

DEPENDENT *by* Design

PRAYING THE RESOLUTIONS *of*
JONATHAN EDWARDS



*“Being sensible that I am unable to do
anything without God’s help...”*

— JONATHAN EDWARDS

Dependent by Design:

**Praying the Resolutions of Jonathan
Edwards**

*“Being sensible that I am unable to do anything without God’s
help...”*

—Jonathan Edwards

Introduction

In his late teens and early twenties, Jonathan Edwards, a young pastor and theologian in colonial New England, began writing a series of personal resolutions. These were not casual intentions or vague ideals. They were serious, specific, and deeply spiritual commitments, crafted to shape every part of his life under the rule of Christ.

Over time, he wrote seventy such resolutions, covering everything from the use of time and speech to the pursuit of holiness, humility, and joy. He resolved to live with eternity in view, to examine his heart regularly, and to love and serve others with Christlike charity. He even committed to reviewing these resolutions weekly, lest they slip from his conscience.

And yet, for all their rigor, Edwards never mistook these resolutions for the source of his strength or righteousness.

“Being sensible that I am unable to do anything without God’s help, I do humbly entreat him by his grace to enable

me to keep these Resolutions, so far as they are agreeable to his will, for Christ's sake."

This opening is no mere disclaimer. It is a vital foundation. Edwards knew, as Jesus taught, "Apart from me you can do nothing" (John 15:5). He knew that "it is God who works in you, both to will and to work for His good pleasure" (Philippians 2:13). And he knew that any true obedience must begin and end in dependence upon the Lord.

There is a great danger hidden within even our most sincere efforts to live faithfully: the subtle pull toward self-reliance. We see a need for change, or for greater devotion, or deeper holiness, and we resolve to do better. But without meaning to, we can begin trusting in our own willpower rather than in the power of God. Our resolutions, though noble in content, can become monuments to our self-effort instead of instruments of God's transforming grace.

For that reason, we offer this devotional as a prayerful companion to *The Resolutions of Jonathan Edwards*. Each resolution has been paired with a Scripture-rooted prayer—not as a declaration of what we will do, but as a petition: a heartfelt request to our gracious Father to work in us what we could never accomplish on our own.

These prayers are not intended to be read once and left behind, nor are they merely devotional readings to be admired at a distance. They are meant to be *springboards*—helps to lift your own soul in prayer. Use them slowly. Linger where the Spirit convicts you. Add your own confessions, requests, and thanksgiving. Let them give

voice to your longing for holiness, and let them carry you further into the presence of God.

They are meant to shape us, not by the strength of our own resolve, but by the renewing grace of God. As Scripture says, *“Not by might, nor by power, but by my Spirit, says the LORD of hosts”* (Zechariah 4:6).

May these prayers lead us not to boast in our will, but to rest in Christ. May they form in us a life of humble dependence, joyful obedience, and daily communion with the God who alone is able to make us stand.

“Let the one who boasts, boast in the Lord.” (1 Corinthians 1:31)

Resolution 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 never so many myriads of ages hence. 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, whatever difficulties I meet with, how many and how great soever.

Prayer

O Lord my God,

I desire to live for Your glory, not just for a moment, but for all the days You grant me. Help me to seek Your honor above my own comfort, to trust that my truest good is found in pleasing You, and to labor not only for myself but for the good of others. Teach me to weigh each moment in light of eternity and to love duty even when it is difficult. Strengthen me, for I am weak. Give me joy in obedience and perseverance in hardship. For Jesus' sake, cause me to live not for myself but for Him who died and rose again for me. Amen.

(1 Corinthians 10:31; Philippians 2:3-4; 2 Corinthians 5:15)



Resolution 2

Resolved, to be continually endeavoring to find out some new invention and contrivance to promote the aforementioned things.

Prayer

Father of wisdom,

Stir up in me a holy creativity. Let my mind be busy with thoughts of how to glorify You more fully and serve others more fruitfully. Keep me from spiritual laziness and stale routines. Help me not to settle for what is easy or comfortable. Give me insight, energy, and zeal to discover new ways to love my neighbor and magnify Your name. And if my thoughts are not from You, correct me gently. Let my ingenuity

be Spirit-led, my ambition be kingdom-minded, and my strength be found in Your grace. Amen.

(Proverbs 16:3; Romans 12:11; James 1:5)



Resolution 3

Resolved, if ever I shall fall and grow dull, so as to neglect to keep any part of these Resolutions, to repent of all I can remember, when I come to myself again.

Prayer

Gracious God,

You know how prone I am to grow cold, distracted, and forgetful. When I fall, do not let me stay there. When I grow dull, awaken me. Lead me quickly to repentance, and do not let shame keep me from Your mercy. Grant me the grace to remember where I have strayed and the honesty to confess it. Restore to me the joy of Your salvation and renew a steadfast spirit within me. Teach me to hate my sin without despairing and to trust Your cleansing grace more than I trust my own resolve. Amen.

(Psalm 51:10-12; Luke 15:17-20; 1 John 1:9)



Resolution 4

Resolved, never to do any manner of thing, whether in soul or body, less or more, but what tends to the glory of God; nor be, nor suffer it, if I can avoid it.

Prayer

Lord of heaven and earth,

Let everything I do, think, or say be aimed at Your glory. Guard my soul and body from anything that dishonors You, whether great or small. Help me not to tolerate sin in myself or in the patterns of my life. Give me discernment to recognize what does not glorify You and the courage to turn from it. Keep me watchful over my habits and choices, and when I am tempted to compromise, deliver me. May Christ be magnified in every part of me, both in life and in death. Amen.

(1 Corinthians 10:31; Romans 12:1; Philippians 1:20)



Resolution 5

Resolved, never to lose one moment of time; but improve it the most profitable way I possibly can.

