

Your Goals – Your Life

“Every great project begins with *Believing it is Possible.*”

“Then you take the *1st step.*”

Ann

Your Goals – Your Life

Mark 9:23

“All things are
possible to him
who believes.”

v.24 “I do believe;
help my **unbelief**.”

Prov 23:7 “As he
thinks in himself
so is he.”

*People surrender
their **dreams** for:*

Happiness

For Health

For peace

Sobriety

Greatness

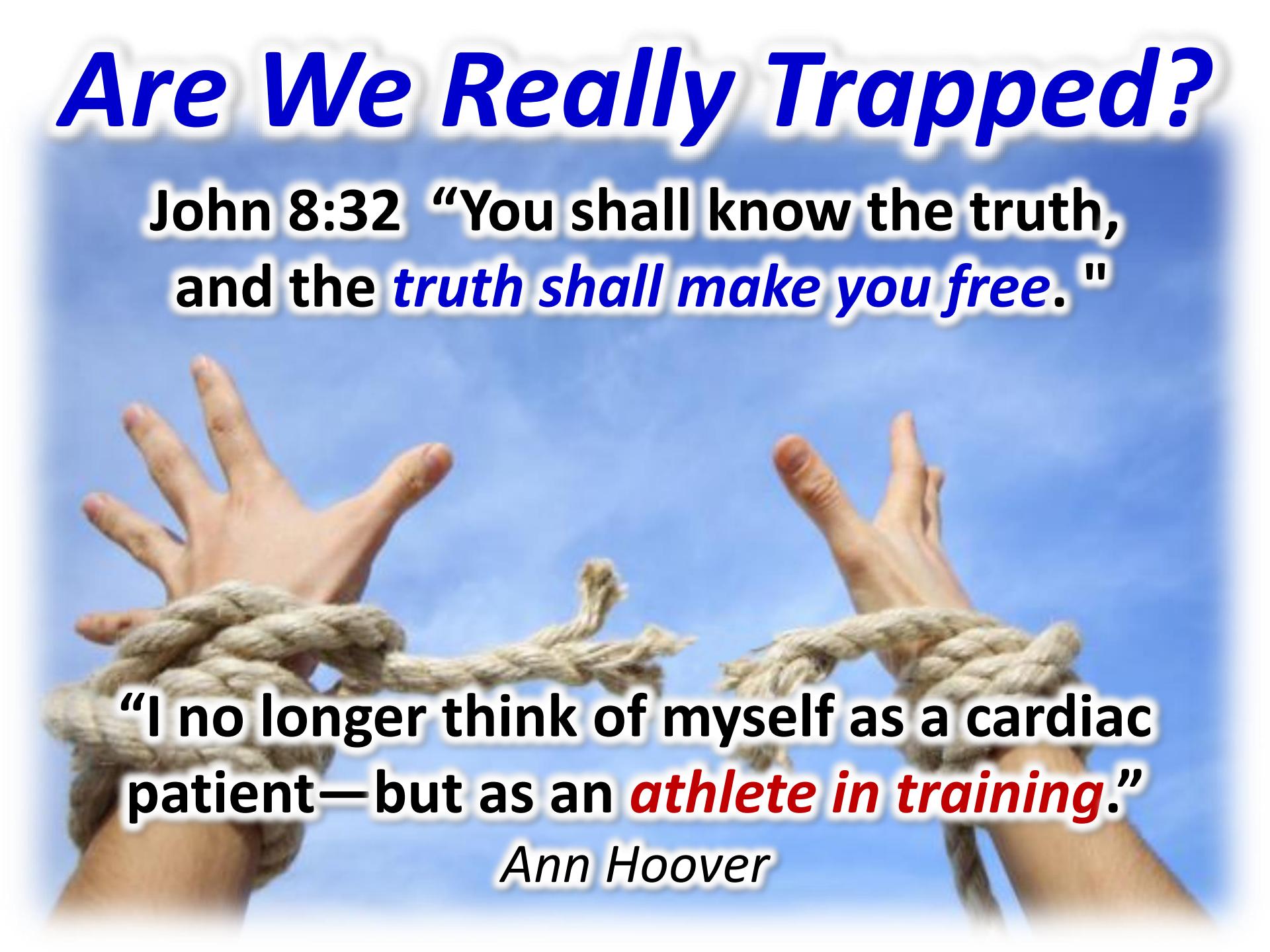
For family

For finance

For influence

Are We Really Trapped?

