

Description: This resolution activity will help you aid your children and yourself in making realistic resolutions to better serve the Lord throughout the coming year and a commitment to keeping them from this day on.

What you need: ■ A copy of “My Resolutions” activity for each family member (artwork included with this lesson) and a pen or pencil for each family member.

Preparation: 1. Print out a the artwork

Activity: (Younger children will need help from an older sibling or parent.)

1. Discuss how making a commitment to better serve the Lord from this day on will help us live happier lives.
4. Give each member a copy of the “My Resolutions” activity and a pen or pencil and have them write down ten ways they can do what Jesus would have them do. Guide children in making realistic goals such as saying their prayers, reading scriptures, being honest, being kind to others, obeying parents.
5. Ask: After deciding to change what else do we need to do in order to keep our promises? (Make a commitment to change.)
6. Ask: Will you make a commitment to try to do what Jesus would have you do?
7. After making a commitment, what other things can we do that can help us keep our commitment? (Discuss ideas such as; prayer, taking one day at a time, using positive affirmations, keeping a journal on your progress, etc.)
8. Talk about how none of us are perfect and there will be times that we will fail to keep our commitment. Ask: What can we do when this happens? (Discuss ideas.)
9. Have family members hang their lists in their rooms as a reminder of their commitment to serve the Lord from this day on.

From This Day On What Would Jesus Have Me Do?

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1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____