

How many of you have ever made a New Years resolution? How many of you have ever kept one for the whole year?

Many people are making, and will make, NYRs. That is, they will promise themselves that they will lose weight, stop smoking, go to church or something of that nature. Webster defines a resolution as: "a) a resolving, or determining; deciding b) the thing determined upon; decision as to future action; resolve." Now, this sounds good, but..

45% of Americans make NYRs, 8% of People Achieve Their NYRs.

The average person makes the same NYR 10 separate times without success

25% of people abandon NYRs after 1 week - 60% after 6 months

Only 1 out of 7 change their lifestyle after a heart attack.

95% will regain weight lost

All those statistics can be very depressing and lead us to the idea that it is hopeless to set goals and set new years resolutions. In fact I have know people that have set only 1 resolution and that was to never make a resolution. But I do not think that is the problem and I am sure that God would not want us to operate with that mentality.

A clear mission and purpose gives the believer powerful spiritual direction for continued growth and fruitfulness. The Christian who walks aimlessly each day, wondering what to do, will seldom reach any satisfying spiritual growth.

Ephesians 5:15-17

¹⁵Look carefully then how you walk, not as unwise but as wise, ¹⁶making the best use of the time, because the days are evil. ¹⁷Therefore do not be foolish, but understand what the will of the Lord is.

Message

Don't waste your time on useless work, mere busywork, the barren pursuits of darkness. Expose these things for the sham they are. It's a scandal when people waste their lives on things they must do in the darkness where no one will see. Rip the cover off those frauds and see how attractive they look in the light of Christ.

Wake up from your sleep,

Climb out of your coffins;

Christ will show you the light!

So watch your step. Use your head. Make the most of every chance you get. These are desperate times!

Don't live carelessly, unthinkingly. Make sure you understand what the Master wants.

Remember, as believers, the purpose for setting goals is **not** to be the best person you can be. Instead, the goal is to **glorify God** through your life.

So what kinds of goals should you set?

Financial - Get out of debt, Begin Tithing

Proverbs 22:7 ESV *The rich rules over the poor, and the borrower is the slave of the lender.*

Work - Get a promotion, develop better working relationships

Proverbs 12:24 *Diligent hands will rule, but laziness ends in slave labor.*

Physical Health - Lose weight, start exercising, quit bad habit

1 Corinthians 6:19-20 *Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.*

Spiritual - Read through the Bible in a year, Witness to 25 people this year, Start using the Gifts God has given me to serve Him

Matthew 5:6 *Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.*

Relationships - Develop better relations, forgive, bless someone who needs it

Hebrews 10:24 *And let us consider how we may spur one another on toward love and good deeds.*

Personal - Weekly day of rest, Develop habits that refresh and build you up.

But seek first his kingdom and righteousness, and all these things will be given to you as well. Matt 6:33

Begin by asking God to guide your decision-making process in these areas. For best results, the goals should be SMARTER.

Setting goals is a part of spiritual discipline. It's not just a good idea; the Bible says you need to set goals in order to grow in your faith. Goals stretch you and help you become all God wants you to be.

6 practices for setting effective goals:

1. **Write your goals down:** Research shows us that just writing down our goals dramatically increases the probability that we will accomplish them. 10 max

2. **Make your goals SMARTER:** When setting goals, use this seven-fold SMARTER criteria. The criteria are:

- **Specific:** Identify exactly what you want to accomplish - Devil is in the details.
- **Measurable:** Quantify the result - How do you know if you hit it?
- **Actionable:** Start with an action verb, not a to-be verb. - Make a plan.

- **Realistic:** Recognize and implement the power of incremental change over time. - Eat and Elephant
- **Time-Bound:** Set a specific deadline. - Without Deadlines we procrastinate
- **Exciting:** Make your goals personally compelling. - You need to go after something you want
- **Relevant:** Make sure your goals are appropriate to the season of your life and circumstances.

3. **Share your goals selectively:** Studies have shown that you are less likely to accomplish your goals if you share them indiscriminately. Conversely, you are more likely to achieve your goals if you share them with someone who is supportive. The lesson is to choose wisely.

4. **Review your goals regularly:** Finally, make sure to set regular appointments with yourself to review your goals. I recommend that you do this weekly. This will ensure that they stay at the forefront of your mind, and help to consistently align your priorities with what you have already determined to be most important.

5. **Identify ONE push goal.** (Remember, the idea here is to choose the goal that acts like a domino for all the others. Which one will be the catalyst to help you accomplish your entire list or most of it?)

6. **Find your motivation** - People lose their way because they lose their why. Why is this goal important to me? What is at stake if I don't reach my goal? What is at stake if I do?

Record you motivation next to your Goal

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