



Happy New Year

How long do resolutions last?

- By the second week of February, some 80 percent of those resolution-ers are back home with a new kind of remorse staring back at them in the mirror – the remorse of disappointment.
 - <http://health.usnews.com/health-news/blogs/eat-run/articles/2015-12-29/why-80-percent-of-new-years-resolutions-fail>

Setting Spiritual Goals

Spiritual Goals

- Daily Bible Reading
- Daily Prayer
- Hospitality
- Developing Christian Virtues
- Breaking Bad Habits
- Using physical examples to illustrate spiritual ideas
 - 1 Tim. 4:8 for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.(ESV)

A command to grow

- Heb. 5:12 For though by this time you ought to be teachers, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. 13 For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe. 14 But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.

A call to grow

- 2 Peter 1:5 But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, 6 to knowledge self-control, to self-control perseverance, to perseverance godliness, 7 to godliness brotherly kindness, and to brotherly kindness love. 8 For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. 9 For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins.

What can we do to increase our success?

- Get serious
- Move from general to specific
- Don't let small failures become big failures
- Get others involved in our goals
- Break big tasks down into smaller tasks
- Don't be too ambitious
- Take advantage of technology
- Put the important ahead of the urgent

Get serious

- Proverbs 23:7
 - For as he thinks in his heart, so is he.
- May need a heart-to-heart to get ourselves motivated

Move from the general to the specific

- Luke 14:28 For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it— 29 lest, after he has laid the foundation, and is not able to finish, all who see it begin to mock him, 30 saying, ‘This man began to build and was not able to finish’? 31 Or what king, going to make war against another king, does not sit down first and consider whether he is able with ten thousand to meet him who comes against him with twenty thousand? 32 Or else, while the other is still a great way off, he sends a delegation and asks conditions of peace.

Don't let small failures become big failures

- Matt. 26:74
 - Then he began to curse and swear, saying, “I do not know the Man!”
 - Immediately a rooster crowed. 75 And Peter remembered the word of Jesus who had said to him, “Before the rooster crows, you will deny Me three times.” So he went out and wept bitterly.
- John 21:17
 - He said to him the third time, “Simon, son of Jonah,[d] do you love Me?” Peter was grieved because He said to him the third time, “Do you love Me?”
 - And he said to Him, “Lord, You know all things; You know that I love You.”

Don't let small failures become big failures

- New Years resolutions are arbitrary – we can re-establish a goal at any time
- You won't get trouble for starting a resolution on March 12th
- If at first you don't succeed.....
- Heb. 12:1
 - Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, 2 looking unto Jesus, the author and finisher of our faith,

Get someone else involved

- 1 Thess. 5:11 Therefore comfort each other and edify one another, just as you also are doing.
- Heb. 10:24 And let us consider one another in order to stir up love and good works, 25 not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.
- Be careful however not to become all talk and no action

Get someone else involved

- You however may want to get rid of certain people
- 1 Cor. 15:33 (NKJV)
 - 33 Do not be deceived: “Evil company corrupts good habits.”
- Avoid people and situations that may derail your goals

Break big tasks down

- Going from general to specific
- Calendars are amazing inventions
- Plan in advance so other things don't crowd in

Don't be too ambitious

- Look at what you do in your life and don't overcommit so that its impossible to accomplish your goals
- Is your goal reasonable?
- Start small and build
- The perfect is the enemy of the good

Take advantage of technology

- Yes there's an app for that
 - Calendars
 - Reminder apps
- Get your kids help

Put important things ahead of urgent things

- Matt. 6:31 “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Part of our Christian Walk

- 1 John 1:7 But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.
- You can't start developing good spiritual habits if you haven't started the walk
- Believe
- Repent
- Confess
- Be Baptized