NOTES

Introduction-Radical Change Is Possible

- 1. "God Helps Those Who Help Themselves," Wikipedia, https://en.wikipedia.org /wiki/God_helps_those_who_help_themselves.
- "Survey: Salvation through Christ Attracts Just One in Three Adults; More Believe It Can Be Earned," Cultural Research Center, August 4, 2020, https://www.arizonach ristian.edu/wp-content/uploads/2020/08/AWVI-2020-Release-08-Perceptions-of-Sin-and-Salvation.pdf.
- 3. Merriam-Webster, "Self-Help," https://www.merriam-webster.com/dictionary /self-help.

Chapter 1 - Wrecked

- 1. John Wooden and Steve Jamison, *Wooden on Leadership* (New York: McGraw-Hill eBooks, 2009), 202.
- "New Years Resolution Statistics," Statistic Brain Research Institute, 2018, https:// www.statisticbrain.com/new-years-resolution-statistics/.

Chapter 2 – Recovery

- Rick Warren, *The Purpose Driven Life: What on Earth Am I Here For?* (Grand Rapids: Zondervan, ePub Edition, 2018), 31.
- 2. Dietrich Bonhoeffer, The Cost of Discipleship (London: SCM Press, 2015), 61.
- Richard Feloni, "Tim Ferriss Lives His Life According to an Ancient Greek Quote that Helps Him Prepare for the Worst," *Business Insider*, December 1, 2017, https://www.busi nessinsider.com/tim-ferriss-favorite-quote-greek-philosopher-archilochus-2017-12.
- Dallas Willard, "General Introduction to NavPress Spiritual Formation Line," June 1, 1997, https://conversatio.org/media-room/general-introduction-to-navpress -spiritual-formation-line/.
- Andrew Murray, *Humility: The Path to Holiness* (Morgantown, KY: Tole Publishing, 2018), 10, Kindle.

181

Copyrighted Material

6. C. S. Lewis, *The Weight of Glory: And Other Addresses* (New York: HarperCollins, 2009), 20, eBook.

Chapter 3 - The 7 Resolutions

- 1. The Works of Jonathan Edwards (Orange, CT: Samizdat Express, 1834), 142.
- 2. Andrew Murray, *Humility: The Path to Holiness* (Morgantown, KY: Tole Publishing, 2018), 10, Kindle.

Chapter 4 - Resolution #1: Join God

- 1. D. L. Moody, "From Onward, quoted in S.S. Times," Peloubet's Select Notes on the International Lessons (Holliston, MA: W. A. Wilde Co., 1918), 88.
- 2. Merriam-Webster, "Supernatural," https://www.merriam-webster.com/dictionary /supernatural.
- 3. Wyatt North, *The Life and Writings of Saint Augustine* (Wyatt North Publishing, 2021), 391.
- 4. Dallas Willard, *The Great Omission: Reclaiming Jesus's Essential Teachings on Discipleship* (New York: HarperCollins, 2006), 78, eBook.

Chapter 5 - Resolution #2: Think Truth

- 1. Dallas Willard, *Hearing God: Developing a Conversational Relationship with God* (Downers Grove, IL: InterVarsity Press, 2012), 12.
- 2. Eric Pooley, "Grins, Gore, and Videotape: The Trouble with Local TV News," *New York*, October 9, 1989, vol. 22, no. 40, 37.
- Austin Perlmutter, "How Negative News Distorts Our Thinking," *Psychology Today*, September 19, 2019, https://www.psychologytoday.com/us/blog/the-modern-brain /201909/how-negative-news-distorts-our-thinking.
- 4. Gigen Mammoser, "The FOMO Is Real: How Social Media Increases Depression and Loneliness," Healthline, December 9, 2018, https://www.healthline.com /health-news/social-media-use-increases-depression-and-loneliness.
- 5. Elizabeth Hall, "Why Family Hurt Is So Painful," *Psychology Today*, March 27, 2017, https://www.psychologytoday.com/us/blog/conscious-communication/201703/why-family-hurt-is-so-painful.
- 6. Caroline Leaf, *Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health* (Grand Rapids: Baker Books, 2013), 78.
- John Lynch, Bruce McNicol, and Bill Thrall, *The Cure: What If God Isn't Who You Think He Is and Neither Are You* (Phoenix, AZ: Trueface, 2011), 33.

Chapter 6 - Resolution #3: Kill Sin

1. John Owen, *The Mortification of Sin* (Edinburgh: Banner of Truth, 2004), 113, Kindle.

2. "Pornography Survey Statistics," Proven Men, 2014, https://www.provenmen.org /pornography-survey-statistics-2014.

- 3. "Competing Worldviews Influence Today's Christians," Barna Group, May 9, 2017, https://www.barna.com/research/competing-worldviews-influence-todays-christians.
- 4. Christian Podcast Central, "WWUTT: Sin Means to Miss the Mark?," November 25, 2016, https://christianpodcastcentral.com/wwutt-sin-means-to-miss-the-mark/.
- 5. Dictionary.com, "kill shot," https://www.dictionary.com/browse/kill-shot.
- 6. John Piper, "Kill Sin by the Spirit," Desiring God, February 17, 2002, http://www .desiringgod.org/messages/kill-sin-by-the-spirit.
- Joseph Price et al., "How Much More XXX Is Generation X Consuming? Evidence of Changing Attitudes and Behaviors Related to Pornography Since 1973," *Journal* of Sex Research 53, no. 1 (January 2016): 19, https://doi.org/10.1080/00224499 .2014.1003773.
- 8. "Internet Pornography by the Numbers: A Significant Threat to Society," Webroot, https://www.webroot.com/us/en/resources/tips-articles/internet-pornography-by -the-numbers.
- 9. Asheritah Ciuciu, *Full: Food, Jesus, and the Battle for Satisfaction* (Chicago: Moody, 2017), 18.
- 10. Ibid., 45.

