



January 2024 AMP  
ADEL Monthly Program

**SIMPLE STRATEGIES**  
for Creating a  
**Successfully New Year**  
*A NY Resolution How-To Packet*

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Wednesday  
January 3, 2024



HAPPY HOLIDAYS

HAPPY NEW YEAR

**Happy and Blessed  
New Year to You!**



**From the  
ORCM/RCRP Team**



Office of Regional Conference Ministries Office  
and  
Office of Regional Conference Retirement Plan



# Opportunities

As 2024 begins, there are incredible opportunities before us as we enter the untrod territory of the days ahead. Our plans and purposes will ignite when we plan, cooperate and partner with the Holy Spirit. Our determined good intentions, connected with divine power will make an awesome force to accomplish great things in our future. Let this NY Goal creation material help to ignite your power and purpose. Remember: “In their hearts humans plan their course, but the Lord establishes their steps” Proverbs 16:9.





The New Year is a Platform for Personal, Professional and Spiritual Progress

*“Planning without action is futile; action without planning is fatal!”*



# Great Value of



# NY Goals and Resolves

Goals and Resolves, if followed, have been proven to be of *great value*. Why?

BECAUSE THEY CAN INCREASE...

1. Reflection and growth
2. Direction and purpose
3. Motivation and activation
4. Self-improvement and intention
5. Accountability and responsibility
6. Improved discipline and habits
7. Positive outlook and attitude



# Five Steps to Making Your NY Goals a Reality



## Now Just Do It!

### Five Step Plan to Make Your Goals Work

1. **DETERMINED** to make goals or a resolution plan.
2. **STUDY** these 12 areas to **HELP** decide your goals.  
*These 12 areas are not goals per se but where goals may come from.*
3. **CHOOSE** 3-5 areas that spark passion and write them down, regularly **REFER BACK** to.
4. Make a **SMART SCHEDULE**, **PRAY** for help; then get an **ACCOUNTABILITY PARTNER**.
5. **ESTABLISH DESIRED OUTCOMES**, **EVALUATE PROGRESS** periodically and *adjust when needed*.

**My NY Charge: “It is my Intention To Create Goals that Will Improve Me Personally, Professional and Spiritually...”**



***R.E.F.L.E.C.T. P.L.A.N.S.***  
*Use these 12 potential areas as source for your 3-5 NY goals.*



# Review Year<sup>1</sup>

*Take time to reflect on the past year, the good and not so good. Soberly review the major events of the year with attention given to lessons learned and growth achieved or still desired.*



- 1. Bible:** “Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” (1 Thessalonians 5:18)
- 2. Inspiration:** “The Lord has kept us through the year that is past. We have not been consumed, because His compassions fail not. We have had many trials, but the Lord has brought us through them all.” (Testimonies for the Church, vol. 9, p. 139)
- 3. Insight:** “The unexamined life is not worth living.” (Socrates)
- 4. Illustration:** Imagine a tree that has grown over the past year with each branch representing a different experience or lesson learned. Appreciate the beauty of the tree as a whole, even with its imperfections.
- 5. Outcome:** Project what outcome you would like to see as a result of implementing this principle.

# Embrace Forgiveness<sup>2</sup>

*Intentionally, graciously forgive those who have wronged you and seek forgiveness from those you have wronged.*



- 1. Bible:** “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.” (Colossians 3:13)
- 2. Inspiration:** “We should not allow ourselves to be easily provoked. We should ever be ready to forgive, remembering that we ourselves are sinners, and that we need the forgiveness of God.” (Adventist Home, p. 452)
- 3. Insight:** “Forgiveness is not an occasional act, it is a constant attitude.” (Martin Luther King Jr.)
- 4. Illustration:** Picture a heavy backpack that you’ve been carrying around all year, filled with grudges and resentments. By forgiving others and seeking forgiveness, you can lighten your load and move forward with greater ease.
- 5. Outcome:** Project what outcome you would like to see as a result of implementing this principle.

