



LCBS-2024-01-02-SmartGoalsFor2024

Each year in my first devotional of the year, I discuss my Resolutions for the New Year. This year I am going to discuss a slightly different topic which I will be using for Resolutions this year. God makes it clear in His Word that we should make clear logical plans.

*Luk 14:28 For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?*

*Luk 14:31 Or what king, going to make war against another king, sitteth not down first, and consulteth whether he be able with ten thousand to meet him that cometh against him with twenty thousand?*

**Thinking right is crucial. We must try and think like Jesus Christ and strive to do the Father's will in our lives.**

*Php 2:1 If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies,*

*Php 2:2 Fulfil ye my joy, that ye be likeminded, having the same love,*

*being of one accord, of one mind.*

*Php 2:3 Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.*

*Php 2:4 Look not every man on his own things, but every man also on the things of others.*

*Php 2:5 Let this mind be in you, which was also in Christ Jesus:*

Some think resolutions are pointless. But the bible is clear we should have plans and look to God daily for help. I have read that only 3% of people make goals, but those 3% accomplish more than the 97% who do not. My wife Denise and I have had clear written goals over the past 3 years which I put on the wall. Writing it down makes you 42% more likely to achieve the goal than to just speak it.

With clearly written goals, there is a clear target to hit. Without a goal, you will hit it every time. But by having written goals, we have been able to meet those goals for 3 consecutive years.

The Dictionary says the definition of resolution is:

## Resolution

noun

1. The state or quality of being resolute; firm determination.  
*"faced the situation with resolution."*
2. A firm decision to do something.  
*"made a resolution to get more exercise."*
3. A course of action determined or decided on.  
*"His resolution is to get up early."*

The word Goal is similar to Resolution.

## Goal

noun

1. The object toward which an endeavor is directed; an end. *synonym: intention.*

So we need to be intentional about our goals and resolutions.

In this past year, I have made it a habit to read at least 8 books each month and was able to finish up the year 2023 reading 106 books. This is the most I have ever read, exceeding the 96 in 2022.

Just reading books means nothing, but reading books that grow your mind and thinking can be helpful. No book helps me more than the bible itself. But of the others that have really helped me this year are books related to Habits and Mindset. One of them is Keystone Habits by Steven Shuster. In this book, he discusses making S.M.A.R.T. goals.

**SMART is an acronym tied to a word for each letter.**

**S – Specific**

**M – Measurable**

**A – Attainable**

**R – Relevant**

**T – Timely**

**Think on those a few minutes. Specific, Measurable, Attainable, Relevant, and Timely.**

**What causes us to fail on resolutions is not following those rules. Thousands of people decide in the first week of January to lose weight. And they normally do well for a couple of weeks. Exercise gyms and people selling those exercise machines do a lot of business in January. But by February, most of those resolutions are gone.**

**Why is that? Because they are not meeting those 5 criteria of S.M.A.R.T. Don't just say I will lose weight. Set a specific goal. For instance, say I will lose 1 lb. each month. That makes it reasonable and attainable. It is a SPECIFIC goal.**

**The reason for failure is not having clear written goals. I was thinking on that acronym and the S could mean a lot of things that would make**

sense. **Steady, Systematic, Smart, Secure, Slow, or Steadfast.** But he chose to use **Specific**, and we need to be specific.

I like having clear and precise goals. Pray about what you are desiring, and be sure it is in God's will. If your goal is reasonable and in God's will, nothing can hold you back from accomplishing it.

When the 5 men of the tribe of Dan went into the land to spy it out, they came to the house of Micah and asked for guidance of Micah and his priest.

***Jdg 18:5** And they said unto him, Ask counsel, we pray thee, of God, that we may know whether our way which we go shall be prosperous.*

Like them, we need to seek God's face. And when we know God's will, nothing shall hold us back.

***Mat 7:7** Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:*

***Mat 7:8** For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.*

**In the book of James, we have instructions on how to seek wisdom.**

***Jas 1:5** If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.*

**Let us read all 6 of those verses beginning in verse 2.**

***Jas 1:2** My brethren, count it all joy when ye fall into divers temptations;*

***Jas 1:3** Knowing this, that the trying of your faith worketh patience.*

***Jas 1:4** But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.*

***Jas 1:5** If any of you lack wisdom, let him ask of God, that giveth to all men*

*liberally, and upbraideth not; and it shall be given him.*

*Jas 1:6 But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.*

*Jas 1:7 For let not that man think that he shall receive any thing of the Lord.*

**Plan out your year. Write down your goals and make them specific and measurable and attainable. I believe with God's help we can all attain our desires using S.M.A.R.T. goals.**

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