

December 28, 2014

Twenty Fifteen (2015)
Philippians 3:4-14

Past: "I can remember when." Phil. 3:4-14

- **Before** Christ. Phil. 3:4-6; Acts 7:58; 8:1-2; 9:1-2; Luke 19:1; 18:18-23; Mark 1:16; Matt. 9:9; 10:1-3; John 4:15-19; Luke 7:36-37
- **After** Christ. Phil. 3:7-13; Acts 9:3-9; Luke 19:2-10; John 4:28; 8:4-11; Luke 7:38-50

Present: "I am seizing the moment." Phil. 3:7-8, 12-13

- Life's situation: What is **yours** today? Phil. 1:7, 13, 18-26; Mark 5:1-43; Luke 9:57-62; 18:18-23; 2 Tim. 3:16-18
- Life's solution: **Trusting** in Jesus Christ day-to-day. Phil. 3:7-8, 12-13; 1:7; 13:18-26; 2 Cor. 11:23-29; 12:1-10; Mark 5:1-43; 2 Tim. 3:16-18

Future: "I wonder what it will be like tomorrow." Phil. 3:12-14

- My future is in **my** hands. Phil. 3:12-14; Rom. 8:29; 2 Pet. 3:18; 2 Tim. 2:15; Eph. 5:15-16; Gal. 5:16; Rom. 6:12-16; 1 Pet. 4:10-11; 2 Cor. 9:7
- My future is in **God's** hands. Phil. 3:13; Acts 9:1-9; Eph. 2:4-9; 5:18; 1 John 4:4; Phil. 4:13; 1:21

Application.

- **Learn** from your past.
- Don't let your past dictate your **present** or ruin your future.

American New Year's Resolutions:

21% Weight loss

14% Improve finances

14% Exercise

10% Get a new job

7% Healthier eating

5% Manage stress better

5% Stop/reduce smoking

5% Improve a relationship

3% Stop procrastinating

3% Set time aside for self

3% Start a new activity/hobby

2% Improve my work habits

2% Stop/reduce drinking alcohol

1% Assertion/learn to say no

Volunteer to Help Others

Get a Better Education

Take a Trip

Reduce, Reuse, and Recycle

New Year's Resolutions by the Numbers:

45: Percentage of Americans who usually make New Year's resolutions

10: Amount by which people who fully commit to making resolutions are more successful at keeping them.

1 in 3: Number of people who ditch their vows by the end of January. Top reasons include being too busy or not being committed to their goals in the first place.

66: Percentage of resolvers who set fitness goals as part of their resolutions.

73: Percentage of those who gave up before meeting their goal.

4: The number of times those same people have given up on their fitness resolutions in the past.

7: Percentage by which men are more successful than women at resolving to exercise.

38: Percentage of people who don't make resolutions in the first place.