Prayer

Eternal God,

Teach me to number my days, that I may gain a heart of wisdom. Let me not waste the time You have given, but redeem each moment for what is truly valuable. Help me to set aside idle distractions and to pursue what is good, beautiful, and lasting. Remind me that my time is not my own, and that every breath is a gift from You. Let me use it to serve, to love, to learn, to build, and to glorify You. Make me diligent, not anxious. Make me fruitful, not hurried. All my times are in Your hand. Amen.

(Psalm 90:12; Ephesians 5:15-16; Colossians 3:17)



Resolution 6

Resolved, to live with all my might, while I do live.

Prayer

Living God,

You have given me life, and breath, and all things. Let me not live half-heartedly or coast through my days. Fill me with zeal for what is good. Let me live with courage, conviction, and compassion. Keep me from apathy, from laziness, from indifference to Your calling. By Your Spirit, empower me to live each day with purpose, with energy, and with the joyful seriousness that comes from knowing Christ. Let me not fear the cost of obedience, nor shrink back from Your will. While I live, let me live fully for You. Amen.

(Galatians 2:20; Romans 12:11; 1 Corinthians 15:58)



Resolution 7

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

Prayer

Holy and righteous Father,

Keep me mindful that I live before Your face and that I do not know the hour of my death. Teach me to weigh every action and word in the light of eternity. Keep me from doing anything that I would fear to carry into my final hour. Make me sober-minded, not fearful, and

help me to walk each day in readiness, with a clear conscience and a heart set on Christ. Let me live in such a way that if today were my last, I would meet You in peace. Amen.

(Luke 12:35-40; 2 Corinthians 5:10; 1 John 2:28)



Resolution 8

Resolved, to act, in all respects, both speaking and doing, as if nobody had been so vile as I, and as if I had committed the same sins, or had the same infirmities or failings as others; and that I will let the knowledge of their failings promote nothing but shame in myself, and prove only an occasion of my confessing my own sins and misery to God.

Prayer

Merciful God,

Help me to see myself rightly. Let me not stand in judgment over others but remember that I am the chief of sinners. When I see the sins or weaknesses of others, let it drive me to humility, not pride. Let their failings be a mirror to my own heart and a reminder to confess my sin before You. Teach me compassion, gentleness, and the grace to restore others in love. Keep me low, and let the mercy I have received make me merciful in return. Amen.

(Luke 18:13; 1 Timothy 1:15; Galatians 6:1)



Resolution 9

Resolved, to think much on all occasions of my own dying, and of the common circumstances which attend death.

Prayer

Lord of life and death,

Teach me to number my days, that I may live wisely and not waste the time You have given. Let the thought of death not fill me with fear, but with reverence and readiness. Keep before me the reality that this world is passing, and that I must give account before You. Help me to live with my eyes fixed on what is eternal. May the frailty of this life press me into deeper trust in Christ, who has conquered the grave. Amen.

(Hebrews 9:27; Psalm 90:12; Ecclesiastes 7:2)



Resolution 10

Resolved, when I feel pain, to think of the pains of martyrdom, and of hell.

Prayer

Lord, my refuge and strength,

When I suffer, remind me of the suffering of others who have endured faithfully for Your name. Let the pains I feel draw my mind to the greater pains borne by Christ for my redemption, and to the eternal judgment from which You have saved me. Teach me not to waste my afflictions but to let them drive me deeper into gratitude, compassion, and faith. Strengthen me to endure hardship with patience and to comfort others with the comfort I have received. Amen.

(2 Corinthians 1:5-7; Romans 8:18; Hebrews 11:36-38)



Resolution 11

Resolved, when I think of any theorem in divinity to be solved, immediately to do what I can towards solving it, if circumstances don't hinder.

Prayer

God of all wisdom,

When You stir my heart with thoughts of Your truth, let me not delay or grow lazy in seeking You. Give me a spirit that delights to understand Your Word and a mind that hungers for sound doctrine. Help me not to let distractions steal the opportunity to grow in the knowledge of Christ. Give me diligence and discipline to pursue what is true, and protect me from pride or fruitless speculation. Let all my study lead me to worship. Amen.

(Proverbs 2:1-6; 2 Timothy 2:15; Colossians 1:9-10)



Resolution 12

Resolved, if I take delight in it as a gratification of pride, or vanity, or on any such account, immediately to throw it by.

Prayer

Father, search my heart and know my thoughts.

If I take pleasure in something merely to feed my pride, or to gain praise from men, convict me quickly. Let me not cling to anything that flatters my ego or distracts from Your glory. Help me to hold loosely the things of this world and to cast away whatever feeds my vanity. Make me content to be small in the eyes of men, as long as I

am found faithful in Your sight. Teach me to boast only in the cross of Christ. Amen.

(Galatians 6:14; Psalm 139:23-24; Matthew 6:1)



Resolution 13

Resolved, to be endeavoring to find out fit objects of charity and liberality.

Prayer

Gracious Lord,

Open my eyes to the needs around me. Make me eager and ready to give. Let me not wait to be asked, but help me to seek out those who are in need. Give me a generous heart that delights in giving, not reluctantly or under compulsion, but cheerfully and freely. Let my giving reflect the lavish grace I have received in Christ, who though He was rich, became poor for my sake. Make me a faithful steward of all You've entrusted to me. Amen.

(2 Corinthians 9:7-9; Acts 20:35; Proverbs 19:17)



Resolution 14

Resolved, never to do anything out of revenge.

Prayer

Righteous and merciful God,

You have shown me mercy when I deserved wrath. Keep me from every desire to repay evil with evil. When I am wronged, let me remember the cross of Christ, where vengeance was turned to grace. Guard my heart from bitterness and teach me to leave justice in Your hands. Give me the power to forgive, as I have been forgiven. Let me overcome evil with good, and entrust all things to You, who judge justly. Amen.

(Romans 12:19-21; 1 Peter 2:23; Matthew 6:14-15)



Resolution 15

Resolved, never to suffer the least motions of anger to irrational beings.

