people talk about **the importance of "starting with why"** to

help stay focused on the purpose behind our actions. We can use a similar strategy in our spiritual lives. Taking a few moments every day (maybe even multiple times a day) to reflect on God's blessings can help us develop deeper gratitude and focus on the Lord's unwavering love for us. Staying mindful of God's love can keep us focused on **Who He Is**, and **why we need to keep moving towards Him**.

3. Share the Faith

In a recent episode of Be the Bee, Steve and special guest Sister Vassa focused on the importance of **spreading the Good News of Christ and His Gospel**. While we don't need to be obnoxiously preachy, we also shouldn't be purposefully silent.

4. Walk With Others

Our relationship with God exists in the wider community of the Church. And our walk to the Kingdom is not a solo effort, but something we can (and should) do with others. We can take time to pray and read Scripture with others, or **share our spiritual goals with others**. Having an accountability partner is more than a good strategy: it's a way we, as Christians, can offer each other support and encouragement on our walk towards Christ.

5. Be Not Afraid

Again and again, **Christ reminds us to be brave and unafraid**. This courageous attitude is especially helpful when it comes to making changes in our lives. Whether we're struggling with bad habits or to develop good habits, we can count on the steady love of the Lord and the support of our brothers and sisters in Christ.

The new year is a new chance for repentance, and a development of our true selves in Christ. So be encouraged, be of good cheer, and be not afraid. May God grant us peace, humility, patience, and strength in the year ahead.

Peace,

Steve
Director, [Y2AM](#)

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