**Blessing Every Day**

A project from the Mission Theology Advisory Group



The Mission Theology Advisory Group is an ecumenical group formed in partnership between Churches Together in Britain and Ireland and the Church of England We provide resources in the areas of Spirituality, Theology, Reconciliation, Evangelism and Mission.

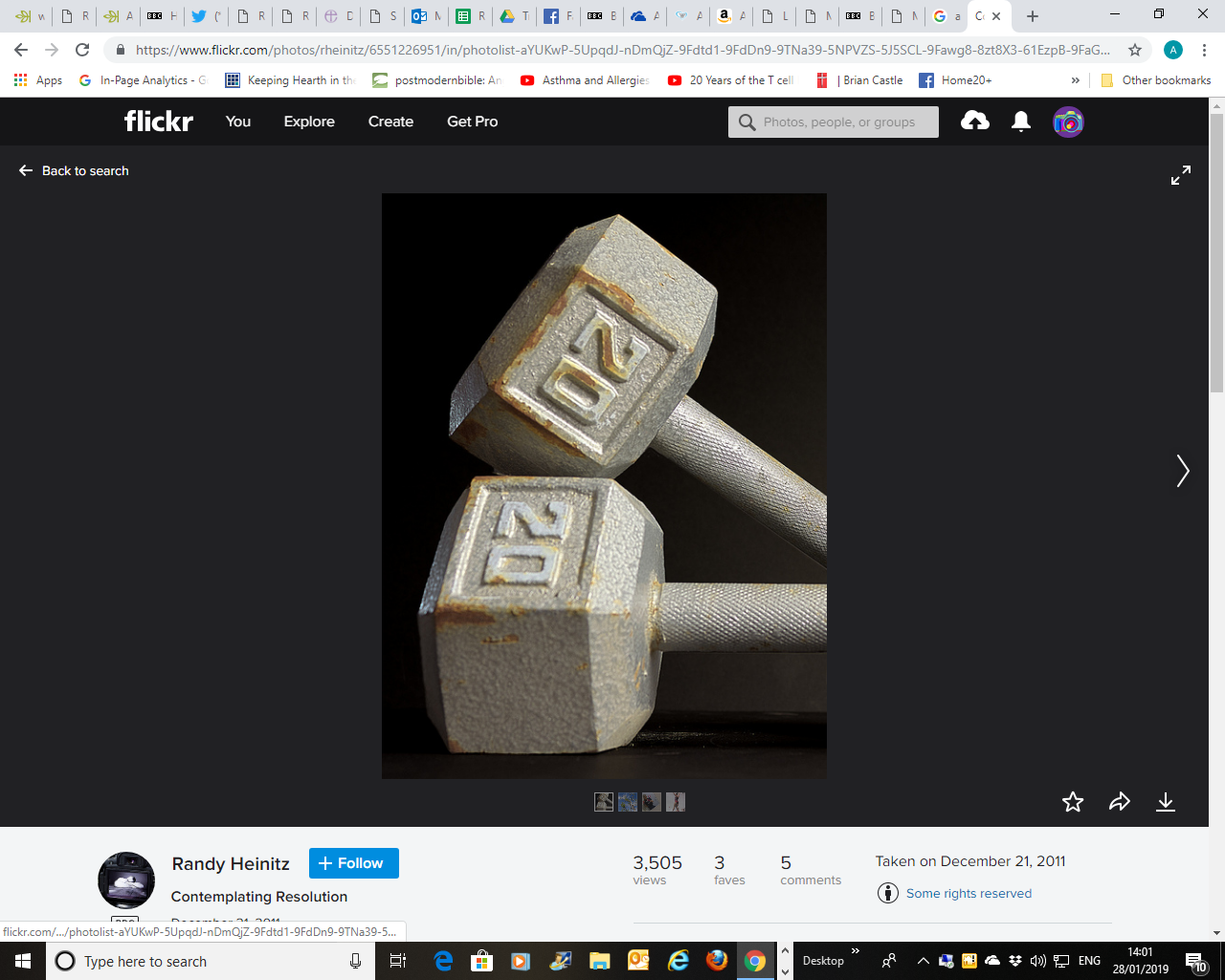
This resource belongs to our Spirituality series. Please print and share.

More information from

[www.churchofengland.org/more/church-resources/deeper-god-mission-theology](http://www.churchofengland.org/more/church-resources/deeper-god-mission-theology)

<https://ctbi.org.uk/mission-theology-advisory-group-resources/>

**A Blessing for those whose New Year Resolutions have failed**



*Randy Heinitz/flickr: ‘One New Year's resolution is to get into better shape and shed some pounds. Today I wondered why I should wait for the new year so I went to the gym.... However, one day does not a habit make.’*

It all started out so well. So many of us start a new year with a burst of determination and excitement. A fresh start. A new leaf. And the feeling that we can do anything, if we just put our minds to it. If we just work a little bit harder at the things we want to achieve.

There are lots of kinds of New Year’s Resolutions people make. Some involve additions to our lives, like taking on a new thing, learning a new skill, achieving a life goal, becoming healthier. And there are resolutions which involve losing things from our lives, like giving things up such as cigarettes or alcohol, losing weight, or deleting ex-partners from phones and moving on.

By the end of January though, many people will be disheartened to find they have ‘failed’. It has been too difficult to give up things on which we relied, or too difficult to keep on with the new things we have taken on. The gym membership falters and drops off; the nest egg we were going to save so hard for is already eaten into because the car needed new brakes; the pounds shed in the first couple of weeks have already crept back on, goodness knows how.

At that point, we may feel like failures, a bit angry and a bit sad at ourselves for not sticking to the plan. Where did all that determination and positivity go to?

The good news is that God never gives up on us, even when we feel we have failed. The disciples were always making Jesus promises – and breaking them. They messed up – a lot. Yet they still are the ones trusted to come through. And in the end, they did.

If you want some tips on how to stick to goals and how not to get disheartened when we fail at our resolutions, try this link:

<https://www.nhs.uk/live-well/healthy-body/10-tips-to-keep-your-new-years-resolution/>

A blessing for those whose New Year resolutions have failed

Forgiving God, We started out *so* confidently, positively. We were sure that we could make it. We were certain that we would be about to change:

lose weight, stop drinking, put the cigarettes in the bin. Get promoted. Maybe find love again.

Lord, bless us now among the losers. Bless our weakness, our lack of resolve, our failure to keep the dream alive.

Lord, we stand now with your disciples who fell asleep rather than prayed for you in your distress, when you really needed them. Their spirits were willing but the body was weak.

Yet you loved and trusted them you still believed in them. They let you down but you never gave up on them.

Bless us now in our weakness, our lack of vision, our sleepiness, our idleness and failure.

Bless to us tomorrow and the chance to start again.

Amen