

# **A Resolution Is Not the Solution!**

## **The Antidote: *Believing* the Promises of God**

*By Robert J. Wieland*

Some reading this little tract are struggling to put bread on the table, pay the rent and put shoes on their children's feet. Many are good people in the world who want to live and let live, to be a help to their neighbors, but they live with a serious problem: they are victims of addiction.

Addictions take many forms: It may be an addiction to drugs; or the captivity of alcohol. In some cases, addiction to food (and weight is out of control), tobacco, illicit sex, unclean thoughts and imaginings, and on and on. All kinds of addictions assail us humans, and we seek the solution to our problem.

Come January 1 many believe that a New Year's resolution may help them, so they "resolve" in the next 12 months to rise above their addiction and conquer it. They promise themselves, and often their family, "This year I'm going to lick this problem!"

They are utterly sincere, and their hearts are in the right place; they mean well, and the Lord has pity on them. They just need to know the truth and to act on that truth, for Jesus said, "You will know the truth, and the truth will set you free" (John 8:32).\*

The truth is not the value of our own promises to do and to be good; our own promises are like "ropes of sand"; they sound good and our loved ones and friends hope that they will hold. But they don't.

Such promises and resolutions made to God are the famous Old Covenant: the children of Israel made the Old Covenant at Mount Sinai when they responded to God's promise that "you will be my chosen people" (Exodus 19:5) by saying, "We will do everything that the Lord has said" (verse 8).

Sounds good doesn't it? But the trouble with making promises to God is that it's "wonderful me" who makes the promises. The apostle Paul saw through the problem when he said, "A person becomes an enemy of God when he is controlled by his human nature; for he does not obey God's law, and in fact he cannot obey it" (Romans 8:7). The solution: stop relying on that "wonderful me" and begin relying on the promises of God.

## **Power in the Word of God**

There is power in the words of the Bible, for “the word of God is alive and active, sharper than any double-edged sword. It cuts all the way through, to where soul and spirit meet, ... It judges the desires and thoughts of man’s heart” (Hebrews 4:12). God is more than willing to listen to you call upon Him for help. But it’s only fair that you be serious.

Sinful as we are, weak in captivity to our addictions, we can “come” to Him and be honest; tell Him exactly how we feel. Possibly you have a hatred for someone you blame for your problems. Tell God all about; lay it all out before Him. He won’t zap you.

If you go see a doctor you’re usually in the waiting room a while; give the Lord Jesus some time, “waiting” on Him. He is the Divine Psychiatrist. Don’t run from Him. He can “tell” you more in a few minutes than you can learn from books in many hours.

## **God Has Promised to Heal You**

He has promised to heal you of your addictions, your obsessions, your fears; but He must have our cooperation. There comes the time when you *must* make the choice to give the evil thing up forever. But note carefully: Promise? No! Choose!

You realize that of yourself you are powerless to gain this victory. You must confess the truth. You’ll flounder around, making resolutions, breaking them, and sinking deeper into despair.

God never asks you to make good-for-nothing promises! God made seven grand promises to Abraham, but did not ask Abraham to promise Him anything in return. All that God wanted was for Abraham to *believe* His promises. (These promises are in Genesis 12:2, 3, and are listed at the end of this tract.)

## ***Believing the Truth***

The hardest thing you will ever have to do is to *believe* the truth, which is: (a) He loves you even if your parents never did; (b) He hears you; (c) He is faithful and won’t forsake you; (d) He wants you to call Him “Father” (Romans 8:15; Matthew 6:6-13).

Here’s the problem: the memory of your frequent failures to keep your promises makes you feel that you are no good and that God cannot accept you or

respect you. And that's horrible slavery. But take a look—there is a preamble to the Ten Commandments in verse 2 of Exodus 20 which says, “I am the Lord your God who brought you out of Egypt, where you were slaves.”

Instead of promising God you will do better, thank Him that He has promised to save you, that Christ has given Himself for you already and bought you with His blood, and that you are precious in His sight.

### **A Prayer to Pray May Go Like This**

“Father in heaven, thank You for giving me another year; thank You for loving me so much that You gave Your Son to me to be my Savior; yes, I do believe—but ‘help my unbelief.’” Those are the words of the distraught father in Mark 9:23, 24 whose son was devil afflicted; Jesus had promised him “all things are possible to him who believes.”

The poor father set the stage for all of us: “Lord, I believe” he responded; but then immediately begged for forgiveness (as must we), for he added, “help my unbelief” (*New King James Version*).

### **A Resolution Is Not Your Solution; A Choice and a Prayer Is**

---

#### **God's Seven Promises to Abraham**

“[1] I will give you many descendants, [2] and they will become a great nation. [3] I will bless you and make your name famous, [4] so that you will be a blessing. [5] I will bless those who bless you, [6] but I will curse those who curse you. [7] And through you I will bless all the nations.”

---

\* Bible texts are from the *Good News Bible: Today's English Version*, except as noted.