New Year Resolutions vs. Goals

(from a Christian perspective)

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What is a New Year resolution?

A New Year's resolution is a commitment that a person makes to one or more personal goals, projects, or the reforming of a habit. A key element to a New Year's resolution that sets it apart from other resolutions is that it is made in anticipation of the New Year and new beginnings. People committing themselves to a New Year's resolution generally plan to do so for the whole following year.

(wikipedia.org)

Is a New Year resolution a Biblical practice?

Making New Year resolutions dates as far back as 3000 years ago and nowhere in the Bible does it say it is allowed or not allowed.

What does the word “goal” mean?

To set a goal means to aim for something specific, to reach and achieve a variety of objectives.

(wikipedia.org)

What is the difference between a new year resolution and a goal?

The biggest difference between the two is that a goal is more definite, targeted and driven towards results. Setting a New Year resolution is just something you want to achieve at the start of a new year, mostly ending up being unsuccessful.

Setting a goal comes with responsibility. You have to PLAN how you going to achieve it and review your plan on a regular basis. A goal can be set at anytime of the year. If you plan is solid, the chances of achieving the goal is very good!

How to set goals (from a Christian perspective)

1. Before setting your goals, before you do ANYTHING, first pray and talk to God and see what GOD want’s for you. Pray to the Lord for wisdom in regards to what goals you need and want to achieve. (James 1:5)
2. Make sure that your goals are reasonable and achievable.
3. Your goals must be something YOU want to achieve. Example: people tell you that you are fat and should lose weight. Based on this you set a goal to lose weight. If you do not really want to do it then you will not achieve it!!!

4. Now write down your goals and by when you want to achieve them. Next to each goal, write down how you planning to achieve them.

5. Pray for wisdom as to how to fulfill these goals (James 1:5).

6. Now write down at each of these goals, possible obstacles and how you will overcome these obstacles if it should occur.

7. Set review dates to go over your plan and make changes where needed

IMPORTANT INFO!!!

1. Make God the center of your goal and plan! Phil 4:13 says: “I can do everything through Him who gives me strength”. John 15:5 says: “I am the vine, you are the branches. If a man remains in Me and I in him, he will bare much fruit; apart from Me you can do nothing”. IF GOD IS IN THE CENTER OF YOUR GOAL, IT IS SETUP FOR SUCCESS!

2. Don’t become discouraged with occasional failures; instead, allow them to motivate you further! Sometimes God will change the direction of your plan or He might feel that the plan or goal itself needs to change. Be change fit!! God can change His mind. What is important to know is that He will always do this to YOUR advantage, even if you don’t see or feel that as yet! Jer 29:11 says: “For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future”.

3. Don’t become proud or vain, but give God the glory!!!

What are your goals for 2013?

Below is a great example of how to put down your goals in writing and making sure that it really does happen. Please keep in mind that YOU still have to motivate yourself to make sure you achieve your goals! Do your best and God will do the rest!
My Goals I am committing myself to:

1. ______________________________________________________________
2. ______________________________________________________________
3. ______________________________________________________________
4. ______________________________________________________________
5. ______________________________________________________________

My POA on how to achieve each of these goals:

Goal 1

________________________________________________________________
________________________________________________________________
________________________________________________________________

Goal 2

________________________________________________________________
________________________________________________________________
________________________________________________________________

Goal 3

________________________________________________________________
________________________________________________________________
________________________________________________________________

Goal 4

________________________________________________________________
________________________________________________________________
________________________________________________________________
Possible Obstacles and how I will overcome them:

Goal 1
_____________________________________________________
_____________________________________________________
_____________________________________________________

Goal 2
_____________________________________________________
_____________________________________________________
_____________________________________________________

Goal 3
_____________________________________________________
_____________________________________________________
_____________________________________________________

Goal 4
_____________________________________________________
_____________________________________________________
_____________________________________________________

Goal 5
_____________________________________________________
_____________________________________________________
_____________________________________________________