John 8:32 “You shall know the truth,
and the *truth shall make you free.* ”

A photograph showing two hands reaching upwards against a clear blue sky. The hands are bound together by a thick, light-colored rope. The left hand is on the left, and the right hand is on the right, both fingers spread wide.

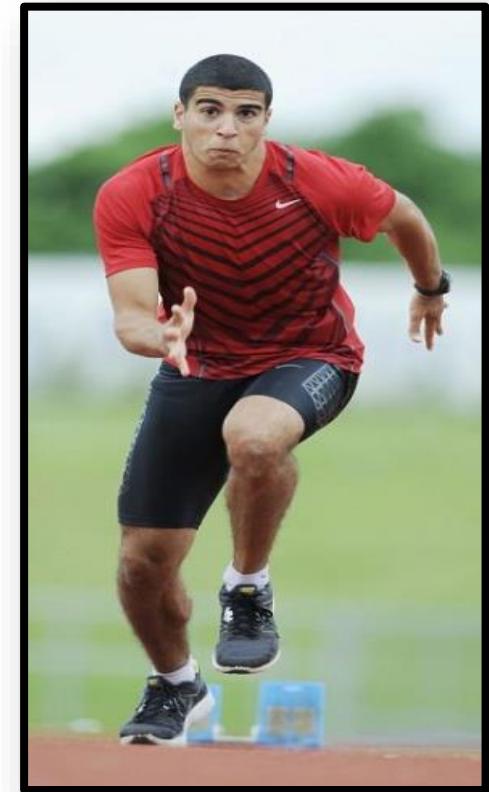
“I no longer think of myself as a cardiac patient—but as an *athlete in training.*”

Ann Hoover

I ask: What is an Athlete?

Merriam Webster

ATHLETE: “A person who is trained or skilled in exercises, sports, or games requiring physical strength, agility, or stamina.”



1 Cor 9:25 “Everyone **who competes in the games** exercises self-control in all things.”

Harriet Thompson signed up for the San Diego ***Marathon*** to benefit leukemia patients.



She completed the race in 7 hours & 24 min by combining running with walking the up-hill places—as oldest female runner: age 92 !

Be Transformed by the Renewing of your Mind (Rom 12:1-2)

***Phil 4:13 This Year
In Christ I can be:***

- Stronger
- Better
- Wiser
- More Joyful
- More Faithful
- More Positive
- More Disciplined
- More Victorious
- More of Everything Good



A GREAT ATTITUDE
BECOMES A GREAT MOOD,
WHICH BECOMES A GREAT
DAY, WHICH BECOMES A
GREAT YEAR, WHICH
BECOMES A GREAT LIFE.

~ Zig Ziglar

1. Define Your Goal



Jesus Did Luke 13:32

Paul Did Phil 3:14

Is it Measureable?

Specific Good Health (3 John 2) Walk 3 miles?

Drop 30#? BMI of 24? Chlor = 200? tri = 150?

Good Habits (1 Cor 10:31) Not smoke/ Drink?

On Time? Not procrastinate? Keep your word?

Personal Growth (Luke 2:52) Positive daily?

Encourage others? Memorize 50 verses this year.

What are Your Goals for 2016 ?



Greet visitors

Arrive 20 min **early**

Serve Lord's **Supper**

Learn to Lead a **song**

Personal **evangelism**

Give a **devotional**

Hand out a **flyer**

Learn new **skill**

Be More **Hospitable**

Use Your Gift **Fully**

Active Bible **study**

Be more **thankful**

Be more **loving**

Be more **joyful**

Be more **holy**



"Happiness is a choice.
Choose it everyday."

2. Count the Cost

Mark 8:36 “What does it profit a man to gain the whole world, & **forfeit his soul** ?”