Prayer

Patient Father,

You are slow to anger and abounding in steadfast love. Teach me to be like You, even in the smallest matters. When I am frustrated with things that cannot reason or respond—whether animals, objects, or circumstances—give me grace to respond with peace. Deliver me from irritation that reveals a restless heart. Make me gentle, self-controlled, and slow to speak. Conform my temper to the gentleness of Christ. Amen.

(Proverbs 14:29; James 1:19-20; Galatians 5:22-23)



Resolution 16

Resolved, never to speak evil of anyone, so that it shall tend to his dishonor, more or less, upon no account except for some real good.

Prayer

Lord, set a guard over my lips.

Keep me from speaking words that tear down rather than build up. Let me not dishonor others with my tongue, even when I think they deserve it. Teach me to speak with grace, truth, and restraint. If I must speak hard things, let it be for healing, not harm—for restoration, not revenge. Let no corrupting talk come from my

mouth, only what is useful to edify and bless. Make me a peacemaker with my words. Amen.

(Ephesians 4:29; James 3:9-10; Proverbs 15:1)



Resolution 17

Resolved, that I will live so as I shall wish I had done when I come to die.

Prayer

Eternal God,

Help me to live now with the end in view. Let me not waste the precious time You have given, nor leave undone the good I ought to do. Grant me the wisdom to measure each day by eternity, and to walk in a manner that will bring no regret when I stand before You. Teach me to live by faith, to love sacrificially, and to pursue holiness with joy. May my life be a testimony of Your grace, and may my death be peace in Christ. Amen.

(Psalm 90:12; 2 Timothy 4:7-8; Ecclesiastes 12:13-14)



Resolution 18

Resolved, to live so at all times, as I think is best in my devout frames, and when I have clearest notions of things of the gospel, and another world.

Prayer

Lord, give me a heart that longs to live always in the light of eternity. You grant moments of clarity when the beauty of the gospel and the glory of heaven seem near. Help me not to waste those moments. Teach me to live every day as I would when my affections are stirred and my mind is fixed on Christ. Let me not drift into forgetfulness or be led by feelings, but ground me in truth. Make my daily walk reflect what I know to be true when my heart is most awake to You. Amen.

(Colossians 3:1-2; 2 Corinthians 4:18; 1 Peter 1:13)



Resolution 19

Resolved, never to do anything, which I should be afraid to do, if I expected it would not be above an hour, before I should hear the last

trump.

Prayer

O Lord, the Judge of all the earth,

Let me live every hour in readiness to meet You.

If Christ were to return today, or if my life were to end, let me be found walking in the light. Teach me to weigh each decision in view of Your coming. Remove all false security, and lead me to live in holy fear and joyful hope. Grant me a clear conscience and a heart that longs to see the face of Jesus. Let me walk as one ready to be called home. Amen.

(Matthew 24:44; 1 Thessalonians 5:6; 1 John 3:2-3)



Resolution 20

Resolved, to maintain the strictest temperance in eating and drinking.

Prayer

Father, You have given food and drink for our good,
but my heart is so quick to misuse Your gifts.

Teach me self-control. Let me not be ruled by appetites but by Your Spirit. Help me to receive what You provide with thankfulness and

use it with wisdom. Keep me from excess, indulgence, or neglect, and let all my habits reflect that my body belongs to You. May even my eating and drinking be done for Your glory. Amen.

(Proverbs 25:28; 1 Corinthians 9:27; 1 Corinthians 10:31)



Resolution 21

Resolved, never to do anything, which if I should see in another, I should count a just occasion to despise him for, or to think any way the more meanly of him.

Prayer

Lord, make me honest in how I view myself and others.

Let me not permit in myself what I would judge in another. Expose my hypocrisy and cleanse me from pride. Give me integrity of heart, that I may live before You and not merely for the eyes of men. Teach me to be slow to condemn others and quick to examine my own soul. Let me walk in the same grace by which I hope to be judged. Amen.

(Matthew 7:1-5; Romans 2:1-3; Psalm 139:23-24)



Resolution 22

Resolved, to endeavor to obtain for myself as much happiness, in the other world, as I possibly can, with all the power, might, vigor, and vehemence, yea violence, I am capable of, or can bring myself to exert, in any way that can be thought of.

Prayer

O God, my exceeding joy,
Stir up in me a holy ambition to seek my eternal happiness in You alone. Let me not settle for lesser pleasures or live as if this world were my home. Give me a heart that pursues heaven with all my strength. Let me strive for that crown that does not fade, and labor for the joy set before me. Teach me to seek first Your kingdom, to hunger for righteousness, and to run with endurance the race marked out for me. Make Christ my treasure, and everlasting joy my goal. Amen.

(Matthew 11:12; Philippians 3:13-14; Hebrews 12:1-2)



Resolution 23

Resolved, frequently to take some deliberate action, which seems most unlikely to be done, for the glory of God, and trace it back to the original intention, designs and ends of it; and if I find it not to be for God's glory, to repute it as a breach of the 4th Resolution.

Prayer

Lord, You know the secret motives of the heart.

I ask You to help me walk with integrity before You, not only in what I do, but in why I do it. When I act boldly or in unusual ways, help me to examine whether my purpose is truly to glorify You. Expose any hidden pride or self-promotion. If my motives are off, bring conviction, and lead me to repentance. Teach me to be watchful over my intentions, and to live with an undivided heart that longs only for Your honor. Amen.

(Proverbs 21:2; 1 Corinthians 4:5; Psalm 86:11)



Resolution 24

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

Prayer

Holy and gracious God,

When I sin, do not let me stop at outward repentance. Lead me to the root. Show me where the evil began—in my thoughts, my desires, my neglect of prayer. Teach me to hate not only the fruit, but the root of sin. Give me grace to trace it back honestly and to fight it fiercely at its source. Strengthen me to watch and pray, to put off the old self, and to walk in the Spirit. Let no sin have dominion over me. Amen.

(James 1:14-15; Romans 13:14; Psalm 19:12-13)



Resolution 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.

