



Hitting Reset

Changing What Matters Most

A New Year's series from The Good Faith Podcast

As The Calendar Turns...

As we welcome a new year, we often find ourselves longing for a fresh start. In our society, that energy gets most widely applied to resolutions around diet, exercise, and weight. While those goals are fine, we're inviting you to consider what might touch on even deeper aspects of your life.

Covering our life with God, our intimacy with loved ones, how we use our phones, and how we use substances, this series invites us to ask some honest, heartfelt questions:

- What do we need to let go of?
- What do we need to reclaim?
- What is God saying to us?

Resetting isn't about perfection or adding new rules to follow. And it's definitely not about being one gym membership away from a newer, better you. Rather, it's about tuning into God's intimate and transformative presence in our lives.

Listen in and enjoy the material that follows. Together, we can hit rest on the buttons that matter.

Onward to 2025,

Curtis Chang

Executive Director, Redeeming Babel

Host, The Good Faith Podcast

[Listen to the New Year's reset series](#)

2025 RESET

On Alcohol



Ericka Anderson

Erika writes & thinks about faith, culture, motherhood, politics and the intersection of it all. Her work has been published multiple times in the New York Times, the Wall Street Journal, USA Today, the Washington Post and more.

Go deeper with Ericka Anderson

- [Do I have a drinking problem?](#)
- [The secret sin of “mommy juice”](#)
- [Women, do we need an intervention?](#)
- [No past is beyond redemption: Leaving Cloud 9](#)

To consider...

- How do I really feel about my relationship to alcohol right now?
- What am I trying to enhance, escape, or numb when I turn to alcohol and what does this reveal about what I really need?
- Do I feel free in my choice to drink, or does it sometimes feel like alcohol has a hold over me that I can't fully control?
- Does my use of alcohol bring me closer to or further away from the richer life I long for?

2025 RESET

On Technology



Andy Crouch

Andy writes about faith, culture, and the image of God in the domains of technology, power, leadership, and the arts. He is a partner for theology and culture at Praxis and also a frequent guest on the Good Faith podcast.

Go deeper with Andy Crouch

- [Our Tech Superpowers Are No Match For Flow](#)
- [An Invitation To The Tech Wise Family Challenge](#)
- [How To Embrace Tech Without Losing Yourself](#)
- [On AI And The Quest For Magic](#)

To consider...

- How is my use of my phone enhancing or diminishing my ability to live a life that is embodied, relational, and present?
- What from your own childhood do you feel your kids might be missing out on because of the prevalence of phones?
- To what extent do I have full control over my technology use? And to what extent does it have control over me?

2025 RESET

On Marriage



Harrison Scott Key

Harrison is a prolific humor and non-fiction writer who dabbles in stand up comedy and writing funny things about himself on [his website](#). His latest book *How To Stay Married* is a laugh-out-loud, tender must-read for your 2025.

Go deeper with Harrison Scott Key

- [The Searing Power Of Marriage](#)
- [He Discovered His Wife Had Been Cheating](#)
- [What Does Daily Forgiveness Look Like?](#)
- [How To Stay Married: The Most Insane Love Story Ever Told](#)

To consider...

- How am I not present for my spouse and family and how can I do a better job “being there”?
- Is there a room for me to grow in my willingness to admit my mistakes in our marriage?
- How have my expectations of my marriage changed over time? How would my spouse answer this question?

2025 RESET

On Faith



John Mark Comer

John Mark writes about how we can be with -- and be like -- Jesus. He is the New York Times bestselling author of seven books including the 2021 book *Practicing The Way*. He lives in California with his family.

Go deeper with John Mark Comer

- [A Pathway For Apprenticeship To Jesus](#)
- [Rule of Life: Practicing the Way](#)
- [My Students Are Reading John Mark Comer...](#)
- [The Discipline Of Hope](#)

To consider...

- How are your daily habits shaping the person you're becoming? Are they moving you closer to the person Jesus invites you to be, or further away?
- What does your rhythm of Sabbath look like? How might it be more generative in 2025?
- Does the pace of your life align with the way of Jesus?



SOME THINGS TO CONSIDER

A fresh take on resolutions

1. Practices, Not Goals

Christian practices are shared patterns of activity. In and through them, life together takes shape over time – in response to and in the light of God, as known in Jesus Christ. Woven together, these practices form a way of life.[1]

What if, in 2025, we focused on adopting practices that shape **who** we're becoming instead of goals oriented around **what** we do?

2. Let Go, Not Add

Resolutions often focus on adding – habits to add, workouts to try, places to see, new friends to make. These have their place, for sure, but what about **resolving to let go of things that no longer serve you?** Discernment is key here and just because something is “hard” doesn't mean God's signaling you to walk away. However, is there a relationship, commitment, or habit from another season that no longer leads to you flourishing as God intends? Consider asking God to call some things to mind.

1-

<https://christianitypractices.com/2025/01/01/Christianity%20practices%20are%20shared%20patterns,form%20a%20way%20of%20life>

3. See Resolutions as Relationships

As we're doing in [our podcast series](#), consider your resolutions as a way to **reset relationships** – with God, with loved ones, and even yourself. For instance, rather than just "spend less time on my phone," resolve to cultivate deeper connections with family by being more fully present. Or, instead of "read the Bible more," resolve to nurture a conversational relationship with God through scripture and prayer. Relationships are motivating in a way that the pursuit of "You 2.0" never will be.

"Teach us to number our days, that we may gain a heart of wisdom."

Psalm 90:12

4. Gratitude for the Ordinary

Big goals have their place, but most of life unfolds in the quiet, repetitive rhythms of the ordinary. Instead of straining toward grand achievements, **what if we chose to pay attention to the unnoticed graces scattered**

throughout our days? There's so much we often overlook. Cultivating gratitude for the mundane might look like pausing each day to name three such things, and then offering them back to God as a quiet act of worship. In doing so, we practice the art of seeing: discovering the sacred hidden in the seemingly small.

5. Anchor in Community

Many of our Good Faith listeners are hungry for real, embodied community in 2025. As you seek this richness yourself, **consider committing to resolutions** with someone else. This might involve a church or friend group, but it could also include shared practices like resolving to have no phones at the family dinner table. Or it could mean committing with your spouse or close friend to swap out the remote for a regular 30 minute time where you both talk about what happened that day.

**Praise be to the God and
Father of our Lord Jesus
Christ! In his great mercy,
he has given us new birth
into a living hope through
the resurrection of Jesus
Christ from the dead.**

1 Peter 1:3

CHECK OUT THE NEW YEAR'S SERIES