Time
Effort
Money
Awkwardness

“Luke 14:28 “For which one of you, when he wants to build a tower, does not first sit down and **calculate the cost**, to see if he has enough to complete it?”

3. List All Your Reasons

Heb 2:1 So we *do not drift* away from them

Like for Health:



4X less likely to get cancer;
260X less likely to get dementia.

I DON'T ALWAYS KILL THINGS

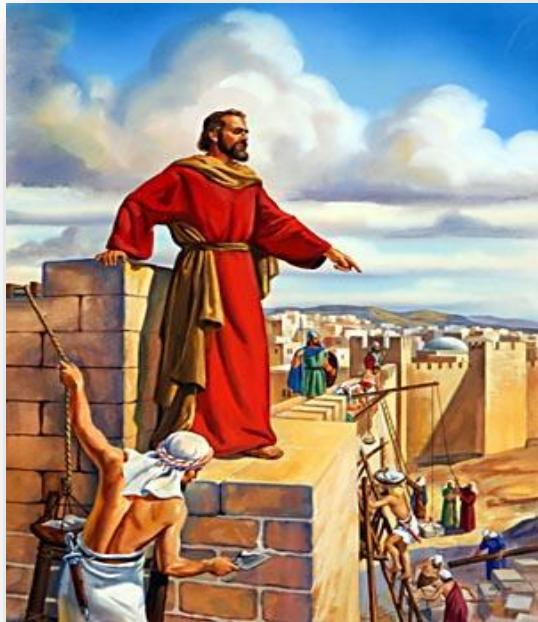


**BUT WHEN I DO, IT'S BECAUSE
THEY WERE THINGS AND I'M A BEAR**

If it's important
to you,
you'll find
a way.

If not, you'll
find an
excuse.

4. Split it Up



Nehemiah

- 2:4 Prayed to God.**
- 2:5 Goal to rebuild Jeru.**
- 2:6 Set a specific time.**
- 2:7 Requested travel visas.**
- 2:8 Requested bldg material.**

2:13 Inspected the damage.

2:18 Motivated others to help rebuild.

You check professionals? Evaluate money?
Who can help? Plan the next several steps?

5. Take The 1st Step



TIME FOR

ACTION

“Those that
know their
God, will display
strength and **Take**
Action” (Dan 11:32:b)