Chapter 7 – Resolution #4: Choose Friends

- 1. C. S. Lewis, *Selected Literary Essays: A Study in Medieval Tradition* (New York: Harper Collins, 2013), 158, eBook.
- 2. Content in this section was previously published at: https://www.moodyradio.org /programs/karl-and-crew-mornings/2020/09/9-29/?
- "Partners in Crime: When Do Friends Conspire to Eat More Chocolate?" University of Chicago, May 21, 2014, https://phys.org/news/2014-05-partners-crime-friendsconspire-chocolate.html.
- 4. Catherine T. Shea, "Low on Self-Control? Surrounding Yourself with Strong-Willed Friends May Help," Association for Psychological Science, April 9, 2013, https:// www.psychologicalscience.org/news/releases/low-on-self-control-surrounding-your self-with-strong-willed-friends-may-help.html.
- 5. *Merriam-Webster*, s.v. "game changer," last updated September 12, 2021, https:// www.merriam-webster.com/dictionary/game%20changer.
- Jim Stovall, "Horse Sense," TimMaurer.com, January 16, 2012, https://timmaurer .com/2012/01/16/horse-sense.
- 7. J. D. Greear, "Friendship: You Were Made for It . . . and It Makes You," J. D. Greear Ministries, June 4, 2015, https://jdgreear.com/friendship-you-were-made-for-it-and -it-makes-you.

THE 7 RESOLUTIONS

8. Timothy Keller with Kathy Keller, *The Meaning of Marriage: Facing the Complexities of Commitment with the Wisdom of God* (New York: Penguin, 2011), 112.

Chapter 8 - Resolution #5: Take Risks

- 1. John Piper, *Risk Is Right: Better to Lose Your Life Than to Waste It* (Wheaton, IL: Crossway, 2013).
- 2. Content in this section was previously published at the author's blog: http://www .karlclauson.com/blog/tag/vision?
- 3. Quoted in "The Missionary Herald" in The Baptist Magazine Vol. 35 (January 1843), 41.
- Henry and Melvin Blackaby, *Experiencing the Spirit: The Power of Pentecost Every Day* (Colorado Springs, CO: Multnomah Books, 2009), 7.
- William L. Holladay, A Concise Hebrew and Aramaic Lexicon of the Old Testament: Based upon the Lexical Work of Ludwig Koehler and Walter Baumgartner (Leiden: Brill, 2000), 315–16.

Chapter 9 - Resolution #6: Focus Effort

- 1. Bill Walsh, Steve Jamison, and Craig Walsh, *The Score Takes Care of Itself: My Philosophy of Leadership* (New York: Penguin Publishing Group, 2009), Kindle.
- 2. Ibid., 20.
- Lydia Dishman, "Turning Information Overload Into Knowledge," *Fast Company*, May 10, 2012, https://www.fastcompany.com/1836838/turning-information -overload-knowledge.
- Canela López, "7 Tech Executives Who Raise Their Kids Tech-Free or Seriously Limit Their Screen Time," *Business Insider*, March 4, 2020, https://www.businessinsider .co.za/tech-execs-screen-time-children-bill-gates-steve-jobs-2019-9.
- 5. National Day of Unplugging, https://www.nationaldayofunplugging.com/.
- John Doerr, Measure What Matters: How Google, Bono, and the Gates Foundation Rock the World with OKRs (New York: Penguin Publishing Group, 2018), 56.
- John Piper, *Desiring God: Meditations of a Christian Hedonist*, 2nd ed. (Portland, OR: Multnomah Press, 1996), 50.

Chapter 10 - Resolution #7: Redeem Time

- 1. William Penn, *Passages from the Life and Writings of William Penn* (United States, For Sale at Friend's book-store, 1882), 384.
- 2. Felix Richter, "Always On: Media Usage Amounts to 10+ Hours a Day," *Statista*, January 16, 2019, https://www.statista.com/chart/1971/electronic-media-use/.
- Roland Sturm and Deborah A. Cohen, "Free Time and Physical Activity Among Americans 15 Years or Older: Cross-Sectional Analysis of the American Time Use Survey," Centers for Disease Control and Prevention, September 26, 2019, https:// www.cdc.gov/pcd/issues/2019/19_0017.htm.

- 4. Charles H. Spurgeon, *The Treasury of David*, vol. 4 (New York: Funk & Wagnalls, 1882), 203, emphasis added.
- 5. Danielle Pacheco, "Sleep Satisfaction and Energy Levels," Sleep Foundation, updated January 8, 2021, https://www.sleepfoundation.org/sleep-hygiene/ sleep-satisfaction-and-energy-levels.
- 6. Logan Foley, "Why Do We Need Sleep?," Sleep Foundation, updated September 11, 2020, https://www.sleepfoundation.org/how-sleep-works/why-do-we-need-sleep.
- 7. Ibid.
- Gordon MacDonald, Ordering Your Private World (Nashville, TN: Thomas Nelson, 2003), 110–17.