

InShape *for 2008*

"The tragedy in life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach." --**Benjamin Mays**

One of the best things we can do is have S.M.A.R.T. goals:

- Specific** _____ - Clearly defining the objective.
- Measurable** _____ - If you can't measure it you can't manage it.
- Attainable** _____ - They need to stretch you but not be beyond your reach.
- Realistic** _____ - They must push your skills and abilities, but not break your spirit.
- Timely** _____ - Putting an end point gives you a clear target.

But even SMART goals aren't wise _____ if they point you in the wrong direction. Example: James 4:13-17 (NLT)

¹³ Look here, you who say, "Today or tomorrow we are going to a certain town and will stay there a year. We will do business there and make a profit." ¹⁴ How do you know what your life will be like tomorrow? Your life is like the morning fog—it's here a little while, then it's gone. ¹⁵ What you ought to say is, "If the Lord wants us to, we will live and do this or that." ¹⁶ Otherwise you are boasting about your own plans, and all such boasting is evil.
¹⁷ Remember, it is sin to know what you ought to do and then not do it.

Bible Principles for Setting Goals

- **Set goals that lead to a balanced _____ life**
 - **Luke 2:52** – "And Jesus increased in wisdom and stature, and in favor with God and men."
 - Set **physical** _____ goals that will lead you to better **health** _____ and wellbeing.
 - Set **intellectual** _____ goals that will challenge and **stretch** _____ your mind.
 - Set **social** _____ goals that will lead you to be a **servant** _____ to others.
 - Set **spiritual** _____ goals that will help you grow in your ability to **abide** _____ in Christ.

- **Set sowing _____ goals and let the reaping _____ take care of itself.**
 - The principle of *sowing* and *reaping* is found throughout the Bible, in different contexts:
 - **Galatians 6:7-9**
 - **2 Corinthians 9:6**
 - This principle also applies in setting our **goals** _____.
 - We cannot control **outcomes** _____, but we can be **diligent** _____ in what we *can* control.
 - This principle is at the center of God's **promises** _____ throughout the Bible:
 - **Joshua 1:8**
 - **Psalms 37:3-5**
 - **Malachi 3:10**
- **Diligence in spiritual _____ goal setting can bring about eternal _____ benefits**
 - **Colossians 3:1-4** ² "Set your mind on things above, not on things on the earth."
 - Let the IBB Compass be your guide. Set SMART goals that have to do with...
 - **Loving God** _____
Jeremiah 29:13 - And you will seek Me and find Me, when you search for Me with all your heart.
 - **Loving God's Word** _____
Psalms 1:1-3 - ² "But his delight is in the law of the LORD, and in His law he meditates day and night."
 - **Loving one _____ another** _____
Romans 12:10 (NIV) Be devoted to one another in brotherly love. Honor one another above yourselves.
 - **Loving your neighbor** _____
Mark 12:29-31 ²⁹ Jesus answered him, "The first of all the commandments is: 'Hear, O Israel, the LORD our God, the LORD is one. ³⁰ And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength.' This is the first commandment. ³¹ And the second, like it, is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these

The goals you set for 2008 will have a great bearing on your ability to have a Happy New Year