

SC Church  
1.16.2022

Thrive  
Setting Goals to get Healthy

- A. Thrive – healthy and growing in all areas of your life.
- B. Intro: What have you decided to leave in 2021?
- a. Last week's reflection questions:
    - i. What are the areas of your life where you are not thriving?
    - ii. Where am I not content?
    - iii. What are the sins that trip me up each year? Where do I need to guard my heart that I am not? What changes do I need to make so I am not repeating past mistakes?
    - iv. What is my plan for following the Truth this year?
- C. Big Idea: God has a plan and wants you to plan with Him.
- D. Scripture: Philippians 3:3b-14 NLT – We put no confidence in human effort, <sup>4</sup> though I could have confidence in my own effort if anyone could. Indeed, if others have reason for confidence in their own efforts, I have even more! <sup>5</sup> I was circumcised when I was eight days old. I am a pure-blooded citizen of Israel and a member of the tribe of Benjamin—a real Hebrew if there ever was one! I was a member of the Pharisees, who demand the strictest obedience to the Jewish law. <sup>6</sup> I was so zealous that I harshly persecuted the church. And as for righteousness, I obeyed the law without fault. <sup>7</sup> I once thought these things were valuable, but now I consider them worthless because of what Christ has done. <sup>8</sup> Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ <sup>9</sup> and become one with him. I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ. For God's way of making us right with himself depends on faith. <sup>10</sup> I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death, <sup>11</sup> so that one way or another I will experience the resurrection from the dead! <sup>12</sup> I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. <sup>13</sup> No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, <sup>14</sup> I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.
- E. When thinking about our goals what should we keep in mind?
- a. Human effort is pointless without Christ

- i. Philippians 3:5-6 NLT – <sup>5</sup>I was circumcised when I was eight days old. I am a pure-blooded citizen of Israel and a member of the tribe of Benjamin—a real Hebrew if there ever was one! I was a member of the Pharisees, who demand the strictest obedience to the Jewish law. <sup>6</sup>I was so zealous that I harshly persecuted the church. And as for righteousness, I obeyed the law without fault.
  - ii. Matthew 16:23 NLT – <sup>23</sup>Jesus turned to Peter and said, “Get away from me, Satan! You are a dangerous trap to me. You are seeing things merely from a human point of view, not from God’s.”
- b. Our primary desire should be to keep Jesus at the center of our lives
- i. To know Jesus and to be like Him!
    - 1. Philippians 3:8-9a NLT – <sup>8</sup>Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ <sup>9</sup>and become one with him.
    - 2. John 17:3 NLT – <sup>3</sup>And this is the way to have eternal life—to know you, the only true God, and Jesus Christ, the one you sent to earth.
    - 3. 2 Peter 1:3 NLT – <sup>3</sup>By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence.
- c. All of our goals should flow out of our desire to serve the Lord
- i. We don’t plan and hope that God blesses it. We plan with God and because we want to serve Him with our best!
    - 1. Philippians 3:14 NIV – <sup>14</sup>I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.
    - 2. Colossians 3:23-24 HCSB – <sup>23</sup>Whatever you do, do it enthusiastically, as something done for the Lord and not for men, <sup>24</sup>knowing that you will receive the reward of an inheritance from the Lord. You serve the Lord Christ.
    - 3. 1 Corinthians 10:31 NLT – <sup>31</sup>So whether you eat or drink, or whatever you do, do it all for the glory of God.
    - 4. 1 Timothy 5:8 NLT – <sup>8</sup>But those who won’t care for their relatives, especially those in their own household, have denied the true faith. Such people are worse than unbelievers.

## F. Setting Goals to Thrive in 2022

### a. Spiritual Goals

- i. Connecting with the Lord through His word and through prayer

- b. Fitness Goals
  - i. How can I best take care of this body God has given me?
    - 1. What is my weight goal?
    - 2. What is my fitness plan to get in shape and stay healthy?
  - ii. Are there any addictions in the way?
  - iii. What do I need to adjust with food intake?
- c. Marriage/Family Goals
  - i. How can I invest in my spouse?
  - ii. How can I best connect with my family?
- d. Educational/Intellectual Goals
  - i. Is there a degree that will move me toward God's plans?
  - ii. What books do I need to read in 2022?
- e. Career Goals
  - i. What is God calling me to do? How can I best get there?
- f. Social Goals
  - i. Who do I need to hang out with? Who do I need to stop hanging out with or significantly reduce time spent with them?
- g. Financial Goals
  - i. What needs to be put in place to best take care of my family?
    - 1. Will, Emergency Fund, Life Insurance, Retirement Savings

G. Close: What goals are you aiming at?

- a. There is no perfect plan or process.
  - i. Keep going!
    - 1. Philippians 3:14 NIV – <sup>14</sup>I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.
  - ii. Review your plan daily and readjust accordingly.
- b. Next Steps
  - i. Memorize: Philippians 3:14 NIV
  - ii. Evaluate: What areas of my life need my focus right now?
  - iii. Action: Pause to set some goals for 2022.