

# **A NEW BEGINNING**

**A Guide to Spiritual Goal-Setting**



**2024**

## **Begin with Prayer**

Ask God to guide your thoughts and grant you His truth, grace, and wisdom.

**1**

### **IDENTIFY: Where am I spiritually right now?**

Take an assessment of where you are right now. Write out both the positive and the negative. What is helping you grow in your relationship with Jesus? What isn't? Be brutally honest with yourself. Think through your character and the state of your heart, as well as your practices and habits.

**Note:** *You may find it helpful to reflect on the presence of the fruit of the Holy Spirit in your life.*

**"But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control."**

- Galatians 5:22



**2**

## **ENVISION: Where does God want me to be?**

Ask God to show you where He wants you to be. What kind of person is God calling you to become? What would change in your life if God was transforming you more and more to be like Jesus? Again, consider what would change in your character and the state of your heart. How might your relationships be positively impacted? Write down your reflections.

**3**

## **EXPLORE: What would help me move closer to where God wants me to be?**

Brainstorm any number of practices or habits that could move you closer to where God wants you to be. You can find a list of possible practices and habits below to get you started. Don't be too selective at this point. Simply write down between 5-20 possible changes you could make.

## **LIST OF POSSIBLE PRACTICES OR HABITS**

- Read through the Bible in a year.
- Choose a book of the Bible to study.
- Study a topic in the Bible that will help you grow.
- Participate regularly in a class or a small group.
- Read three books to deepen your devotional life.
- Start a journal to write down prayers or meditations on God's Word.
- Volunteer in a new role to serve others.
- Start a weekly prayer group with others who share similar concerns.
- Increase your giving and generosity.
- Keep a gratitude journal. Record your blessings and answered prayers.
- Listen to sermon podcasts as you drive/exercise.
- Disciple a younger believer.
- Practice a Sabbath day each week.
- Memorize at least one Scripture verse each week.
- Spend time in silence with God each day.
- Attend worship.
- Take on a leadership role at church.
- Pray with your spouse/family every day.



4

**PRIORITIZE: Select one or two changes you will make.**

Look at your brainstorming list of possible goals and determine to focus on one or two. Ask God for wisdom as you discern between them. Keep in mind where you envisioned God wants you to be.

As you prioritize, begin forming that change into a goal. Make your goal(s) specific. For example, saying you "will read one chapter from the New Testament each weekday, beginning with the book of Luke," is much more helpful than saying, "I will read the Bible more." It helps to physically write down the goal.

5

## **PLAN: Detail how you will make those changes with God's help.**

With one or two goals formed, create a plan to make it happen. Working through this process will make you much more likely to keep moving toward where God wants you to be.

Ask questions like:

*When exactly will I do this?*

*Who can help me?*

*What do I have to give up in order to do this?*

*What obstacles might get in my way and how will I overcome them?*

*How will I measure my progress toward the goal?*

**That's it!** Once you've walked through the goal-setting process, you will be able to move forward with much more clarity.

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