The Top New Year's Resolutions For 2019
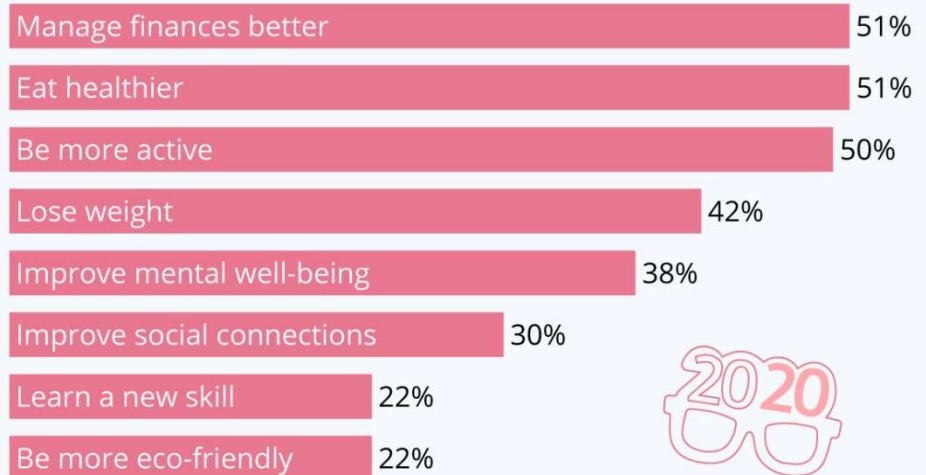
What U.S. people are wishing for the most in 2019

#	Resolution	%
1	Diet or eat healthier	71%
2	Exercise more	65%
3	Lose weight	54%
4	Save more and spend less	32%
5	Learn a new skill or hobby	26%
6	Quit smoking	21%
7	Read more	17%
8	Find another job	16%
9	Drink less alcohol	15%
10	Spend more time with family and friends	13%
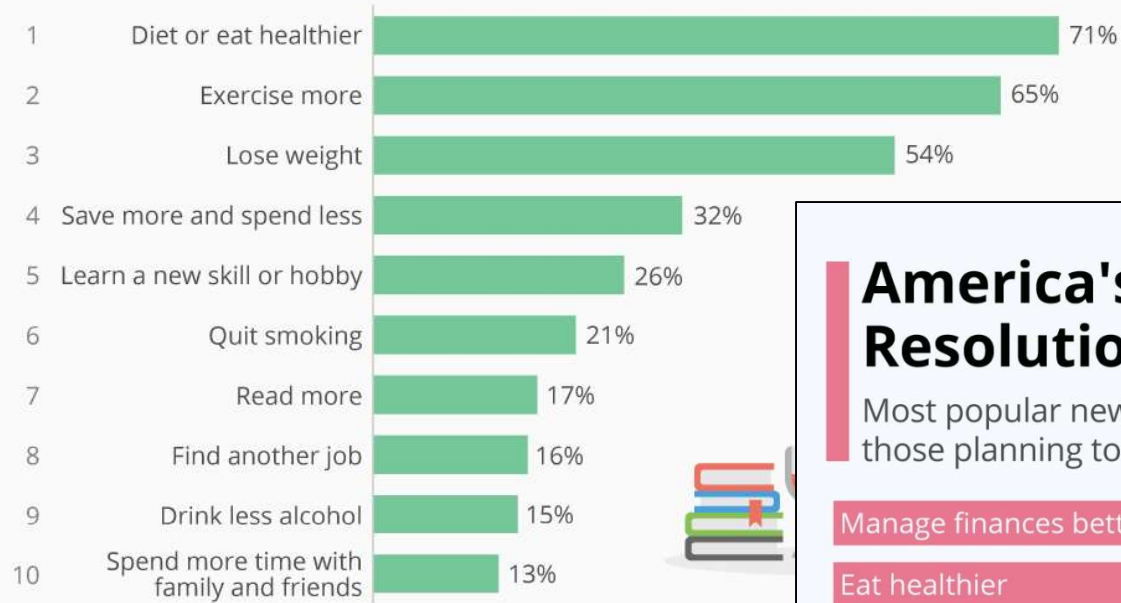
America's Top New Year's Resolutions for 2020