Prayer

Father of mercies,

Your steadfast love never ceases, yet my heart is often slow to believe it. Show me what keeps me from resting fully in Your love. Whether it is guilt, fear, pride, or unbelief, bring it into the light. Let me not live with lingering doubts about Your goodness. Help me to fight every lie with Your truth, and to root my confidence in Christ

crucified and risen. Let nothing cloud the beauty of Your grace.
Teach me to abide in Your love. Amen.

(Romans 8:32-39; Psalm 94:19; John 15:9)



Resolution 26

Resolved, to cast away such things, as I find do abate my assurance.

Prayer

Faithful Lord,

You have given me great and precious promises, and yet I often let my assurance slip through the fingers of distraction and sin. Show me the things in my life that cloud my confidence in Your love—habits that dull my affections, thoughts that turn my gaze inward, influences that weaken my faith. Give me the courage to cast them away. Let me not cling to anything that keeps me from the joy of walking in the light. Restore to me the full assurance of hope, rooted in Christ alone. Amen.

(Hebrews 10:22; 1 John 3:21; Romans 8:15-16)



Resolution 27

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

Prayer

O Lord, who sees all things,

You know not only what I do, but what I leave undone. Forgive me for when I shrink from obedience out of fear, laziness, or indifference. Teach me to be faithful in what You have called me to, and to examine not only my sins of commission, but of omission. Let me not excuse neglect where You require action. Give me a heart that seeks Your glory in every decision, and grant me wisdom to discern when not acting is itself an act of obedience. Amen.

(James 4:17; Ecclesiastes 11:4; Luke 12:47)



Resolution 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

God of truth,

You have spoken in Your Word, and in it is life and light. Help me to approach the Scriptures not as a burden, but as a treasure. Make me steady, constant, and eager in study, and let it not be in vain. Show me real growth in understanding, deeper insight into Christ, and increasing joy in Your truth. Guard me from reading without reflection, or learning without love. Let Your Word dwell in me richly, shaping my thoughts, renewing my mind, and conforming me to Christ. Amen.

(Psalm 119:105; 2 Timothy 3:16-17; Colossians 3:16)



Resolution 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.

Prayer

Lord, who hears the prayers of Your people,

Keep me from hollow words and careless confessions. Let my prayers be offered with faith, not formality. Teach me to pray in a way that truly seeks You and believes that You are the rewarder of those who do. Keep me from asking what I do not trust You to answer, and from confessing sin without a heart of repentance. Let my prayers be real, reverent, and rooted in Your promises. Help me to come boldly, sincerely, and humbly before Your throne of grace. Amen.

(Hebrews 11:6; James 1:6-8; Psalm 51:17)



Resolution 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.

Prayer

Father, who begins and completes every good work in me,
Do not let me be content with yesterday's progress. Draw me closer to Christ week by week. Let me grow in love, in faith, in patience, in holiness. Grant me a deeper knowledge of You and a fuller experience of Your grace. Let me not measure myself by others, but

by what You have made me to be in Christ. Empower me to strive with diligence and joy, pressing forward in the strength that You provide. Let each week be a step closer to glory. Amen.

(Philippians 3:12-14; 2 Peter 3:18; Colossians 1:10)



Resolution 31

Resolved, never to say anything at all against anybody, but when it is perfectly agreeable to the highest degree of Christian honor, and of love to mankind, agreeable to the lowest humility, and sense of my own faults and failings, and agreeable to the golden rule; often, when I have said anything against anyone, to bring it to, and try it strictly by the test of this Resolution.

Prayer

Lord, let the words of my mouth be pleasing in Your sight.

Keep me from speaking against others in pride, irritation, or carelessness. Let all my speech be ruled by humility, by love, and by the awareness of my own failings. If I must speak of another's faults, let it be only to build up, never to tear down. Help me to speak with the compassion and truth of Christ, and to judge my words as You do. Make me slow to speak, quick to repent, and eager to honor others above myself. Amen.

(Ephesians 4:29; Matthew 7:1-5; James 3:5-10)



Resolution 32

Resolved, to be strictly and firmly faithful to my trust, that that in Prov. 20:6, “A faithful man who can find?” may not be partly fulfilled in me.

Prayer

Faithful God,

You are true to all Your promises. Make me faithful in what You have entrusted to me. Let me be honest, reliable, and steadfast in all my duties—whether great or small. Let no one be disappointed in their trust because of my failure. Help me reflect Your faithfulness in how I serve, speak, and live. Let my life show that grace produces steadfastness, and that Christ makes men and women trustworthy. Amen.

(Proverbs 20:6; 1 Corinthians 4:2; Luke 16:10)



Resolution 33

Resolved, always to do what I can towards making, maintaining, establishing and preserving peace, when it can be without overbalancing detriment in other respects. Dec. 26, 1722.

Prayer

God of peace,

You have made peace with me through the blood of Christ. Help me to be a peacemaker in a world of conflict. Let me not stir up strife, nor hold grudges, nor speak harshly, but work with gentleness and wisdom to bring peace wherever possible. Give me discernment to know when peace is truly right and when it would come at the cost of truth or righteousness. Where peace can be made without sin, let me be the first to seek it, the first to forgive, and the first to extend grace. Amen.

(Matthew 5:9; Romans 12:18; Hebrews 12:14)



Resolution 34

Resolved, in narrations never to speak anything but the pure and simple verity.

Prayer

Lord, who delights in truth in the inward being,
Guard my lips from exaggeration, from shading the truth, from
careless or flattering speech. Let my words be honest and plain.
Teach me to value truth more than appearance, and to love the
simplicity of integrity. Keep me from adding to stories to impress or
omitting parts to protect myself. Make me a person who speaks what
is true, even when it is costly, and who reflects Your holiness in all I
say. Amen.