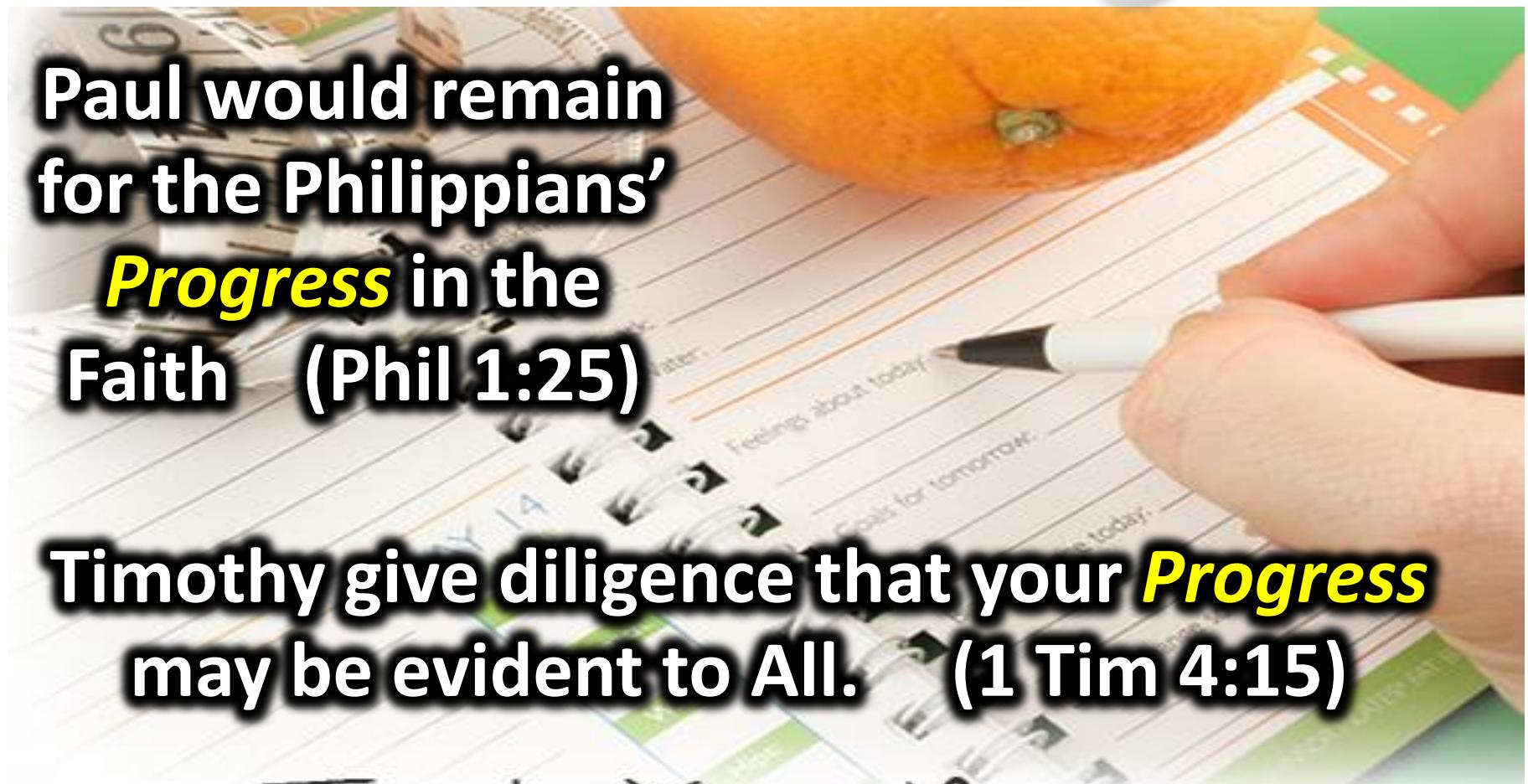
6. Track Your Progress!

Paul would remain
for the Philippians'

Progress in the
Faith (Phil 1:25)

Timothy give diligence that your **Progress**
may be evident to All. (1 Tim 4:15)

Track Your Progress
to Help You Stay Motivated



**"IT ALWAYS
SEEMS
IMPOSSIBLE
UNTIL IT'S
DONE."**

Nelson Mandela

7. Reward It

Mat 25:21 “Well done good & faithful servants. I will put you in charge of many things.”



1 Cor 3:8 “Each will receive the reward of his own labor.”

New type of exercise. Visit a new Park or Beach. Weekend somewhere fun you've never been before. Get a New outfit. Take a fun class.

8. Expect Reversals

James 3:2 For *we all stumble* in many ways.



Prov 24:16 For a righteous man falls seven times, *and rises again.*

Eccl 1:15 “What is *lacking* cannot be counted.”

Rom 7:18b “*The wishing* is present in me, but *the doing* of the good *is not.*”

9. You Can Do It Thru Christ

(Ps 1:2-3) “Meditates in His law... shall prosper”