Most popular new year's resolutions among those planning to make one or several

Resolution	%
Manage finances better	51%
Eat healthier	51%
Be more active	50%
Lose weight	42%
Improve mental well-being	38%
Improve social connections	30%
Learn a new skill	22%
Be more eco-friendly	22%

2020

Ipsos   statista

Monika Kanokova

THIS YEAR WILL BE ~~THE SAME~~ ~~HARD~~ ~~NINE TO FIVE~~ ~~BORING~~ ~~ALRIGHT~~ ~~STRESSFUL~~ DIFFERENT

The insightful guide to becoming a freelancer

THINK
ACT
BELIEVE
LIKE
JESUS

BECOMING A NEW PERSON IN CHRIST

A COMPANION TO BELIEVE

RANDY FRAZEE
WITH ROBERT NOLAND

I AM JESUS

The Way and The Truth and The Life

No one comes to the Father except through Me.

John 14:6

"Baptism of the Lord"
First Sunday after Epiphany
Matthew 3:13-17; Mark 1:9-11; Luke 3:21-22

*He[Jesus] saw the Spirit of God descending like a dove alighting on him. ....
"It is proper for us to fulfill all righteousness." (Matthew 3:15)*

GALATIANS
CHRIST HAS SET US FREE

Part 1. With His Son in Us - Jan. 5
Part 2. Clothed with Christ - Jan. 12
Part 3. Blessing for the Gentiles - Jan. 19
Part 4. Servant Leaders with the Mind of Christ - Jan. 26
Part 5. Christ Sets Us Free - Feb. 2
Part 6. Keep in Steps with the Spirit - Feb. 9
Part 7. Fulfill the Law of Christ - Feb. 16
Part 8. Live as New Creation - Feb. 23

New Creation:
Rescued in the Present Evil Age

Galatians 3:26-4:7

How to Become the Child of God?

So in Christ Jesus you are all children of God through faith, for all of you who were baptized into Christ have clothed yourselves with Christ.
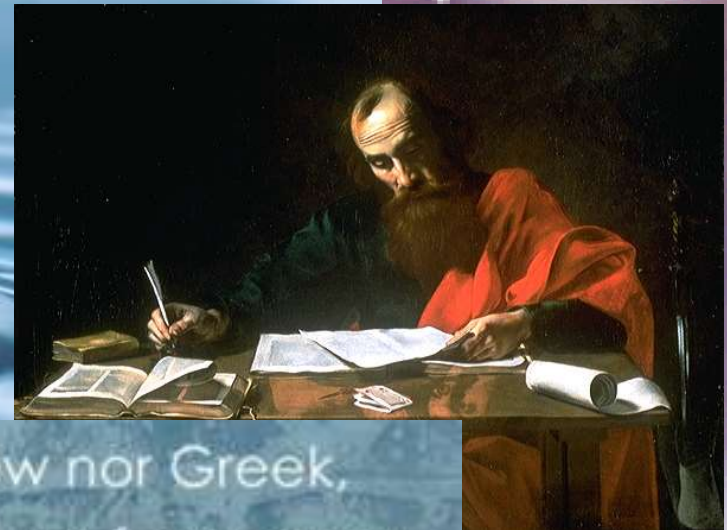
Galatians 3:26-27

For you are all the children of God by faith **in Christ Jesus.**

Galatians 3:26-4:7

The Importance of the Sacrament of Baptism

For ye are all the children of God by faith in Christ Jesus. For as many of you as have been baptized into Christ have put on Christ.

Galatians 3:26-27

There is neither Jew nor Greek, there is neither slave nor free person, there is not male and female; for you are all one in Christ Jesus

