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Transformed Series: Dimensions of Health

Setting Goals

Romans 12:2

Romans 12:2 – Do not conform any longer to the pattern of this world, but be **transformed** by the *renewing of your mind*. Then you will be able to test and approve what God’s will is; his good, pleasing and perfect will.

Goal-Setting is a Spiritual Responsibility

Paul: “I know that I am not yet what God wants me to be. I haven’t reached that goal, but I keep moving toward it to make it mine because Christ made me and saved me for this. I know that I haven’t yet reached my goal, but there’s one thing I always do. Forgetting the past and straining toward what is ahead, I keep my eyes focused on the goal so that I may one day win the prize that God has called me to receive through Christ in the life above. All of you who are spiritually mature should think this same way, too.” - **Philippians 3:12-15**

1 Corinthians 10:31 -So, whether you eat or drink, or whatever you do, do all to the glory of God.

G.L.O.R.Y.

Go

- Press the start button. Take an action.

Long-Term

- Small goals → Transformation

Paul: "...I keep striving toward the goal..." Philippians 3:12 (TEV)

Obedient

- **Goals are Statements of Faith**

"According to your faith it will be done to you." - Matthew 9:29

- **Goals Motivate Us**

"I do not run without a goal. I fight like a boxer who is hitting something, not just the air. - 1 Corinthians 9:26 (NCV)

Relational – Like God, everything is done in relationship

Not Independence, but In Dependence

In Dependence on God and One Another

I need God's Love to Motivate Me:

I need God's Spirit to Empower Me

I need God's Word to Guide Me

I need God's People to Support Me

Yours – Specific to YOU.

Transformed Series: Dimensions of Health

Setting Goals

Romans 12:2

Opening

Imagine ...

- someone asking you a question about the Bible and being able to answer it because you recently read it in the Bible;
- the gratitude of someone who asks you to **pray** for them, and without hesitation, lifting up a brief but powerful prayer for them;
- that strained **relationship** you never had time to work on being reconciled, and replaced with peace, understanding, and love.
- **reacting calmly**, not impulsively, such that those closest to you wonder what made the difference...

That is our goal in this Transformed Series. Life Change. This goal is very possible. It is even probable for those who take the small steps God guides us in.

Transition

Handouts, Notes online

Rick Warren developed this Transformed Series, and it caught my eye back in the spring. Took a look at the materials...

Sharpen the saw, Private victory before public victory.

What opportunities does this downtime due to COVID restrictions give us? Preaching series this year...

- Personal Relationships (transformed)
- Church Qualities (Revelation)
- Prayer – personal and becoming a House of Prayer

Transformed series is targeted opportunities to grow. Today is just an orientation to the upcoming sermons.

Key Verse for the Transformed Series

Romans 12:2 – Do not conform any longer to the pattern of this world, but be **transformed** by the **renewing of your mind**. Then you will be able to test and approve what God's will is; his good, pleasing and perfect will.

God has a transformation plan for your life. – all your life.

Your goal is not “be a Christian.” It's transformation.

What's YOUR part in transformation?

Your part of transformation begins in your **thinking** – “Renewing of your mind.”

- You shouldn't expect your emotions to lead the way.
- You shouldn't expect shifting winds of circumstances to lead the way.

Your part in Transformation begins It begins with the renewing of your mind.

Goal-Setting is a Spiritual Responsibility

Paul: “I know that I am not yet what God wants me to be. I haven't reached that goal, but I keep moving toward it to make it mine because Christ made me and saved me for this. I know that I haven't yet reached my goal, but there's one thing I always do. Forgetting the past and straining toward what is ahead, I keep my eyes focused on the goal so that I may one day win the prize that God has called me to receive through Christ in the life above. All of you who are spiritually mature should think this same way, too.”
- **Philippians 3:12-15**

Over the next 7 weeks you will be encouraged to set goals for yourselves.

Now, we set and achieve goals constantly – We are made for pursuing goals.

