

# Family Group Midweek Lessons

January 8, 2014



God Loves You This Much



Minneapolis | St. Paul | Church  
of Christ

# January 8

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## The True Lord

*This Family Group Bible-Talk is a stand-alone lesson since there was no Sunday worship gathering at the MSPCOC on January 5th.*

### **Opening Activity:**

- Ask everyone to take out a piece of paper and ask them to write down their own definition of a “resolution,” such as a “New Year’s Resolution.”
- Now ask everyone to write down a definition in their own words of a goal, especially as it relates to spiritual goals
- Ask a few people to share their definitions of resolution and then ask a few to share their definition of goal
- Have a short discussion on what is the difference between a resolution and a goal
- After that discussion, you might want to point out that, although similar, the two concepts are different. A resolution tends to have something to do with something new that you would like to start (or stop). Resolutions are often not part of something that we are already doing and so they are rarely followed through. Goals, however, tend to be more focused on improving or focusing something that we are already doing. A well written goal can almost always be kept.

### **Read: Habakkuk 2:1-4**

#### **Group Questions:**

- Why did God have the prophet write down the revelation of what God wanted to accomplish and tell him to make it plain to others?
- How does this offer us a bit of a template for setting spiritual goals in our own lives?

### **Read: James 4:13-17**

#### **Group Questions:**

- Why does God want us to make plans with his will in mind rather than just what we want to do or think is best?

## **Read: 1 Corinthians 9:24-27**

### **Group Questions:**

- How does this passage relate to the concept of not having a spiritual plan or spiritual goals for the year?
- Resolutions that most people make for the New Year are often more wishful thinking than a real goal or plan
- Do you have any specific spiritual goals that you have already written out for this year?

### **S.M.A.R.T. Goals**

- Spiritual goals should be S.M.A.R.T. Ones:
  - **Specific** - Goals should be specific and able to be broken down into manageable parts
  - **Measurable** - A good goal is one that can be assessed in the given time frame, otherwise it is hard to know when we have achieved it or it is so vague that we really can't strive after it
  - **Action** - Nothing can be accomplished if you don't act on your goals. Have a plan for how you are going to reach each aspect or phase of your goal
  - **Review** - A sure way to not reach your goal is to not review it regularly. Set a regular time weekly, monthly, etc., where you review the achievement made towards your goal. Do you need to revise your goal revise your plan?
  - **Time** - Don't procrastinate or put things off. Get on it. Start now. Also, have a specific time period to reach your goal. Make sure that it is reasonable so that it is not unrealistically short or long but do remember that deadlines always provide great motivation.

### **Final Thoughts:**

- Encourage everyone, if they haven't already, to either write some spiritual goals for 2014 or to revise theirs if need be based on the principles given above. Ask everyone who would like to, to be prepared to share their goals with the group next week.



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