

“Starting The New Year Right”

Lamentations 3:19-25

January 11, 2026

I. New beginnings require _____ in the new year.

“The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception.”

Proverbs 14:8 (NIV)

1. Most people _____ change.
2. Some people change the _____ things in life.

❖ Often it is not our circumstances or surroundings that need changing – it's _____!

“Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double minded.”

James 4:8 (NIV)

“Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?”

Matthew 7:3 (NIV)

3. People often need a _____ to make needed changes.

1. _____

2. _____

II. New beginnings require somethings to be _____ in the new year.

“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; ... Therefore, each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body... Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”

Ephesians 4:22-23, 25, 31 (NIV)

Name 3 specific things:

1. _____

2. _____

3. _____

III. New beginnings require somethings to be _____ in the new year.

“and to put on the new self, created to be like God in true righteousness and holiness.”

Ephesians 4:24 (NIV)

“So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”

Colossians 2:6-7 (NIV)

Name 3 specific things:

1. _____

2. _____

3. _____

IV. New beginnings require some good and beneficial things to be _____ in the new year.

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

Galatians 6:9 (NIV)

“But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it,”

2 Timothy 3:14 (NIV)

“And because of this I rejoice. Yes, and I will continue to rejoice,”

Philippians 1:18c (NIV)

Name 3 specific things:

1. _____

2. _____

3. _____

V. New beginnings need _____ power rather than just _____ power.

“Finally, be strong in the Lord and in his mighty power.”

Ephesians 6:10 (NIV)

“He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD WILL renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.”

Isaiah 40:29-31 (NIV)

❖ How often will you need God’s help in the new year?

“Because of the LORD’s great love we are not consumed,
for his compassions never fail. They are new every morning;
great is your faithfulness.”

Lamentations 3:22-23 (NIV)