

Jonathan Edwards' Resolutions

“Being aware that I am unable to do anything without God’s help, I do humbly ask him by his grace to enable me to keep these Resolutions, so far as they are agreeable to his will, for Christ’s sake.” –J. Edwards

Remember to read over these Resolutions once a week.

Monday: Overall Life Mission

1. Resolved, that I will do whatsoever I think to be most to God’s glory, and my own good, profit and pleasure, in the whole of my duration, without any consideration of the time, whether now, or in the future. Resolved to do whatever I think to be my duty and most for the good and advantage of mankind in general. Resolved to do this regardless of whatever great and many difficulties I meet with.
2. Resolved, to be continually trying to find out some new ways to promote the things above.
3. Resolved, If I ever find myself becoming disinterested in keeping these resolutions, I vow to turn back as soon as I realize it, and do everything I can to remember and keep them.
4. Resolved, to never do anything, in thought or deed, whether it be a big thing or a little thing, except to do that which brings honor and glory to God. I will also stay away from those things that do not honor God as much as I possibly can, and whenever possible, I will try to put a stop to activities that bring God dishonor.
6. Resolved, to live with all my might and passion as long as I live.
22. Resolved, to live my life in this world in such a way as to bring me the most happiness in the world to come.
62. Resolved, never to do anything but duty; and then according to [Eph. 6:6-8](#), do it willingly and cheerfully as unto the Lord, and not to man, doing the will of God from the heart.

Tuesday: Good Works

11. Resolved, if I ever have a thought on a perplexing theological issue, I vow to always do whatever I can, as far as circumstances permit, to attempt to solve that question.

13. Resolved, to continuously remind myself to have a spirit of generosity, and to always be on the lookout for opportunities to help or give to those in need, such as the poor, widows, orphans, sick, or disabled.

69. Resolved, always to do that, which I shall wish I had done when I see others do it.

Wednesday: Time Management

5. Resolved, to realize the importance of the time I have been given by God. I vow to never lose one moment to worthless activities, but constantly think of ways to make the most of the time I have.

7. Resolved, never to do anything, which I should be afraid to do, if it were the last hour of my life, and I were to face the judgment.

17. Resolved, that I will live a life in such a way that I will not have any regrets when I die.

18. Resolved, to live in a manner consistent with the way I know I should when I am thinking spiritual thoughts and contemplating eternal truths.

19. Resolved, to live in such a way, that I will always consider each moment of my life as if it were my very last.

37. Resolved, to ask myself every night, as I am going to bed, where I have been negligent, what sin I have committed, and where I have denied myself: also at the end of every week, month and year.

40. Resolved, to ask myself every night, before I go to bed, whether I have acted in the best way I possibly could, with respect to eating and drinking.

41. Resolved, to ask myself at the end of every day, week, month and year, where I could possibly in any respect have done better.

50. Resolved, I will act in such a way so that when I look back on my life from heaven I shall see that I acted with wisdom and love.

51. Resolved, that I will act in such a way so, in every respect, as I think I shall wish I had done, if I should at last be damned to eternal Hell.

52. I frequently hear persons in old age say how they would live, if they were to live their lives over again: Resolved, that I will live my life to the fullest, supposing I live to old age.

55. Resolved, to try my best to act as if I had already seen the happiness of heaven, and hell's torments.

61. Resolved, that I will not give way to distractions from the world which I find takes my focus off living a God-pleasing life and spiritual practices like prayer and study of Scripture.

Thursday: Relationships

14. Resolved, never to do anything out of revenge.
15. Resolved, never to be in the least bit angry with irrational people or animals.
16. Resolved, to never say anything that will bring slander or dishonor to another person, with the rare exception that by doing this it will bring about the greater good.
31. Resolved, never to say anything at all against anybody, except when it is without question to the highest degree of Christian honor, and of love to mankind, and always with the lowest humility. I first need to think of my own faults and failings, and the golden rule.
33. Resolved, always to do what I can towards making, maintaining, establishing and preserving peace, when it can be done without compromising Biblical truths.
34. Resolved, when I speak to others to never to speak anything but the pure and simple truth.
36. Resolved, never to speak evil of anyone, except on a rare occasion when I have some specific and careful reason for it.
46. Resolved, never to be embarrassed at my father or mother. Resolved never to let my outward appearance or my speech in any way dishonor them.
58. Resolved, in my conversations with others not to be unkind, or worrisome, or angry, but have an attitude of love, cheerfulness and joy.
59. Resolved, when I am provoked to be bad-tempered or angry that I will strive most to feel and act good-naturedly; however I know that there are certain times when anger needs to be expressed constructively.
66. Resolved, that I will try always to be gentle and kind with all people, except it should so happen that pastoral duty requires otherwise.
70. Let there be something of kindness and charity in everything that I say.

Friday: Suffering

9. Resolved, to always remind myself that this physical life is temporary, and that death could come at any moment...I will think about questions like this: "What will people think of me when I'm gone?"... "What will they write on my tombstone?" .

10. Resolved, that whenever I experience physical pain, I will remind myself of those who are suffering for the sake of Christ, and also to remind myself of the great mercies of God which saved me from the justice of eternal punishment in hell. I do this to increase my compassion for those who need Christ and motivate me to share the message of the gospel to those that do not believe.

67. Resolved, after I have had pain and suffering, to ask if I am the better for it, what good I have benefitted by them, and what I might have benefitted by them.