(Proverbs 12:22; Ephesians 4:25; Psalm 51:6)



Resolution 35

*Resolved, whenever I so much question whether I have done my
duty, as that my quiet and calm is thereby disturbed, to set it down,
and also how the question was resolved. Dec. 18, 1722.*

Prayer

Lord of my conscience,
When I am unsettled about whether I have done what is right, do not
let me rest until the matter is brought before You. Teach me to live
with a tender conscience, always ready to be corrected by Your Word.
Give me the wisdom to examine my ways and the humility to

acknowledge where I fall short. Help me to remember that peace of conscience comes not from perfection, but from faithfulness and repentance. Let me not ignore conviction, but follow it into light and truth. Amen.

(Acts 24:16; Romans 14:23; Psalm 139:23-24)



Resolution 36

Resolved, never to speak evil of any, except I have some particular good call for it. Dec. 19, 1722.

Prayer

Father,

Teach me to speak with charity and restraint. Let me not speak evil of anyone unless love and truth require it, and even then, let my words be measured and pure. Keep me from slander, gossip, or careless criticism. Let my speech reflect a heart that knows its own faults and has received much mercy. When it is necessary to speak hard truths, let it be for correction, not contempt—for building up, not tearing down. Guard my tongue by the power of Your Spirit. Amen.

(Titus 3:2; James 4:11; Proverbs 15:4)



Resolution 37

Resolved, to inquire every night, as I am going to bed, wherein I have been negligent, what sin I have committed, and wherein I have denied myself: also at the end of every week, month and year. Dec. 22 and 26, 1722.

Prayer

Search me, O God, and know my heart.

As I lie down to sleep, help me to reflect on the day with honesty and humility. Show me where I have been careless, where I have sinned, and where, by Your grace, I have denied myself for the sake of Christ. Let each day end not with self-condemnation, but with confession, repentance, and trust in Your mercy. Teach me to number my days and to walk wisely, redeeming the time. Shape my soul by daily reflection and deepen my dependence on You. Amen.

(Psalm 139:23-24; Lamentations 3:40; 2 Corinthians 13:5)



Resolution 38

Resolved, never to speak anything that is ridiculous, sportive, or matter of laughter on the Lord's day. Sabbath evening, Dec. 23, 1722.

Prayer

Lord of the Sabbath,

You have set apart one day in seven for holy rest and joyful worship. Let my heart not treat it lightly. Keep me from words that cheapen the sacred or distract from Your glory. Let my speech be fitting for the day set aside for You—filled with reverence, thanksgiving, and encouragement. Teach me to delight in the Lord's Day and to use it to set my mind on things above. May my conversations reflect the holiness of this day and stir up love and good works in others. Amen.

(Isaiah 58:13-14; Hebrews 10:24-25; Colossians 3:2)



Resolution 39

Resolved, never to do anything that I so much question the lawfulness of, as that I intend, at the same time, to consider and examine afterwards, whether it be lawful or no; except I as much question the lawfulness of the omission.

Prayer

God of wisdom,

Give me a clear and sensitive conscience. Let me not act in doubt or haste, but in faith and love. Keep me from doing anything I suspect may be sinful, while presuming I can examine it later. Instead, grant me the patience to pause and seek Your guidance before I act. Make me wise in choosing not only what is permitted, but what is pleasing in Your sight. Where there is uncertainty, lead me by Your Word and Spirit into what is right. Amen.

(Romans 14:23; Ephesians 5:10; Proverbs 3:5-6)



Resolution 40

Resolved, to inquire every night, before I go to bed, whether I have acted in the best way I possibly could, with respect to eating and drinking. Jan. 7, 1723.

Prayer

Lord, who has given food and drink for our good,

You know how easily I can misuse Your gifts. Teach me to be mindful of how I eat and drink—not driven by appetite, but guided by wisdom and self-control. At the end of each day, help me reflect not only on what I consumed, but on whether I honored You in doing so. Let my

habits reflect thankfulness and temperance. Keep me from gluttony, waste, or neglect. Let even these ordinary parts of life be lived for Your glory. Amen.

(1 Corinthians 10:31; Proverbs 23:20-21; Galatians 5:22-23)



Resolution 41

Resolved, to ask myself at the end of every day, week, month and year, wherein I could possibly in any respect have done better. Jan. 11, 1723.

Prayer

Lord, You are perfect in holiness, and I fall short each day.

Grant me a humble and honest heart that is willing to ask, "Where could I have done better?" Teach me not to fear conviction, but to welcome it as Your loving discipline. Let me not be driven by guilt, but by a holy desire to grow in likeness to Christ. In the quiet at the close of day, week, month, and year, help me reflect with clarity, and let that reflection bear fruit in real repentance and renewal. Amen.

(Psalm 139:23-24; Proverbs 14:8; Lamentations 3:40)



Resolution 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; and which I have solemnly re-made this twelfth day of January, 1722–23.

Prayer

Gracious Covenant-Keeping God,

You have claimed me as Your own in Christ, and sealed it with the waters of baptism. I did not choose You, but You chose me. Help me to daily renew my dedication to You—to remember that I have been bought with a price, and I am not my own. Let my heart rise again and again to say, "I am Yours." Strengthen me to walk in the promises made over me, and let my communion with Your church deepen my devotion. Keep me faithful to You, for You are always faithful to me. Amen.

(Isaiah 44:5; Romans 6:4; 1 Corinthians 6:19-20)



Resolution 43

Resolved, never henceforward, till I die, to act as if I were any way my own, but entirely and altogether God's, agreeable to what is to be found in Saturday, January 12. Jan. 12, 1723.

Prayer

Lord and Master,

I am not my own. I belong to You—body and soul, in life and in death. Let me never act as if I were the lord of my life. Deliver me from self-will, self-rule, and self-reliance. Let every decision, every plan, every possession, and every breath be governed by the truth that I am Yours. Lead me to surrender daily, gladly, and fully. May my life be one long "yes" to Your will. Keep me until the end, and let me die as I have lived—entirely and altogether Yours. Amen.

(Galatians 2:20; Romans 14:7-8; Titus 2:14)



Resolution 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. Jan. 12, 1723.

