

“Be Braced For the New Year”

January 18, 2026

1 Thessalonians 5:23

(TLB)

I. _____ that with God you can be better this year.

“Then he touched their eyes and said, “According to your faith let it be done to you”

Matthew 9:29 (NIV)

“I can do all this through him who gives me strength.”

Philippians 4:13 (NIV)

“For nothing is impossible with God.”

Luke 1:37 (NIV)

“for though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes.”

Proverbs 24:16 (NIV)

❖ Don’t allow past _____ to keep you from tomorrow’s _____.

II. Realize the need for growth and improvement in all _____ of your life.

“May the God of peace himself make you entirely pure and devoted to God; and may your spirit and soul and body be kept strong and blameless until that day when our Lord Jesus Christ comes back again.”

1. _____

- ❖ What should I do to improve my health?
- ❖ Am I doing anything with my body that dishonors God?

2. _____

“He who gets wisdom loves his own soul; he who cherishes understanding prospers.”

Proverbs 19:8 (NIV)

“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. My soul is downcast within me;”

Psalm 42:5-6a (NIV)

“In bitterness of soul, Hannah wept much and prayed to the Lord.”

1 Samuel 1:10 (NIV)

- ❖ What do I need to learn?
- ❖ What emotion is out of control?
- ❖ What areas of my soul have been hurt?

“he restores my soul. He guides me along the right paths for his name’s sake.”

Psalm 23:3a (NIV)

3. _____

“But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.”

2 Peter 3:18 (NIV)

“Take care to live in me and let me live in you. For a branch can’t produce fruit when severed from the vine. Nor can you be fruitful apart from me.”

John 15:4 (TLB)

Matthew 7:3 (NIV)

2) Stop _____ yourself.

“The lazy man is full of excuses. “I can’t go to work!” he says. “If I go outside, I might meet a lion in the street and be killed!”

Proverbs 22:13 (TLB)

IV. Control your _____.

“Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

Romans 12:2 (NIV)

- ❖ What would help me be closer to God?
- ❖ How am I serving God with my life?

III. Accept _____ for improving your life.

“So then, each of us will give an account of ourselves to God.”

Romans 14:12 (NIV)

1) Stop _____ others.

“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?”

V. Enjoy the _____,

“Rejoice in the Lord always. I will say it again: Rejoice!”

Philippians 4:4 (NIV)

“Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So, we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.”

2 Corinthians 4:16-18 (NIV)

“So don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.”

Matthew 6:34 (TLB)

VI. Don’t _____ doing what God says
do.

“Lazy people want much but get little, while the diligent are prospering.”

Proverbs 13:4 (TLB)