

# Five things to quit this year of 2025. By Erica Jermanus

One of the first things to quit this year of 2025 is watching and listening to secular and worldly media. Many of us are listening to and watching music,

movies, and television shows that are ungodly and sinful. We are being influenced by the media every day, whether we see it or not. What are you allowing into your ear and eye gates? What are you allowing into your heart? What you feed yourself is going to eventually come out of your mouth because it seeps into your heart. Proverbs 4:23 says, "Keep thy heart with all diligence; for out of it are the issues of life."

Is what you're watching and listening to about drugs, alcohol, sex, partying, smoking, drinking, cussing, and swearing? These are the things the world listens to and watches. We are in the world, but we are not of the world. We are called to be set apart from this world. These things that people watch and listen to are leading many Christians to hell.

If you are watching and listening to worldly media, you may need to give it up because it is influencing you to sin, and it is leading you astray from God. This media is distracting us from our relationship with Jesus Christ and our purpose. Whenever we are watching this worldly media, we are being influenced by it. Many copy what they see and hear on the television and radio, especially young children. So we need to be careful

what we are allowing our children to watch and listen to.

The next thing to give up in 2025 is gossip and slander. When we talk bad about others behind their back, we are gossiping and slandering. This is a sin that is leading many Christians to hell. We may need to repent and turn away from this sin. Gossip may not seem like a serious sin, but it is. We may need to stop hanging around people that gossip and slander so that we do not partake in the same. Proverbs 16:28 says, "A froward man soweth strife: and a whisperer separateth chief friends."

The next thing to give up in 2025 is negative and toxic friendships and relationships. There are people in our lives that have a negative effect on our lives. The people we surround ourselves with either affect us for the good or the bad. These people can either build us up or tear us down. We need to be careful of the company we are keeping in our lives.

People can influence us to sin against God and may deceive us or distract us from our relationship with Jesus Christ and our purpose. So we may need to know

when it is time to let certain people go. That is when we can ask God to show us the people in our lives that we may need to let go of. He will lead and guide us into all truth. He will show you who is meant to stay in your life and who is meant to go. Just be led and guided by the Holy Spirit. 1 Corinthians 15:33 says, "Be not deceived: evil communications corrupt good manners."

The next thing to give up in 2025 is bitterness and unforgiveness. There may be people in our lives that may have done us wrong, and we are holding grudges against these people. Any time we talk about what people have done to us, we harbor bitterness and unforgiveness. So we may need to ask the Holy Spirit to help you to forgive the certain people in your life who have done you wrong. You can even pray for them because praying for your enemies is love. When you love your enemies, you are being released from them and from the negative feelings you have towards them. This will help you to forgive them.

Matthew 6:14-15 says, "For if ye forgive men their trespasses, your heavenly Father will also forgive you: but if ye forgive not men their trespasses, neither will your Father forgive your trespasses."

The next thing to let go of in 2025 is unhealthy habits such as laziness, slothfulness, procrastination, and unhealthy eating habits. These things are holding us back from what God wants to do in and through our lives. So we may need to get up and start working on the assignments that God has given us to do. We may need to clean our house and wash the dishes and do the laundry to stop being lazy and slothful.

In order to eat healthy, we may need self-discipline and self-control. We may need to reach for an apple instead of a cookie. We may need to exercise by going for a walk or run or going to the gym even when we do not feel like it. Cause let's be honest, there are going to be days when we do not feel like doing anything but laying around and being lazy. But if we lay around and do nothing, then we are not going to get anything done, and we are going to be wasting time. So instead of being lazy, we can work on something that is going to advance God's kingdom on earth. Work on serving your purpose and fulfilling your destiny.

Matthew 25:21 says, "His lord said unto him, Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord." We want to hear Jesus Christ tell us in the end, "well done!" because we were faithful over the little that he gave us to do. We want to be wise stewards on the earth and serve the plan and purpose that God has given us to do on earth.

The next thing that we want to try to give up in 2025 is sinful habits. Sin leads to death and destruction. Romans 6:23 says, "For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord." So we may need to give up these sinful habits in order for us to walk in holiness and righteousness. We may need to confess our sins and ask God for forgiveness. May may also need to ask God for a clean and pure heart.

