



## STRONG FOUNDATIONS - GOALS

### 1 Corinthians 9:24-27 NLT

<sup>24</sup> Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! <sup>25</sup> All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. <sup>26</sup> So I run with purpose in every step. I am not just shadowboxing. <sup>27</sup> I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

### 3 Things that Stick Out:

1. Run with purpose
2. Discipline my body
3. Training it

### Proverbs 29:18 NLT

When people do not accept divine guidance, they run wild. But whoever obeys the law is joyful.

## 1. Goal Setting

- A. Is a need, want, or desire you intentionally plan to fulfill.
- B. It helps us run with purpose.
- C. A dream with a deadline.
- D. Becomes your passion. Your passion becomes your prayer, and God answers prayer.
- E. Make your goals S.M.A.R.T. (specific, measurable, action-oriented, realistic, and timely).

### Hebrews 12:12-13 NLT

<sup>12</sup> So take a new grip with your tired hands and strengthen your weak knees. <sup>13</sup> Mark out a straight path for your feet so that those who are weak and lame will not fall but become strong.

## 2. Goal Setting Categories

- A. Financial
- B. Recreational
- C. Physical
- D. Spiritual
- E. Social
- F. Educational
- G. BHAG