Galatians 3:26-4:7
Blessed Are You, Sons of Abraham
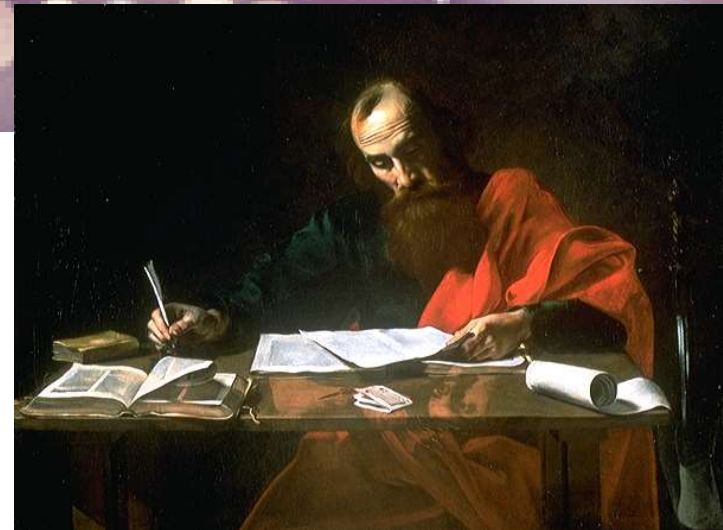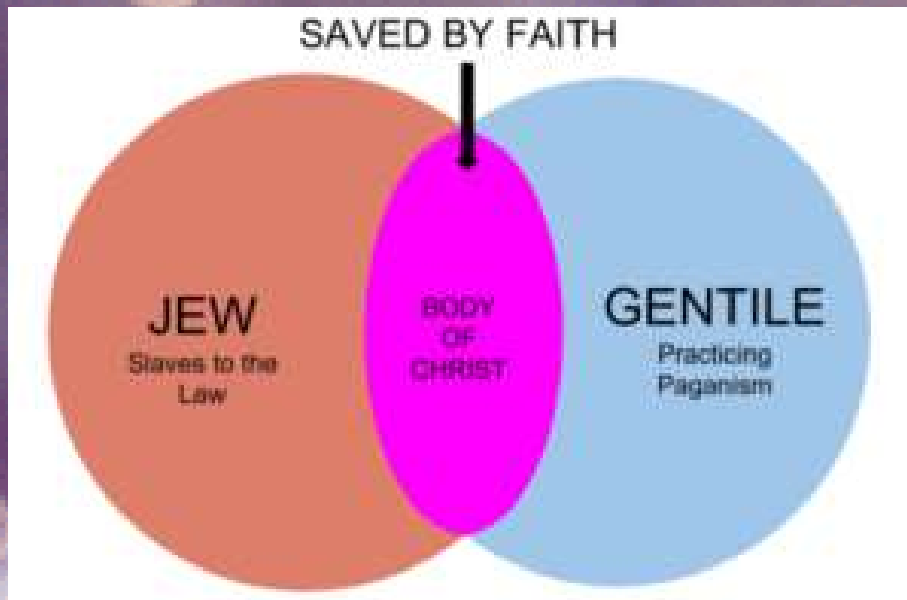
SAVED BY FAITH

JEW
Slaves to the Law

BODY OF CHRIST

GENTILE
Practicing Paganism

1. To fulfill all righteousness it is proper to do the works of the Lord <u>together</u>.

New Creation: Rescued from the Present Evil Age

Part 2. Clothed with Christ

1. To fulfill all righteousness it is proper to do the works of the Lord <u>together</u>.
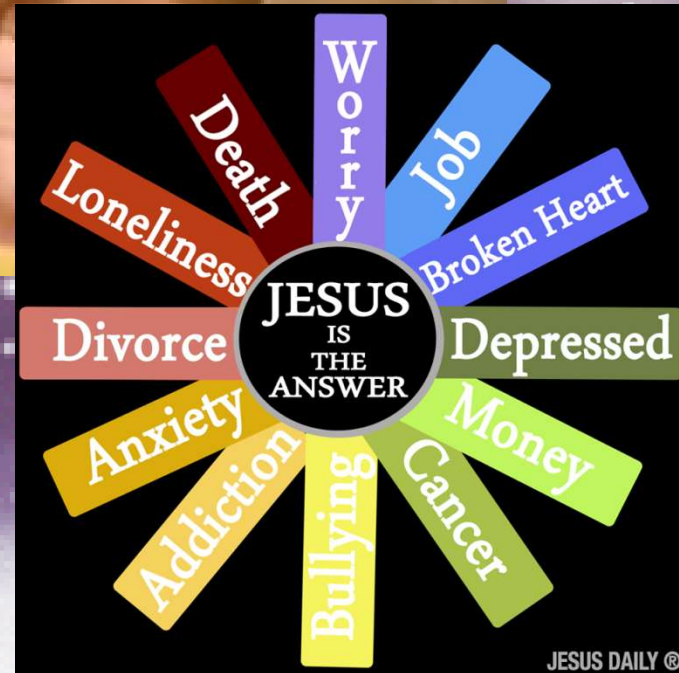

