

## **New Year, New Life**

### **Ready:**

"Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God."

-Ephesians 5:1-2

### **Set**

New Year's resolutions. I have made a thousand over the years. Some have worked, others have not gone so well. Every January we have the chance to start a brand new year. As athletes, we set goals to become bigger, faster and stronger and to improve our personal performance. As coaches, we strive to learn more, listen more and win more. But a new year brings us much, much more. What makes this year different?

With every new year, we are faced with new challenges, new opportunities and new adventures as we strive to serve Jesus Christ. Many people start the new year with great goals, but try to do it on their own. When we try to do it OUR way, our goals and efforts become more struggles and problems. This year, try striving toward your goals with God's help. We are weak, but He is strong! Paul encourages us in Galatians to live according to a new life with Christ. Every day we will be faced with great opportunities to become better in life. Strive to do it in and through Jesus Christ who desires to help you every step of the way. Make a resolution today to stop living for you and start living for HIM!

### **Go**

1. What are your New Year's resolutions?
2. Are your resolutions God-centered or self-centered?
3. Today, how can you start to apply a new life in which you daily live for God?

### **Workout**

Galatians 2:20

Colossians 3:23

Isaiah 55:8-9

### **Bible Reference:**

Colossians 3



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:**<https://fcaresources.com/devotional/new-year-new-life>