# Formulate Goals<sup>3</sup>

*Set goals for the new year and beyond that align with your values and priorities; apply SMART principles (Specific, Measurable, Attainable, Realistic, Time-specific) to them.*



- 1. Bible:** “Commit to the Lord whatever you do, and he will establish your plans.” (Proverbs 16:3)
- 2. Inspiration:** “We should have definite plans for what we will do in the future. We should have a definite object in view, and should work with an eye single to the glory of God.” (Counsels on Stewardship, p. 107)
- 3. Insight:** “A goal without a plan is just a wish.” (Saint-Exupéry)
- 4. Illustration:** Think of a puzzle that you want to complete in the new year. Each piece represents a goal that you want to achieve, and by putting them together, you can create a beautiful picture of your desired future; this will help you to achieve it.
- 5. Outcome:** Project what outcome you would like to see as a result of implementing this principle

# Learn Bible<sup>4</sup>

*Make commitment to honor, prioritize Bible (and SOP) by reading, hearing, incorporating it into life, with the determination that in each encounter you will seek to learn truth or principles.*



- 1. Bible:** “Your word is a lamp for my feet, a light on my path.” (Psalm 119:105)
- 2. Inspiration:** “The Bible is the great educator; for it is not possible prayerfully to study its sacred pages without having the intellect disciplined, ennobled, purified, and refined.” (Christian Education, p. 103)
- 3. Insight:** “The more that you read, the more things you will know. The more that you learn, the more places you’ll go.” (Dr. Seuss)
- 4. Illustration:** Imagine a garden that you want to grow in the new year. By reading the Bible every day, you can plant the seeds of faith and watch them grow into a beautiful garden of wisdom and understanding.
- 5. Outcome:** Project what outcome you would like to see as a result of implementing this principle.

# Embrace Prayer<sup>5</sup>

*Make prayer a discipline, by spending time in prayer, privately and with others; every day and in every way, seeking God's partnership, guidance and wisdom.*



- 1. Bible:** “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” (Philippians 4:6)
- 2. Inspiration:** “Prayer is the breath of the soul. It is the secret of spiritual power. No other means of grace can be substituted, and the health of the soul be preserved.” (Steps to Christ, p. 93)
- 3. Insight:** “Prayer is not asking. It is a longing of the soul. It is daily admission of one’s weakness. It is better in prayer to have a heart without words than words without a heart.” (Mahatma Gandhi)
- 4. Illustration:** Picture a bridge that you need to cross in the new year. By spending time in prayer, you can build a strong foundation of faith that will help you cross any obstacle with faith.
- 5. Outcome:** Project what outcome you would like to see as a result of implementing this principle.

# Care for Others<sup>6</sup>

*Look for opportunities to radically love, care for, serve and partner with others; seek opportunities in the home, church, community and beyond; especially discover ways to help marginalized groups.*



- 1. Bible:** “Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.” (1 Peter 4:10); “Two are better than one, because they have a good return for their labor; if either of them falls down, one can help the other up.” Ecclesiastes 4:9-10
- 2. Inspiration:** “Christ’s method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me.’” (Ministry of Healing, p. 143)
- 3. Insight:** “I can do things you cannot, you can do things I cannot; together we can do great things (Mother Teresa)
- 4. Illustration:** Think of a river that flows through your community. By serving others, you can help keep the river clean and healthy, benefiting everyone who depends on it.
- 5. Outcome:** Project what outcome you would like to see as a result of implementing this principle.

# Testify to the Gospel<sup>7</sup>

*Share the good news of Jesus Christ with others, both in word and in deed; develop creative and consistent ways to share the good news.*



- 1. Bible:** “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.” (Matthew 28:19)
- 2. Inspiration:** “The gospel is to be presented, not as a lifeless theory, but as a living force to change the life. God desires that the receivers of His grace shall be witnesses to its power.” (Acts of the Apostles, p. 12)
- 3. Insight:** “Preach the gospel at all times. Use words if necessary.” (St. Francis of Assisi)
- 4. Illustration:** Imagine a light that shines in the darkness. By sharing the good news of Jesus Christ, you can help others find their way out of the darkness and into the light.
- 5. Outcome:** Project what outcome you would like to see as a result of implementing this principle.

# Prioritize People<sup>8</sup>

*Spend quality time with your family, friends and people, all people; with love, radiate concern and sensitivity, understanding that people matter the most.*



- 1. Bible:** “Love one another with brotherly affection. Outdo one another in showing honor.” (Romans 12:10)
- 2. Inspiration:** “The family tie is the closest, the most tender and sacred, of any on earth. It was designed to be a blessing to mankind.” (Adventist Home, p. 15)
- 3. Insight:** “The most important thing in the world is family and love.” (John Wooden)
- 4. Illustration:** Picture a warm fire that you want to build in the new year. By spending quality time with your family and friends, you can create a warm and welcoming environment that brings joy and comfort to everyone.
- 5. Outcome:** Project what outcome you would like to see as a result of implementing this principle.



