

New Year's Resolutions

The Babylonians, are believed to be the first people to make New Year's resolutions, some 4,000 years ago. They were done as promises made to the gods in hopes of having a good year. The Romans followed suit by offering sacrifices and making promises of good conduct to their deity Janus. For Christians, this first day of a new year became a time to reflect on past mistakes and resolve to do better. Today, the religious aspect of resolutions has all but disappeared and most are focused on self-improvement in general.

What are your New Year's Resolutions?

2021 Resolutions:

1. _____
2. _____
3. _____
4. _____
5. _____



Did you know? by the 1740s, the Methodist church had a practice of holding renewal services on Dec. 31. Also known as watch night services, they included readings from Scriptures and hymn singing, and served as a spiritual alternative to the raucous celebrations normally held to celebrate the coming of the new year.

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