



TRANSFORMED

How God Changes Us

SETTING PERSONAL GOALS BY FAITH

Chris Calvert, Executive Pastor

September 28, 2014

Key Verse for the 50 Days of Transformation: Romans 12:2

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.

Key Verses for Today: Philippians 3:12-15

Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. All of us, then, who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you.

Why are Goals Important to Changing My Life?

1. Goal setting is a spiritual responsibility
2. Goals are statements of faith
3. Goals focus my energy
4. Goals keep me going
5. Goals build my character
6. Good goals will be rewarded

What kind of Goals does God bless?

3 Questions to ask

1. Will it honor God?
2. Is it motivated by Love?
3. Will it require depending on God?
 - I need God's Spirit to empower me
 - I need God's Word to guide me
 - I need God's people to support me

Next Steps

- I will lead/host or participate in a LifeGroup to study 50 Days of Transformation.
- I will memorize Romans 12:2 this week.
- I will purchase my 50 Days of Transformation Journal this week!



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Lesson Aim: *To discuss how setting goals is a key part in God's process of personal transformation.*

Prayer: Ask the Holy Spirit to lead your study time and discussion.

Ice-breaker: Have you ever set a goal and failed to achieve it? Tell the group about it.

1. **READ Acts 7:54-8:3 & Galatians 1:13-14.** List some of the things that characterized the life of the Apostle Paul before he came to know Christ.
2. **READ Philippians 3:12-15.** Paul says he wants to forget “what is behind” (his past). Not that he doesn’t remember who he was, but that he will live life for Christ and not let his past hold him back in this. What are some things you want to “leave behind” from the past so you can better live for Christ today and in the future?
3. In your own life, what does it look like to “press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus” (verse 14)?

4. In the message Sunday, Pastor Chris gave several reasons to answer the question “Why are goals important to changing my life?” Look over the list in your message notes. What one or two ideas motivate you the most to set goals? Why?
5. Have you ever set a goal that you were able to achieve? What was it and what helped you achieve it?
6. List 3-5 areas of your life where you need to set goals.
7. Now choose one goal you want to work on this week. How does it pass through the filter of “What kind of goals does God bless?” (from your weekend message notes.)
8. Make a list of the names of the people in your group, and one goal they are setting that you will pray about for them this week.

Close in prayer as the Holy Spirit leads you.

This **LifeGroup** Study Guide is designed to help you apply Sunday’s message. You can do this homework on your own; however we encourage you to check out our warm and friendly message-based **LifeGroups!** Get a copy of this Study Guide at theBridgeFresno.com by clicking on the “Messages” link.