

NEW YEAR'S RESOLUTIONS 2026

By Ryan Bilodeau

When we think of the New Year, it's often about resolutions – eating healthier, exercising more, or picking up a new hobby. While these goals are not bad, they can feel fleeting or superficial compared to the deeper renewal the Church invites us to embrace.

As Catholics, we have the gift of the liturgical calendar – a rhythm that offers countless opportunities to grow closer to God. By tying our spiritual goals to the saints and feasts of the Church, we not only deepen our faith but also align ourselves with the wisdom of those who have walked the path of holiness before us.

Here's a month-by-month guide to spiritual growth in 2026, rooted in the Church's rich traditions and saints:

January: Embrace Humility

Feast Connection: The Epiphany (January 6)

The Magi knelt before Christ, offering Him gifts and worship. This act of humility is a model for us as we begin the year.

Goal: Pray the Litany of Humility weekly and reflect on ways pride may hinder your ability to serve God and others.

February: Practice Fasting and Generosity

Feast Connection: Ash Wednesday (March 5)

The season of Lent begins with Ash Wednesday in March this year, but February offers an excellent opportunity to prepare your heart for the upcoming season of penance.

Goal: Begin incorporating small sacrifices into your daily life as a prelude to Lent. Give up comforts like sweets, coffee, or excess screen time and redirect the time or resources saved to help someone in need. Use February to cultivate a spirit of generosity and mindfulness as you prepare for the journey of Lent.

March: Cultivate Courage

Feast Connection: Saint Joseph (March 19)

Saint Joseph's quiet strength and trust in God are examples of courage in the face of uncertainty.

Goal: Take one bold step in faith, whether it's speaking up for your beliefs or stepping out of your comfort zone to serve others.

April: Renew Your Prayer Life

Feast Connection: Easter Sunday (April 20)

The joy of the Resurrection calls us to deepen our connection with the risen Christ.

Goal: Dedicate 15 minutes each day to silent prayer or Scripture reflection, focusing on the hope and new life Christ offers.

May: Deepen Marian Devotion

Feast Connection: Our Lady of Fatima (May 13)

Mary's "yes" to God invites us to trust in His plans and draw closer to Him through her intercession.

Goal: Pray the Rosary daily or meditate on the mysteries of Mary's life and her role in salvation history.

June: Serve with Joy

Feast Connection: Sacred Heart of Jesus (June 27)

The Sacred Heart reminds us of Christ's boundless love and calls us to reflect that love in our own lives.

Goal: Perform one act of kindness each day, offering it as a prayer for someone in need.

July: Rediscover Freedom in Christ

Feast Connection: Saint Kateri Tekakwitha (July 14)

True freedom comes from living in God's grace.

Goal: Identify one attachment that holds you back spiritually and take steps to surrender it to God.

August: Embrace Sacrificial Love

Feast Connection: Assumption of Mary (August 15)

Mary's life was marked by her willingness to give everything to God.

Goal: Volunteer your time to a parish ministry or local charity, offering your service as a gift to God.

September: Seek Spiritual Wisdom

Feast Connection: Saint Jerome (September 30)

Saint Jerome's love of Scripture inspires us to delve deeper into God's Word.

Goal: Start a Bible study or read a spiritual classic, like "The Confessions of St. Augustine."

October: Be a Witness to Faith

Feast Connection: Saint Francis of Assisi (October 4)

Saint Francis challenges us to live the Gospel boldly through our actions.

Goal: Share your faith with someone -whether by inviting them to Mass or offering a listening ear to someone seeking God.

November: Pray for the Dead

Feast Connection: All Souls Day (November 2)

November reminds us of the communion of saints and our responsibility to pray for the souls in purgatory.

Goal: Visit a cemetery to pray for the deceased or offer a Mass intention for a loved one.

December: Prepare for Christ's Coming

Feast Connection: Advent and Christmas

Advent invites us to slow down and make room for Christ amid the busyness of the season.

Goal: Spend one evening each week in silent prayer or Eucharistic Adoration, reflecting on the Incarnation's profound mystery.

The New Year offers a chance to align your resolutions with God's purpose for your life. By setting spiritual goals rooted in the saints and feasts of the Church, you can make this year one of intentional growth in faith.

These months are not just days on a calendar – they are sacred opportunities to encounter Christ and let Him transform your heart.

What will you resolve to do in 2026? Let the saints and feasts guide you on your journey.