Prayer

God, be the aim of every action I take.

Let no lesser motive rule me. Keep me from being driven by pride, fear, vanity, or ambition. Let all I do be governed by the desire to love You, obey You, and glorify You. Whether in large decisions or the smallest tasks, let the end be worship. Let me not compartmentalize my faith, but carry it into every corner of life. Grant me singleness of heart, that the pursuit of You would direct every step I take. Amen.

(1 Corinthians 10:31; Colossians 3:17; Matthew 6:33)



Resolution 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. Jan. 12 and 13, 1723.

Prayer

Lord of my heart,

You have made me with emotions, and I offer them all back to You.

Let no joy distract me from You, no grief harden me against You, no affection rise in me that draws me away from holiness. Sanctify every desire, every delight, every sorrow, every hope, that all my affections may help me love You more. Teach me to feel deeply, but always in submission to Your Word. Let every movement of my soul lead me nearer to Christ and never away from Him. Amen.

(Proverbs 4:23; Colossians 3:2; 2 Corinthians 10:5)



Resolution 46

Resolved, never to allow the least measure of any fretting uneasiness at my father or mother. Resolved to suffer no effects of it, so much as in the least alteration of speech, or motion of my eye: and to be especially careful of it, with respect to any of our family.

Prayer

Father, You command me to honor my father and mother.

Let me show love to them not only in words, but in my heart, in my tone, in my eyes, in every expression. Forgive me for the times I have grown impatient, disrespectful, or cold. Help me to show grace, especially in my own household. Fill my heart with patience and reverence, that I might treat my parents and family in a way that

honors You. Let Christ's gentleness rule even the smallest gestures.
Amen.

(Exodus 20:12; Proverbs 23:22; Ephesians 6:1-3)



Resolution 47

Resolved, to endeavor to my utmost to deny whatever is not most agreeable 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 temper; and to do at all times what such a temper would lead me to. Examine strictly every week, whether I have done so. Sabbath morning. May 5, 1723.

Prayer

Lord, conform me to the image of Christ.

Let His beauty be formed in me—His gentleness, humility, patience, and love. Teach me to deny every thought, word, and deed that clashes with the fruit of the Spirit. Shape my inner life by grace, that I may reflect outwardly a heart quieted by Your peace. Let me grow in sweetness, charity, and diligence, not for the praise of man, but because I belong to You. Help me to examine myself honestly and

submit joyfully to Your refining work, week by week, day by day.
Amen.

(Galatians 5:22-23; Romans 12:10-12; 2 Corinthians 3:18)



Resolution 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. May 26, 1723.

Prayer

Lord, search me and know me.

I do not trust in myself, but I do long to know that I am truly Yours. Help me to examine my heart with honesty and care. Let me not assume I am in Christ without fruits that bear witness. Give me the Spirit's testimony with my spirit that I am a child of God. Make me diligent, not fearful; humble, not self-righteous. Prepare me now for the hour of death, that I would not come to the end with regret, but with peace and assurance in the Savior. Amen.

(2 Corinthians 13:5; Romans 8:16; 2 Peter 1:10-11)



Resolution 49

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

Prayer

Father,

Let me never be negligent in the most important matter of all—my soul's standing before You. Stir me to constant watchfulness and prayer. Strengthen my will to pursue assurance, and grant me grace never to be content with a heart that is lukewarm or forgetful of eternity. By Your Spirit, help me live with urgency and clarity, that my faith would be real, and my hope anchored in Christ alone. Amen.

(Luke 21:36; Hebrews 2:1-3; Philippians 2:12-13)



Resolution 50

Resolved, I will act so as I think I shall judge would have been best, and most prudent, when I come into the future world. July 5, 1723.

Prayer

Everlasting God,

Lift my eyes to the world to come. Let the glory of eternity shape the way I live today. Give me wisdom to act now as I will wish I had acted when I stand before You. Deliver me from short-sightedness. Teach me to weigh each choice in the balance of forever. Make me prudent, faithful, and courageous in doing what is right, even when it is hard. Let me not be ruled by the moment, but by the hope of glory. Amen.

(Titus 2:13; 2 Corinthians 4:18; 1 Peter 1:13)



Resolution 51

Resolved, that I will act so, in every respect, as I think I shall wish I had done, if I should at last be damned. July 8, 1723.

Prayer

Lord, You are just and holy, and Your judgment is true.

If I were to be lost in the end, let me have no cause to say I lived lightly or carelessly. Let me live now with the full weight of eternity pressing on my soul. May I tremble at Your Word, flee from every sin, and lay hold of Christ with all my heart. Let me never presume upon grace, but walk humbly, fearfully, and faithfully. And by Your

mercy, keep me from falling, and present me blameless before the presence of Your glory with great joy. Amen.

(Luke 13:24-27; Hebrews 10:26-27; Jude 24-25)



Resolution 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 just so as I can think I shall wish I had done, supposing I live to old age. July 8, 1723.

Prayer

Lord of all my days,

Teach me to live now with the wisdom of years.

Let me not look back in regret, but walk today in such a way that I will rejoice in it tomorrow. If You grant me old age, may I look back not with remorse but with gratitude—that I lived for what mattered most. Help me to walk in faith, love, and obedience now, so that in the end, I may say, “By God’s grace, I lived well.” Make my present choices worthy of future joy, and let me finish well. Amen.

(Psalm 90:12; Ecclesiastes 12:1; 2 Timothy 4:7)



Resolution 53

Resolved, to improve every opportunity, when I am in the best and happiest frame of mind, to cast and venture 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. July 8, 1723.

Prayer

Lord Jesus,

When my heart is lifted with joy or clarity, let it lead me to trust You more.

In every season of faith and hope, help me to throw my soul upon You afresh—to rest fully in Your righteousness, and not my own. Let me consecrate myself wholly to You, again and again, until my heart knows that it is safe in You. Use my brightest moments to deepen my assurance, and let them be memorials of trust when the clouds return. You are my Redeemer—keep me close. Amen.