# Live with Gratitude<sup>9</sup>

*Simple trust in God helps to keep us in a positive state of mind. Cultivate an attitude of gratitude, focusing on the blessings in your life while addressing the challenges.*



- 1. Bible:** “Give thanks to the Lord, for he is good; his love endures forever.” (Psalm 107:1)
- 2. Inspiration:** “Gratitude is a quality that few possess. The spirit of gratitude should be cultivated and cherished by every Christian.” (Counsels on Stewardship, p. 107)
- 3. Insight:** “Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” (Melody Beattie)
- 4. Illustration:** Think of a garden that you want to tend in the new year. By cultivating an attitude of gratitude, you can water the seeds of joy and contentment, helping them grow into a beautiful garden of blessings.
- 5. Outcome:** Project what outcome you would like to see as a result of implementing this principle.

# Accept Providence<sup>10</sup>

*Trust in God's plan for your life, even when things don't go according to your own plans. We can live by the motto: all things work for the good when we love God.*



- 1. Bible:** “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.” (Proverbs 3:5-6)
- 2. Inspiration:** “We should trust in God at all times and under all circumstances. He will guide us safely through every trial.” (Steps to Christ, p. 105)
- 3. Insight:** “Faith is taking the first step even when you don't see the whole staircase.” (Martin Luther King Jr.)
- 4. Illustration:** Imagine a boat that you want to sail in the new year. By trusting in God's plan for your life, you can set sail with confidence, knowing that He will guide you safely to your destination.
- 5. Outcome:** Project what outcome you would like to see as a result of implementing this principle.

# Network Health<sup>11</sup>

*Develop and implement a simple plan for health and wellness by good habits and use of the eight natural remedies; be proactive as well as reactive.*



- 1. Bible:** “I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.” Jeremiah 33:6
- 2. Inspiration:** Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. (Ministry of Healing, p. 127)
- 3. Insight:** “Take care of your body. It’s the only place you have to live.” (Jim Rohn)
- 4. Illustration:** Imagine your body as a garden, and your health and wellness goals as the seeds you plant. Setting good health goals is like carefully selecting the finest seeds, choosing varieties that will flourish and contribute to the vibrancy of your garden, your life.
- 5. Outcome:** Project what outcome you would like to see as a result of implementing this principle.

# Spiritually Imagine<sup>12</sup>

*Based on the Bible and Spirit of Prophecy (SOP) create anticipation, encouragement in your life and others by imagining future rewards of heaven and eternity to come.*



- 1. Bible:** “Set your minds on things above, not on earthy things.” Col 3:2
- 2. Inspiration:** “Temporal things are not to engage our whole attention, or engross our minds until our thoughts are entirely of the earth and the earthly. We are to train, discipline, and educate the mind so that we may think in a heavenly channel, that we may dwell on things unseen and eternal, which will be discerned by spiritual vision. It is by seeing Him who is invisible that we may obtain strength of mind and vigor of spirit.” Signs of the Times, January 9, 1893
- 3. Insight:** “As a pilgrim traveling to heaven, it is a helpful discipline to train our minds to imagine the joys of eternity to come.” (Delbert Baker)
- 4. Illustration:** Imagine your life as a grand tapestry, and each day is a thread weaving into the masterpiece. When you imagine aspects of heaven/eternity as a new year focus it is like adding a golden thread to this tapestry to infuse your life with new meaning and purpose.
- 5. Outcome:** Project what outcome you would like to see as a result of implementing this principle.

R.E.F.L.E.C.T.



P.L.A.N.S.  
*Be a new you!*

# Spiritual Suggestive Strategies

*It's up to you to intend/pursue what you would like to be... in this New Year. In Christ, you can do and be what you intend to...*

1. R—Review Year: *Be a Reviewer*
2. E—Embrace Forgiveness: *Be a Forgiver*
3. F—Formulate Goals: *Be an Achiever*
4. L—Learn Bible/SOP: *Be a Learner*
5. E—Embrace Prayer: *Be a Student*
6. C—Care for Others: *Be a Helper*
7. T—Testify to the Gospel: *Be a Witness*
8. P—Prioritize People: *Be a Helper*
9. L—Live with Gratitude: *Be an Encourager*
10. A—Accept Providence: *Be a Discerner*
11. N—Network Health: *Be a Stewart*
12. S—Spiritually Imagine: *Be a Pilgrim*



*I press toward the  
mark for the prize of  
the high calling of  
God in Christ Jesus.*

**Philippians 3:14**





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