

DOABLE HABITS TO CHANGE US

Reference: miscellaneous Scripture

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It is not possible to succeed in life apart from dreams and goals and resolutions. Strategic planning and goal setting enable us to have long term vision and short term motivation.

In biblical times the Holy Spirit enabled people to strategize and plan and He still does:

- The _____ planned. (Reference: **Acts 6:1-3**)
- The apostle _____ made plans. (Reference: **Acts 15:36, Romans 1:13**)
- _____ Himself made plans. (Reference: **Matthew 10:5-15; 16:21; 26:17-19**)

There are two opposite approaches to goal setting:

- The first approach is someone that doesn't use his God given _____ to help him in decision making.
Reference: **Matthew 22:37** (see screen)
- The second approach is someone that neglects his _____.

The first extreme is rebutted in the Old Testament.

Reference: **Proverbs 6:6-8** (see screen)

The second extreme is rebutted in the New Testament

Reference: **James 4:13-16** (see screen)

In a technical sense, **verse fifteen** balances out both extremes. It is teaching that we should use our minds and set tangible goals but we should also be humble about doing that and understand that God is the one that ultimately is in control and we should be flexible if He decides to change our plans.

This message is going to address different categories of goals (not specific goals per se but different categories of goals) from Jesus example.

Luke 2:52

*And Jesus increased in wisdom and stature,
and in favor with God and men.*

This verse describes the human maturation of Jesus as He became an adult. It emphasizes four different dimensions of maturation that translate into four developmental categories that each of us should adopt as personal categorical goals.

I. _____ goals
verse fifty-two (see screen),

- _____ more.
Reference: **II Timothy 4:9** and **13** (see screen)
- _____ television and social media habits.
Reference: **Ephesians 5:15-16**

II. _____ goals
verse fifty-two (see screen)

Stature means the height of something and especially someone's actual height (inches) and so this phrase refers to Jesus physical development.

Let me mention some more doable habits that can help us reach physical goals.

- _____ on a consistent basis.
Reference: **I Timothy 4:8** (see screen)
- _____ that means eat the **right foods** and in the **right amounts**.
Reference: **I Timothy 4:4-5**, **I Corinthians 10:23** (see screen)
- _____ more and better.

III. _____ goals
verse fifty-two (see screen)

- Spend private and personal _____ with God.
Reference: **Psalms 119:2** (see screen)
- _____ to others about spiritual things.
Reference: **Acts 5:28** (see screen)
- Give to God _____.
Reference: **Proverbs 3:9-10** (see screen)

IV. _____ goals
verse fifty-two (see screen)

Nine suggestions to increase relational effectiveness:

- _____ to people.
- _____ at people.
- Use people's _____.
- _____ to people.
- Be cordial and _____ to people.
- Be anxious to _____ people and cautious to _____ them.
- Be _____ with people.
- Be prepared to _____ people.
- Remember that after God, people matter _____!