- Some big goals, some small goals.
- day in, day out, week in, week out.
 - Put gas in car, make dinner, watch a TV or radio program.

But there are other kinds of goals that make a significant difference
→ transform.

To remind us that the goals we will set are not just good ideas we make up...

G.L.O.R.Y.

Go – (not as in leave here and go somewhere else)

- Press the start button. Take an action.
- If you want to **change** your thoughts you have to do a behavior.
- Mere good ideas or good intentions won't produce transformation.
- **Law of sowing and reaping.** – take actions, and it will have some result.

The **kind** of goals I will suggest throughout the series will be...

Long-Term

- Small steps to something bigger. Small goals → Transformation
- small behaviors to practice that make a big difference over time.
- My Vacation “goals”
 - fix the railing (check), fix the plumbing (check), flooring.
 - Not this kind of one-off goals.
- Rather, the goals we will set will produce an *upward spiral*.
 - **2 Cor 4:16-17** – goals that serve an *eternal glory*
- Long-term goals produce character

Paul: "...I keep striving toward the goal..." Philippians 3:12 (TEV)

- What can you do long-term that will affect your Spiritual, Physical, Mental, Emotional, Relational, Financial, Vocational Health.

Obedient

- Goals that are Responsive to the Lord
 - Not just a good idea (nothing wrong with good ideas)
 - Pegged down in scripture, God's Word to us.
- **Kerwin Lum** – "*We do what is good and right, not what's easy.*"
- Responding to God prompts us to do what we wouldn't ordinarily do.
- Produces incredible motivation and energy to keep going.

Goals are Statements of Faith

"According to your faith it will be done to you." - Matthew 9:29

Goals Motivate Us

"I do not run without a goal. I fight like a boxer who is hitting something, not just the air. - 1 Corinthians 9:26 (NCV)

Job: "I do not have the strength to endure. I do not have a goal that encourages me to carry on." - Job 6:11 (NLT)

Relational – Like God, everything is done in relationship

- Trinity - The Godhead is in Eternal Spiritual Community
 - In Everything,

Not Independence, but In Dependence

- Complete Self-giving
- Church
 - Initiated by Jesus, Led by Jesus

- eternal physical community.

In Dependence on God and One Another

I need God's Love to Motivate Me:

- “Everything you do must be done with love.” 1 Corinthians 16:14 (NLT)
- “Let love be your highest goal.” - 1 Corinthians 14:1 (NLT)

I need God's Spirit to Empower Me

- “You will not succeed by your own strength or power, but by my Spirit, says the Lord.” - Zechariah 4:6 (NCV)

I need God's Word to Guide Me

- “Keep this Book of the Law n your lips. Recite it by day and by night, that you may carefully follow all that is written in it; THEN you will successfully attain your goal.” - Joshua 1:8 (NAB)

I need God's People to Support Me

- “By yourself you’re unprotected. But with a friend you can face the worst. And a group of three is even better because a robe braided with three strands is not easily snapped!” - Ecclesiastes 4:12 (MSG)
- Encourage participation is a **Small Group**.

You are in relationship to God and others.

But ... you are not God, and you are nor Others.

The last letter, Y, stands for ...

Yours

- Your circumstances, family & friends, body chemistry, stage in life are unique.
- Personal, meaningful to **you**.
- We do have corporate goals at WOCC, but for this series, Your goals are about what God wants YOU to do.
- Don’t choose a goal just because somebody else is doing it.

G.L.O.R.Y.

Go – Long-term – Obedient – Relational - Yours

The Next 7 weeks

Our Transformed Series will offer you opportunities to participate with God's Transforming work in your life.

Transformed in your Spiritual Health, Physical Health, Mental Health, Emotional Health, Relational Health, Financial Health, Vocational Health.

Your **homework** this week is to review the topics, and be praying about possible goals. If you have 3 or 4, I'm going to ask you to pray about it and reduce it to **one** goal, at the most two.

- **Old Joke:** How do you eat an elephant? One bite at a time.

So be prayerful and open to God's leading.

(Pray)