(2 Timothy 1:12; Isaiah 26:3-4; Hebrews 10:22)



Resolution 54

Whenever I hear anything spoken in conversation of any person, if I think it would be praiseworthy in me, Resolved to endeavor to imitate it. July 8, 1723.

Prayer

God of all virtue and grace,

Make me teachable and eager to grow. When I hear of praiseworthy character in others, let it stir me to imitation, not envy. Shape my heart by what is good, noble, and Christlike. Let me not admire virtue from a distance, but pursue it with diligence. And when I see in others what I lack, let it humble me and spur me on. Form in me what is excellent, by Your Spirit, for Your glory. Amen.

(Philippians 4:8-9; Hebrews 13:7; Romans 12:10)



Resolution 55

Resolved, to endeavor to my utmost to act as I can think I should do, if I had already seen the happiness of heaven, and hell torments. July 8, 1723.

Prayer

O Lord,

Let me live now as if I had seen heaven's joy and hell's terror.

Let the glory of Your presence and the reality of judgment weigh on every decision. Grant me the urgency, seriousness, and hope that would fill my heart if the veil were lifted. Let me love righteousness, hate sin, and treasure Christ as if eternity were always before my eyes. Shape my life by what is unseen but certain. Give me a heart that lives with reverent fear and joyful anticipation of the world to come. Amen.

(2 Corinthians 5:10-11; Hebrews 11:27; Revelation 21:3-4)



Resolution 56

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

Prayer

O God, my strength and my Redeemer,

I confess how often I grow weary in my fight against sin. But You have called me to endure, to put to death the deeds of the flesh by the Spirit. So even when I stumble, help me rise again. Let me not give over the battle, even when victory seems distant. Teach me to strive

—not in my own strength, but in the strength that You supply. Let every fall drive me nearer to Christ. Make me steadfast in the fight until the day I sin no more. Amen.

(Romans 8:13; Galatians 6:9; Philippians 1:6)



Resolution 57

Resolved, when I fear misfortunes and adversities, to examine whether I have done my duty, and resolve to do it; and let it be just as providence orders it, I will as far as I can, be concerned about nothing but my duty and my sin. June 9, and July 13, 1723.

Prayer

Sovereign Lord,

When I fear what may come, remind me that Your providence is wise and good. Let me not be ruled by anxiety or dread, but let me search my heart: Have I done my duty? Have I walked in obedience? Then let me rest. Give me the grace to be concerned only with faithfulness and repentance, and to leave outcomes in Your hands. Make me diligent in doing good and at peace with whatever You ordain. Amen.

(Matthew 6:33-34; Micah 6:8; Romans 12:12)



Resolution 58

Resolved, not only to refrain from an air of dislike, fretfulness, and anger in conversation, but to exhibit an air of love, cheerfulness, and benignity. May 27, and July 13, 1723.

Prayer

Lord, make my speech and my countenance reflect the kindness of Christ.

Let me not only restrain irritation or displeasure, but fill my manner with warmth, joy, and gentleness. Make me a person of peace—one who brings calm and light into every conversation. When I am tempted to grumble or sulk, remind me of the grace I've received. Let my tone be sweetened by Your mercy, and let others see Christ in my demeanor. Amen.

(Proverbs 15:1; Ephesians 4:29-32; Colossians 4:6)



Resolution 59

Resolved, when I am most conscious of provocations to ill nature and anger, that I will strive most to feel and act good-naturedly; yea, at such times, to manifest good nature, though I think that in other respects it would be disadvantageous, and so as would be imprudent at other times. May 12, July 11, and July 13.

Prayer

Lord Jesus, who was meek and lowly of heart,
When I am provoked, let me respond with grace. Teach me to be most loving when I am most tempted to be sharp. Let me not excuse anger because I feel justified, but instead strive to reflect Your gentleness and self-control. Even when it costs me, help me act in a way that brings peace. Let my responses be ruled not by emotion, but by the Spirit. May my calmness under pressure be a witness to the power of Your gospel. Amen.

(Proverbs 19:11; James 1:19-20; Romans 12:17-21)



Resolution 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. July 4 and 13, 1723.

Prayer

Search me, O God, when I begin to drift.

When I feel restlessness in my soul or disorder in my conduct, do not let me dismiss it. Help me take every thought captive to Christ. Let my first instinct be to examine myself before You—not in panic, but in faith. Teach me to ask hard questions, to repent quickly, and to seek Your peace. Let no sin fester, no anxiety grow unchecked. Give me a heart that runs to You at the first sign of trouble, knowing You are near. Amen.

(2 Corinthians 10:5; Psalm 19:12; Lamentations 3:40)



Resolution 61

Resolved, that I will not give way to that listlessness which I find unbends and relaxes my mind from being fully and fixedly set on religion, whatever excuse I may have for it—that what my listlessness inclines me to do, is best to be done, etc. May 21, and July 13, 1723.

Prayer

Lord, awaken my soul when it grows dull.

How easily I drift into spiritual laziness and settle for what is easy instead of what is excellent. Let me not be ruled by mood or by

weariness. Keep me from calling laziness wisdom, or distraction rest. Stir up my heart when it is slow, and draw me back when I wander. Give me fresh zeal for Your glory, and fix my mind on the things that matter most. Help me resist listlessness, not by sheer will, but by the joy of knowing You. Amen.

(Romans 12:11; Hebrews 6:11-12; Colossians 3:2)



Resolution 62

Resolved, never to do anything but duty; and then according to Ephesians 6:6–8, do it willingly and cheerfully as unto the Lord, and not to man; “knowing that whatever good thing any man doth, the same shall he receive of the Lord.” June 25 and July 13, 1723.

Prayer

Master and Lord,

Make me a cheerful servant.