57. Resolved, when I fear misfortunes and adversities, to examine whether I have done my duty, and resolve to do it. God providentially orders all things, so I will as far as I can, be concerned about nothing but my duty and my sin.

Saturday: Character

8. Resolved, to live with the understanding that I am no better than the most wicked person to ever live. I vow to allow this attitude to remind me that I am constantly in need of confession and God's mercy.

12. Resolved, that if I find myself taking prideful pleasure in the contemplating or solving of theological mysteries, that I will immediately stop and think about something else.

21. Resolved, never to do anything, which if I should see it being done in another, I should think it was a mean or unkind thing to do.

32. Resolved, to be strictly and firmly faithful to what God has given me to do, so that in [Prov. 20:6](#), "A faithful man who can find?" may not be partly, but fully, fulfilled in me.

47. Resolved, to try my best to deny whatever does not lead to a good, and universally sweet and benevolent, quiet, peaceable, contented, easy, compassionate, generous, humble, meek, modest, submissive, obliging, diligent and industrious, charitable, even, patient, moderate, forgiving, sincere spirit. In fact I should seek out those good things that will allow me to grow this spirit. Examine strictly every week, whether I have done so.

54. Whenever I hear anything spoken in conversation of any person, if I think it would be praiseworthy in me, Resolved to try to imitate it.

63. Although I know that only Jesus Christ was a complete Christian, beautiful in His holiness, and excellent in His character, yet I Resolve, to act just as I would do, if I strove with all my might to be like Jesus in my own time. *Jan. 14 and July 3, 1723.*

27. Resolved, never willfully to omit anything, except the omission be for the glory of God; and frequently to examine my omissions.

39. Resolved, never to do anything that falls into a gray area, so that if I look back on it later, I won't have regret for having done it.

20. Resolved, to maintain the strictest restraint in eating and drinking.

Sunday: Spiritual Life

Assurance

25. Resolved, to examine carefully, and constantly, what that one thing in me is, which causes me in the least to doubt of the love of God; and to direct all my forces against it.

26. Resolved, to cast away such things, as I find that question my assurance.

48. Resolved, constantly, with the utmost niceness and diligence, and the strictest scrutiny, to be looking into the state of my soul, that I may know whether I have truly an interest in Christ or no; that when I come to die, I may not have any negligence respecting this to repent of.

49. Resolved, that this never shall be, if I can help it.

The Scriptures

28. Resolved, to study the Scriptures so steadily, constantly and frequently, as that I may find, and plainly perceive myself to grow in the knowledge of the same.

Prayer

29. Resolved, never to count that a prayer, nor to let that pass as a prayer, nor that as a petition of a prayer, which is so made, that I cannot hope that God will answer it; nor that as a confession, which I cannot hope God will accept.

64. Resolved, when I find those “groanings which cannot be uttered” ([Rom. 8:26](#)), of which the Apostle speaks, and those “breakings of soul for the longing it has,” of which the Psalmist speaks, [Psalm 119:20](#), that I will promote them to the utmost of my power, and that I will not be weary of earnestly trying to express my desires, nor tire of the repetitions of such earnestness of heart.

The Lord's Day

38. Resolved, never to speak anything that is ridiculous, playful, or matter of laughter on the Lord's day.

Alive to Righteousness

30. Resolved, to strive to my utmost every week to be brought higher in religion, and to a higher exercise of grace, than I was the week before.

42. Resolved, frequently to renew the dedication of myself to God, which was made at my baptism; which I solemnly renewed, when I was received into the communion of the church.

43. Resolved, never henceforward, till I die, to act as if I were any way my own, but entirely and altogether God's.

44- Resolved, that no other end but religion, shall have any influence at all on any of my actions; and that no action shall be, in the least circumstance, any otherwise than the religious end will carry it.

45. Resolved, never to allow any pleasure or grief, joy or sorrow, nor any affection at all, nor any degree of affection, nor any circumstance relating to it, but what helps religion.

Mortification of Sin and Self Examination

23. Resolved, to frequently look back on my actions, and if it was not done for the glory of God, to confess it and not do it anymore.

24. Resolved, whenever I do any obviously evil action, to trace it back, till I come to the original cause; and then both carefully try to do so no more, and to fight and pray with all my might against the original cause of it.

35. Resolved, whenever my conscious calls into question what I have done, so that I have no inner peace, I will write it down and also how it was resolved.

60. Resolved, whenever my feelings begin to appear in the least out of order, when I am conscious of the least uneasiness within, or the least irregularity without, I will then subject myself to the strictest examination.

68. Resolved, to confess frankly to myself all that which I find in myself, either laziness or sin; and, if it be what concerns religion, also to confess the whole case to God, and beg him for needed help. *July 23 and August 10, 1723.*

56. Resolved, never to give over, nor in the least to slacken my fight with my sinful nature, however unsuccessful I may be.

Communion with God

53. Resolved, to improve every opportunity, when I am in the best and happiest frame of mind, to cast my soul on the Lord Jesus Christ, to trust and confide in him, and consecrate myself wholly to him; that from this I may have assurance of my safety, knowing that I confide in my Redeemer.

65. Resolved, with the greatest openness I am capable of, to declare my ways to God, and lay open my soul to him: all my sins, temptations, difficulties, sorrows, fears, hopes, desires, and every thing, and every circumstance; all the days of my life.