



Resolution to Exchange

Make resolutions re: money, health, family, time, work...

Great Intentions – live differently this year

Perspective and Convictions drive our actions

- what we believe, have in our hearts turns to actions

- affects how we view our world and circumstances

Challenge you to exchange some perspectives – resolve to...



Resolution to Exchange

1. Exchange Loss & Loneliness for Comfort & Healing

- all affected by brokenness in our world
- scripture clear – sorrows part of our earthly journey
- causes us to ask some very real questions

Psalm 77:2 “In the day of my trouble I seek the Lord;
in the night my hand is stretched out without
wearying;
my soul refuses to be comforted.³ When I remember
God, I moan;
when I meditate, my spirit faints”



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2 Cor. 1:3-7 “ Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. ⁵ For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too. ⁶ If we are afflicted, it is for your comfort and salvation; and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer. ⁷ Our hope for you is unshaken, for we know that as you share in our sufferings, you will also share in our comfort.”



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Psalm 77:11-15 “I will remember the deeds of the LORD;
yes, I will remember your wonders of old.

¹² I will ponder all your work,
and meditate on your mighty deeds.

¹³ Your way, O God, is holy.
What god is great like our God?

¹⁴ You are the God who works wonders;
you have made known your might among the
peoples.

¹⁵ You with your arm redeemed your people,
the children of Jacob and Joseph.



Resolution to Exchange

2. Exchange Worry & Fear for Trust & Peace

- come from a long line of worriers!
- many struggle with fear & worry

Psalm 42:5 “Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation ⁶ and my God.”

- here are biblical truths to exchange your fear and worry for

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Phil. 4:6-7 “⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

1 Peter 5:6-7 “Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷ casting all your anxieties on him, because he cares for you.”

Psalms 55:22 “Cast your burden on the LORD, and he will sustain you;
he will never permit the righteous to be moved.”



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Tips for making this exchange:

a) Humble yourself

- need help beyond yourself, need to be real

b) In Everything

- identify & name the anxieties and fears

c) Cast

- Luke 19:35 – image of casting

d) Trust & receive peace

- allow God to do his work



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3. Exchange Failure & Offense for Forgiveness

- we will disappoint and sin against one another, and ourselves
- holding on to offense gives:
 - power
 - identity
 - entitlement
 - weapons to use
 - puts us in God's place

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a) clear in Scripture – forgive as you have been forgiven

Matthew 6:12 “and forgive us our debts, as we also have forgiven our debtors”

Matthew 6:14-15 “For if you forgive others their trespasses, your heavenly Father will also forgive you,¹⁵ but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.”

Eph. 4:32-5:2 “³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Therefore be imitators of God, as beloved children. ² And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.”



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Biblical Truths about forgiveness

Rom. 12:19 - don't take revenge

1 Thess. 5:15 – don't repay evil for evil

Luke 6:28 – wish them well

Prov. 24:17 – grieve at their calamities

Matt. 5:44 – pray for them

Rom. 12:18 – seek reconciliation

Ex. 23:4 – be ready to come to their relief



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Just as God...

- loved us and sent his son
- redeemed us, forgave us, chose us, adopted us
- gave us His Spirit, eternity secured

We are called to...

- love others and forgive the offense



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b) Forgive Yourself

1 John 1:7-9 “⁷ But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. ⁸ If we say we have no sin, we deceive ourselves, and the truth is not in us. ⁹ If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

Psalms 103:12 “as far as the east is from the west,
so far does he remove our transgressions from us.”



Resolution to Exchange

So What?

1. Resolve to choose the path of seeking God's comfort and strength in the loss and loneliness we face in a broken world
2. Resolve to cast the fear and anxiety on Christ exchanging it for his peace and assurance
3. Resolve to choose the path of forgiveness. For those who have sinned against you, and for your failings.