

SPIRITUAL PLANNING: HOW DO I GET CONTROL OF MY LIFE?**INTRODUCTION**

- A. Time is life. Time is irreversible and irreplaceable. To waste your time is to waste your life, but to master your time is to master your life.
- B. Time is all the minutes, hours, days, and years of our lives upon this earth.
 - 1. We have 8,760 hours per year (24 hrs/day X 365 day/yr).
 - 2. We spend about 41% of our time sleeping and eating, 24% of our time at work or school, and 9% at worship services.
 - 3. Priorities in life are seen in where we spend our time and money.
- C. No one knows how much time we will have on this earth. JA 4:13-17; 1 PE 1:24-25; PS 90:10.

DISCUSSION

- I. **HOW DO I GET CONTROL OF MY LIFE?**
 - A. Control means “to exercise restraint or direction over; command; to hold in check.”
 - B. Control starts with planning. Planning is bringing the future into the present so that you can do something about it now. LK 14:25-33.
 - C. Each individual is a free-moral agent and is given the right and the responsibility to control and direct their own life (A+O=R, R=A). EP 5:15-17.
 - D. We are accountable for our borrowed time. RO 14:12.
 - E. What do you really want from life? What are your lifetime goals? We need to stop and take stock of our life.
 - F. We must balance many aspects of life (Family, Church, Personal, Community) and keep our priorities straight by understanding our goals in life. MT 6:33.
 - G. Unnecessary conflict can be reduced over our use of time due to the establishment and achievement of goals.
 - H. If we establish goals and plans, then we can get control of time which is life.
 - I. Two key questions:
 - 1. Why is it important to set goals?
 - 2. How do we set goals?
- II. **WHY IS IT IMPORTANT TO SET GOALS?**
 - A. 7 reasons why we need a goals statement:
 - 1. Goals help a person to discover what he really wants to do with his life.
 - 2. Goals help to motivate you to do what you really want to do.
 - 3. Goals give meaning to the way you spend your time.
 - 4. Goals will give direction to your life.
 - 5. Goals can help you feel in control of your destiny.
 - 6. Goals will provide a measuring stick against which to gauge alternative activities as they come along.
 - 7. Goals will enable you to balance the many aspects of your life and reduce unnecessary conflict over how you use your time.
 - B. Establishing goals is the secret to success for the faithful to control their life.
 - C. Examples of Successful Goal-Setting
 - 1. Patriarch’s desired, pictured and visualized heaven, and concluded life is a pilgrimage. HE 11:13-16.
 - 2. Common threads of faithful.
 - a. Faithful unto death. RE 2:10.
 - b. Unwavering faith despite not seeing visible fulfillment.
 - c. Walked as a pilgrim based on promises.

- d. Actively sought heaven by words and deeds, even though they could have return to their earthly homeland.

III. EXAMPLES OF SUCCESSFUL GOAL-SETTING.

- A. Moses choose to suffer affliction based on the riches of Christ. HE 11:24-26.
 1. We must make a choice between the riches of heaven or earth.
 2. Choices we make must be made in view of our goal. We need to weigh the pros and cons of decisions we make.
 3. Earthly treasure and sin brings temporary pleasure, but the reward of heavenly treasure is eternal.
- B. Jesus' goal was to be a light into the world and to save the world. JN 12:46-48.
 1. Jesus took action steps to achieve His goals:
 - a. He told us how to prepare for judgment.
 - b. He spoke by God's authority.
 2. JN 12:49-50.
- C. Paul was goal-driven to be with Jesus and to become more mature. PH 3:12-14; 1:21-23.
 1. It is a waste of time to dwell on the past.
 2. We must take action to press on toward maturity.
 3. Bottom Line: Achieving goals requires faith, sacrifice and desire.

IV. HOW DO WE SET GOALS?

- A. Goal setting needs to be specific and a part of our daily life.
- B. Use the S.M.A.R.T. method: Specific, Measurable, Attainable, Realistic, and Time-Bound. Use "I Will..."
- C. 7 Basic Principles for Spiritual Planning:
 1. Realize the purpose in life– EC 12:12-13.
 2. Picture or visualize your goal –2 CO 4:16-18.
 3. Establish long range goals – PH 3:14.
 4. Establish immediate goals– MT 6:34.
 5. Act upon your goal – LK 15:25-33.
 6. Anticipate problems – JA 1:2-8.
 7. Seek help – HE 4:15-16; PH 4:13.

CONCLUSION

- A. The Christian's Goal: Heaven. 1 PE 1:3-5.
- B. Things necessary to go to heaven:
 1. JN 14:1-6 - A relationship with Jesus.
 2. Acts 17:11 - Meditation and study of God's word.
 3. 1 TH 5:17 - An active prayer life.
 4. JN 4:24 - Faithful in our worship to God.
 5. 1 CO 15:58 - Work for the Lord.