New Creation: Rescued from the Present Evil Age

Part 2. Clothed with Christ

2. Admit Jesus as the beloved <u>Son</u> of God.

New Creation: Rescued from the Present Evil Age

Part 2. Clothed with Christ

2. Admit Jesus as the beloved <u>Son</u> of God.

ACCEPT JESUS TODAY

Loneliness
Death
Worry
Job
Broken Heart
Divorce
JESUS IS THE ANSWER
Depressed
Anxiety
Addiction
Bullying
Cancer
Money

JESUS DAILY ®

New Creation: Rescued from the Present Evil Age

Part 2. Clothed with Christ

3. If you belong to Christ, then you are Abraham's seed, and the <u>heirs</u> according to the promise.

New Creation: Rescued from the Present Evil Age

Part 2. Clothed with Christ

3. If you belong to Christ, then you are Abraham's seed, and the <u>heirs</u> according to the promise.

And because you are sons,
God has sent forth the Spirit of His Son
into your hearts, crying out,
"Abba, Father!"
Therefore you are no longer
a slave but a son, and if a son,
then an heir of God through Christ.

Galatians 4:6-7

New Creation: Rescued from the Present Evil Age
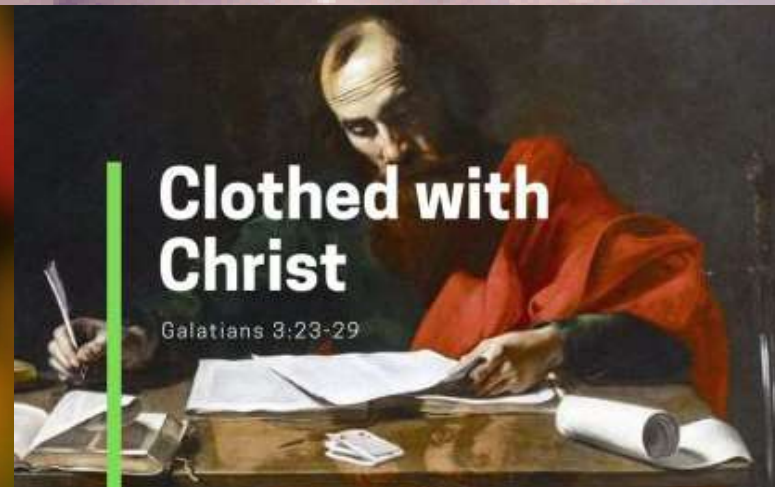
Part 2. Clothed with Christ

4. God sent his son, born of a woman, born under law, to redeem those under the law, so that we might receive the full <u>rights</u> of sons.

New Creation: Rescued from the Present Evil Age

Part 2. Clothed with Christ

4. God sent his son, born of a woman, born under law, to redeem those under the law, so that we might receive the full <u>rights</u> of sons.

So
you are no longer
a slave,
but God's child;
and since you are
his child,
God has made you
also an heir.
Galatians 4:7

Clothed with Christ
Galatians 3:23-29

New Creation: Rescued from the Present Evil Age

Part 2. Clothed with Christ

4. God sent his son, born of a woman, born under law, to redeem those under the law, so that we might receive the full _rights_ of sons.

"As in baptism [you] put on Christ, so in Christ may [you] be clothed with glory...."

"Service of Death and Resurrection"

Clothed with Christ

Galatians 3:23-29

Free from all forms of oppressions, slavery, and "time"

New Creation: Rescued from the Present Evil Age

Part 2. Clothed with Christ

4. God sent his son, born of a woman, born under law, to redeem those under the law, so that we might receive the full <u>rights</u> of sons.

BAPTISM

THE OLD HAS GONE...

...THE NEW HAS COME!

Clothed with Christ

Galatians 3:23-29

New Creation: Rescued from the Present Evil Age

Part 2. Clothed with Christ