

TOP TEN NEW YEARS RESOLUTIONS FOR 2020 by Max Dawson

Every year Americans make resolutions that, for the most part, they don't keep. Maybe they don't really intend to keep their resolutions. What do you think?

Five years ago, I published a list of the top ten resolutions Americans made. Below is an update. The list hasn't changed much. Many of the New Year goals are the same general resolutions as the previous year. That may tell us we are not making much progress. Our list for this year comes from goskills.com. Here are the top ten resolutions going into the New Year. I have listed them in reverse order.

10. "Read more." Reading is good, but I wonder what people are intending to read?
9. "Travel more." Folks are already travelling more than ever. Where are they going?
8. "Spend more time with family." For a lot of folks that should be higher on the list.
7. "Quit smoking." Fewer people make this resolution because fewer smoke today.
6. "Save more; spend less." Should have started this last month. Stay out of debt!
5. "Live life to the fullest." That sounds good, but what does it really mean?
4. "Learn a new skill or hobby." Five years ago, it was "Learn something exciting."
3. "Get organized." That goal makes the list every year. Five years ago, it was number 2.
2. "Lose weight." That's another one we should have started a month or two ago.
1. "Exercise more." That goes along well with "lose weight" above.

Did you notice something missing--what is not on the list? There is nothing about spirituality, serving God, going to worship or reading the Bible. Those things didn't make list five years ago either. While some of the things on the list may have spiritual implications, I think it tells us something about where we are as Americans. Spiritual things are not so important to most Americans.

Have you made resolutions for 2020? Whatever your goals might be, make sure God is at the center. Here are some passages to ponder as you think about 2020...

James 4:13-15; Matthew 6:33; Proverbs 3:5-6; Matthew 16:24-26; Hebrews 10:25.