

A Few Ideas on Goals that Serve You

Physical

- **Temples:** If God designed your body as a living temple dedicated to Him, how would you take care of it? What would you do? First Corinthians 6:19-20 tells us that our bodies are temples, therefore in 2019 how might you take care of that temple differently than the past year?

- **Walk:** Throughout the beginning of the Old Testament, God calls His people to walk. From Genesis 3 where Adam and Eve walked with God in the garden to the book of Joshua where the God's people were asked to walk into the Promised Land. The Old Testament (and much of the New Testament) is God asking His people to walk with Him, for Him, and because of Him. God did not give Abraham time to prepare His body when he was called to leave his family and go into a new land in Genesis 12. When the Israelites were set free from Egypt, God continued to ask them to walk. If God called you to journey, would your body be prepared to do the work? If not, what activities could you do to prepare your body as you wait in anticipation for God to call you to do His work?

Emotional

- **Forgiveness:** God calls us to forgive those who hurt us (Ephesians 4:32, Matthew 18:21-22, 2 Corinthians 2:5-8 to provide a few examples). Is there someone you need to forgive? Make a resolution to spend time with God and ask Him to guide you toward forgiving that person.

- **You Were Born for This:** Sometimes we find ourselves in tough circumstances and we are left with feelings of helplessness. In Esther chapter 4, Esther felt discouraged about her inability to deliver the Jews, initially believing silence was better than to lose her life. Mordecai encouraged her to stand up and say something and finishes by saying, "And who knows but that you have come to your royal position for such a time as this?" (Esther 4:14b NIV). She fasted for three days answers and acted on

them. Are there circumstances in your own life that you are facing and feel stuck in? How much time have you spent talking to God? How much time have you spent listening for His reply? Are you being called to do something? Has called placed you in a special position to do His work?

- Get excited: So often we become inundated by the mundane of life. We lose our zest for life and life loses its excitement. However, Romans 8:19 (NCV) says, “Everything God made is waiting with excitement for God to show his children’s glory completely.” God is doing new and exciting works all around and within you. Get excited about it. Resolve this year to look at the mundane with new eyes and see what God is doing in and through it.

Spiritual

- Resolve to Pray: Colossians 4:2 says “Devote yourselves to prayer, being watchful and thankful.” Challenge yourself to devote yourself to prayer. How might things change if you devoted yourself to praying in the same sense you devote yourself to your family? To your job? To your routine? God’s Word is full of Him calling us to pray with Him and a multitude of blessings that will result when we align our hearts with His and pray accordingly. Try it!
- Repeat God’s Words: God’s word tells us to mediate on His word day and night (Joshua 1:8). Many of us don’t mediate on it at all. Challenge yourself to repeat God’s Word over and over. Take it one step further and challenge yourself to memorize God’s word! There are many articles and videos on how to memorize it, but no matter how you approach this task, just do it!
- Live by the Spirit and Reject the Flesh: There are many bible verses about the Spirit vs. the flesh (Galatians 5:17, Romans 8:5-9, 1 Corinthians 2:14 to name a few). So often we are caught up in the flesh and miss out on the Spirit. Resolve to live by the Spirit and ask God to help you reject the flesh. Be diligent and seek God’s help to give up unhealthy habits by studying His word.

A Few Ideas on Goals that Serve Others

Physical

- Do Good to All People: As someone with a servant heart, it is easy for me to do good to my family and friends. It is also relatively easy to do good to those I work with but extending that out to people who have hurt me, to people I don't know, to groups of people I may be unfamiliar or uncomfortable with, doing good may be a bit tougher. Yet, Galatians 6: 10 calls us to "do good to all people." What would that look like in your own life and how would you go about taking the first step in doing it?

- Be faithful in what God calls you to do: In Acts 21, Paul was urged not to go on to Jerusalem by well meaning people. They knew what would happen to Paul if he went and urged him not to go. Paul answered "Why are you weeping and breaking my heart? I am not only ready to be bound, but also to die in Jerusalem for the name of the Lord Jesus," (Acts 21:13). Paul was faithful in doing what God asked and he received special blessings that few would receive. Is God calling you to do something? Is it time consuming? Scary? Difficult? Challenging? Uncomfortable? Through Paul's actions, lives were transformed, and people's hearts were drawn closer to God. What is God calling you to do? Resolve this year to be faithful to that calling.

Emotional

- Carry One Another's Burdens: Galatians 6:2 says, "Bear one another's burdens, and thereby fulfill the law of Christ." There are many good articles written on the how's of this but spend time in prayer and see who or where God is asking you to carry another's burdens and how exactly He's asking you to go about that.

- Love One Another: 1 Corinthians 13:4-7 defines love as "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."

God does this perfectly, but for the rest of us, we could use a lot more practice. Have you been loving one another according to God's word? If not, make it a resolution!

Spiritual

- Loving Your Enemy: Loving our family and friends according to 1 Corinthians 13:4-7 can be challenging at times, but loving our enemies can seem downright impossible, yet Jesus calls us to do just that in Matthew 5:44-45. This really takes the Spirit working in your heart. Start by praying for your enemies and asking God to teach you how to love them.

- Pray for Others: Spend time praying for others. Ask your family and friends how you can pray for them. If you see things throughout your day (like accidents or pretty much anything on the news) take time to add that to your prayer list and diligently pray for those involved. Ephesians 6:18 encourages us not to just pray for ourselves, but others as well. How might the world be changed if everyone prayed for one another? Will you be the change?