

Making Your 3 Goals

Setting up self-identified targets for personal growth spiritually and relationally

“But he who is noble plans noble things, and on noble things he stands.” (Isaiah 32:8)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. (Galatians 5:22-23)

How to Identify a Goal:

When you think of a spiritual goal, think of Colossians 3. We are to put to death any sin in our lives. That's strong language! But it's been said that if you're not killing sin, it's killing you! Instead, we are to put on righteousness and the things of God (such as love, forgiveness, etc.). So start by identifying sins you need to put off and righteousness you can put on!

Where to look:

You're probably coming from one of two spots: You may have so many goals that you don't know which to choose or you may not have any ideas at all! To help you with these, think in four areas of life:

Abiding (John 15)

Your relationship with God touches all aspects of your life! You're spiritual habits already touch on this area of life quite a bit, but you may find that there are practical ways you don't live out your faith—habitual sins, unloving character traits, etc.

Church-life (Philippians 2)

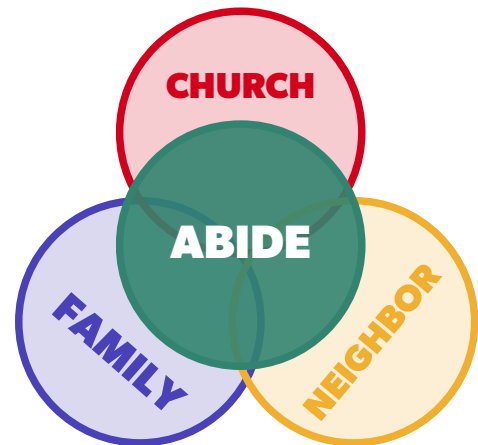
The church is God's Plan A for your source of community and support in your life, and he cares how you interact with others in the church body! He wants you and your fellow believers to serve well and love well so you experience the joy of Christ in his church and others see the love of Christ through his disciples! If you need help exploring where you might want to grow in this area, seek out your Small Group, your Small Group Leader, or a ministry leader to get more feedback on where you might grow and mature in this area!

Family-life (Ephesians 5:22-6:4)

If you're abiding with God, the way you interact with your family will be transformed! God gives instructions many places throughout Scripture on how he wants to see a family love each other and love Him. Explore God's specific instructions for husbands, wives, and children and see how you might mature in your role within your family. Asking your family members to gracefully share strengths and weaknesses in your leading or serving in the family is a great way to identify further areas of growth in your family-life.

Neighbors or Work-life (Leviticus 19:18; Matthew 7:12, 12:31; Colossians 3:12-14)

Love your neighbor as yourself! God wants us to imitate him by having compassion for the lost. That compassion should then motivate us to generously share the love we have received in Christ. The people you regularly encounter should see that generous love. So what are they seeing? Think about your coworkers, neighbors, grocery bagger, server at a restaurant, etc. Explore how you could mature in your words and actions towards your regular interactions with these neighbors of yours.



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Scripture is the best place to start, using the passages on the previous page to help you evaluate what the most pressing areas of life are for you. If you need some more inspiration, read through some of the categories below.

Maybe you are holding onto bitterness and you want to aim towards forgiveness. Maybe you want to incorporate Sabbath in your rhythms so you can rest and reconnect with God. Maybe you need to speak a hard truth to a family member but you want to do so lovingly.

Another place to look is your prayers. What do you regularly pray for? Think about how Scripture speaks to those prayers and how you might love God and love others more by putting off or putting on.

SPIRITUAL DISCIPLINES:

- Giving - cheerfully giving a biblical portion to the work of the Lord
- Corporate worship - engaging with God through consistent participation in weekend worship services
- Accountability - humility when someone engages with me for the purpose of transparency and personal growth
- Fasting - routinely fasting (from food, media, activity) to seek the Lord through prayer and dependence on him)
- Sabbath - Rest and devoting yourself to the Lord

CHARACTER QUALITY:

- Boldness - not being afraid to share who Jesus is with confident assurance; being gentle, kind, and loving
- Compassion - empathy on behalf of another's circumstance and acting on their behalf
- Contentment - being at peace; not given to anxiety, jealousy or envy
- Even tempered - not given to sinful anger and temper
- Faith - confidence in God and His promises to you regardless of the circumstances
- Forgiveness - releasing someone of wrong done to you
- Honesty - being truthful and above reproach in all things; not deceptive or hypocritical
- Kindness - acting in love and grace by helping others
- Patience - a spirit of forbearance
- Peace - sense of fulfillment that comes from being rightly related to God and rightly related to others
- Purity - thinking and acting godly ways; not given to lust and sexual immorality
- Self-controlled - bringing thoughts, emotions, and actions under the control of the Holy Spirit rather than flesh
- Truth in love - willingness to speak truth in a spirit of grace; not passive (love without truth, not harsh (truth without love)
- Wholesome speech - quick to encourage and build others up; not given to vulgarity, gossip, slander

RELATIONSHIPS:


- Spouse
- Son
- Daughter
- Parent
- Sibling
- Neighbor
- Co-worker
- Witness with non-believer
- Church family


Making Your 3 Goals


Create your goals! Use the steps below to guide you as you finalize these goals! Look forward to how God will use these in your life.


CRAFT YOUR GOALS:

1 Now that you've read some Scripture and prompts to help you ponder how God may be nudging you to put off sin and put on righteousness, let's put your thoughts into words. Answer the following questions:

 Are there any sins or unloving character traits you want to put off? Similarly, are there any loving or righteous characteristics you want to put on?

 Are there ways you should serve, love, and lead your family as God has instructed?

 Are there relationships or opportunities in your church or small group to exercise a gifting, character quality, or spiritual discipline?

 Are there opportunities for you to sacrifice time or set aside fear-of-man in order to express love or share the gospel with your neighbors, friends, or co-workers?

2 Circle 3 areas you listed above that you want to see God work in and through. Take each item you circled and write down a specific, measurable, and actionable goal around that area. If you need help with this, contact your Small Group Leader!

SPECIFIC

Detailed & Clear

Helps you know how to get started!

MEASURABLE

Easily Reported

Helps you to see your progress!

ACHIEVABLE

Enables Action

Helps you know what tools/steps you have

RELEVANT

On Mission

Helps you see impact on your walk

TIME-BOUND

End is in sight

Helps you maintain your motivation

3 Write down your goals and send them to your Small Group Leader! Receive their feedback and adjust accordingly.

Some examples of Goals:

Being Intentional with My Kids:

I want to have a meaningful or spiritual conversation with one of my children at least once every day.

Putting on Peace instead of Anger

When I get mad in traffic, I want to pray and recite Matthew 5:9 instead of cursing and getting angry.

Engaging at Church:

I want to have a spiritual conversation or pray with at least one person every single Sunday at church.