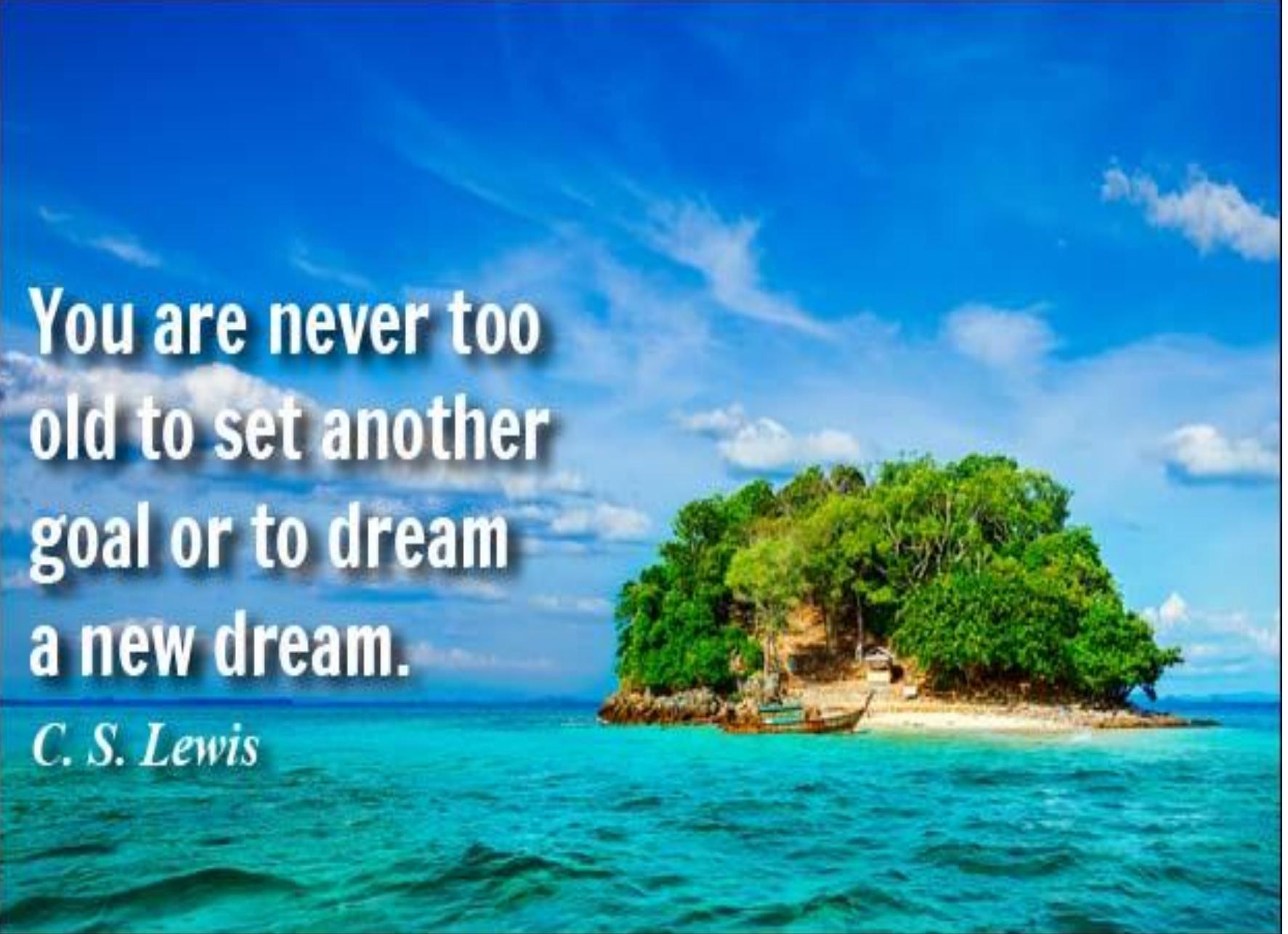
(Ps 84: 7) “They go from Strength to Strength”

(Prov 27: 17) “Iron sharpens iron ...”

(Eccles 3:12) “Rejoice and do good.” (Phil 4:4)

(Phil 4:6) “Do no be anxious for anything.”

**(Phil 3: 13) Forgetting lies behind, I press on
to what lies ahead.**

A photograph of a small, densely forested island in the middle of a vast, clear blue ocean. The island is covered in lush green trees and has a rocky shoreline. A few small boats are visible near the shore. The sky above is a bright, clear blue with a few wispy white clouds.

You are never too
old to set another
goal or to dream
a new dream.

C. S. Lewis

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- A scenic tropical landscape featuring palm trees in the foreground, a calm blue lagoon, and lush green mountains with rocky peaks in the background under a clear blue sky.
- 1. Define Your Goal**
 - 2. Count the Cost**
 - 3. List Your Reasons**
 - 4. Split it Up**
 - 5. Take the 1st Step**
 - 6. Track Your Progress**
 - 7. Reward it**
 - 8. Expect Reversals**
 - 9. You Can Do It Thru Christ (Phil 4:13)**