Let me not act from guilt or from pressure, but from glad obedience to You. Teach me to do only what You call duty, and to do it from the heart—as unto You, not for the eyes of men. Whether my tasks are seen or hidden, grand or ordinary, let them be filled with the joy of serving Christ. And remind me that nothing done for You is ever

wasted. May I find my reward not in the approval of man, but in the smile of my Savior. Amen.

(Ephesians 6:6-8; Colossians 3:23-24; Matthew 25:21)



Resolution 63

On the supposition, that there never was to be but one individual in the world, at any one time, who was properly a complete Christian, in all respects of a right stamp, having Christianity always shining in its true luster, and appearing excellent and lovely, from whatever part and under whatever character viewed: Resolved, to act just as I would do, if I strove with all my might to be that one, who should live in my time. January 14 and July 13, 1723.

Prayer

Lord, make me wholly Yours.

Let me not settle for a common Christianity, but strive to live with such holiness and love that Christ would be unmistakably seen in me. Even if no one else around me walked faithfully, let me walk with You. If only one person in my generation were to reflect Your beauty clearly, let me live as if I longed to be that one. Fill me with such love, humility, integrity, and zeal that the life of Christ would shine

through me. Not for my glory, but so that Your name would be lifted high. Amen.

(Philippians 2:15; 1 Peter 2:9; Matthew 5:16)



Resolution 64

Resolved, when I find those “groanings which cannot be uttered” (Romans 8:26), of which the Apostle speaks, and those “breakings of soul for the longing it hath,” 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 endeavoring to vent my desires, nor of the repetitions of such earnestness. July 23 and August 10, 1723.

Prayer

Holy Spirit,

You know my weakness, and You intercede with groanings too deep for words.

When my soul aches for You, teach me not to silence that longing but to nurture it with prayer. Let me never tire of seeking You with intensity and persistence. Let every holy desire grow stronger, not colder. Kindle in me a longing for Your presence, a thirst for righteousness, and a hunger for heaven. Help me to pray, even when

I cannot speak clearly—when all I can offer are sighs and tears. Let my heart burn with desire for You, and meet me in that place with Your grace. Amen.

(Romans 8:26; Psalm 119:20; Luke 11:9-13)



Resolution 65

Resolved, very much to exercise myself in this all my life long, viz. 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; according to Dr. Manton's 27th Sermon on Psalm 119. July 26 and August 10, 1723.

Prayer

Father,

You invite me to draw near and pour out my heart before You.

Teach me to walk with You in deep honesty. Let there be nothing I hide, no corner of my soul left untouched by Your grace. Help me to confess my sins, share my struggles, express my hopes, and cry out in my fears. Let me speak to You with childlike openness—moment by moment, day by day. And as I lay myself bare before You, meet me

with Your steadfast love, and remind me that I am fully known, fully heard, and never cast out. Amen.

(Psalm 62:8; Psalm 139:1-4; 1 John 1:9)



Resolution 66

Resolved, that I will endeavor always to keep a benign aspect, and air of acting and speaking in all places, and in all companies, except it should so happen that duty requires otherwise.

Prayer

Lord Jesus,

You were full of grace and truth—gentle and lowly in heart.

Help me to carry Your kindness into every place I go. Let my face and voice reflect a heart ruled by peace and love. Keep me from harshness, gloom, or coldness in my manner. Make me a vessel of grace in every conversation, so that others feel the presence of Christ in me. Yet when duty demands solemnity or firmness, give me the courage to obey with faithfulness and love. In all things, let my bearing be seasoned with Your Spirit. Amen.

(Colossians 4:6; Matthew 11:29; Romans 12:10)



Resolution 67

Resolved, after afflictions, to inquire, what I am the better for them, what good I have got by them, and what I might have got by them.

Prayer

Father, You discipline those whom You love.

Let me not waste my sorrows.

When I suffer, help me ask not only, “Why?” but also, “What for?”

Show me the good You mean to work in me through every affliction.

Teach me to see trials as tools in Your hand, shaping my faith and refining my character. Give me grace to reflect deeply and to find Christ more precious through every pain. Let each hardship draw me nearer to You and train me for holiness. Amen.

(Hebrews 12:10-11; Romans 5:3-5; James 1:2-4)



Resolution 68

Resolved, to confess frankly to myself all that which I find in myself, either infirmity or sin; and, if it be what concerns religion, also to

confess the whole case to God, and implore needed help. July 23 and August 10, 1723.

Prayer

Merciful God,

Give me an honest heart.

Let me not make excuses for my sins, nor hide from my weaknesses. Show me what is truly in me, that I may bring it fully to You. Teach me to confess with humility and hope—knowing that You are faithful and just to forgive. Where I am weak, give strength; where I am guilty, give pardon; where I am broken, give healing. Let my self-examination not drive me to despair, but always to the cross. Amen.

(Psalm 32:5; 1 John 1:9; Psalm 139:23-24)



Resolution 69

Resolved, always to do that, which I shall wish I had done when I see others do it. August 11, 1723.

Prayer

Lord, make me ready to do what is good,

Even before I see others do it.

When I witness an act of kindness or courage or faithfulness, and

wish I had done the same, let that desire turn into resolve. Give me the grace to imitate what is excellent—to act, not merely admire. Make me eager to seize opportunities for love and truth before regret teaches me what I should have done. Shape my instincts by the Spirit, and lead me to live with holy readiness. Amen.

(Hebrews 13:7; Philippians 3:17; Titus 2:14)



Resolution 70

Let there be something of benevolence, in all that I speak. August 17, 1723

Prayer

Lord, set a guard over my lips.

Let every word I speak carry kindness.

Let even correction be wrapped in grace, and truth spoken in love.

Cleanse my heart, that my speech may be sweetened with Christ.

Keep me from biting words, careless sarcasm, or anything that would wound unnecessarily. Let my mouth be a fountain of blessing, not bitterness. And in every conversation, make me an ambassador of Your peace. Amen.

(Proverbs 16:24; Ephesians 4:29; Colossians 3:12-14)



This completes all 70 Resolutions of Jonathan Edwards

