

“Resolutions are a form of ‘cultural procrastination,’ an effort to reinvent oneself. People make resolutions as a way of motivating themselves; people aren’t ready to change their habits, particularly bad habits, and that accounts for the high failure rate...



Another reason is that people set unrealistic goals and expectations in their resolutions due to “False Hope Syndrome,” which means their resolution is significantly unrealistic and out of alignment with their internal view of themselves.”

- Psychology Today, “Why New Year’s Resolutions Fail,” October, 2010



8 For by **grace** you have been **saved through faith**. And this is not your own doing; it is the gift of God, **not by works**, so that no one can boast.
Ephesians 2:8 (NIV)



⁶Sacrifice and offering you did not desire—but my ears you have opened—burnt offerings and sin offerings you did not require. ⁷Then I said, “Here I am, I have come—it is written about me in the scroll. ⁸I desire to do your will, my God; your law is within my heart.”

Psalm 40:6-8 (NIV)



AN OPEN EAR



Faith Recognizes That We Can't Be Better
Sacrifice and offering you did not desire—but
my ears you have opened—burnt offerings and
sin offerings you did not require.

Psalm 40:6 (NIV)



Faith Believes God For An Open Ear

Sacrifice and offering you did not desire—**but my ears you have opened**—burnt offerings and sin offerings you did not require. Then I said, “Here I am, I have come— it is written about me in the scroll. **I desire to do your will, my God; your law is within my heart.**

Psalm 40:6-8 (NIV)

