

Fathers' Studies: Personal Growth

"...that the man of God may be complete, thoroughly equipped for every good work."

LESSON 3 OF 52

GOALS

LESSON AIM: To understand the benefits of goals and how to set them.

KEY VERSE:

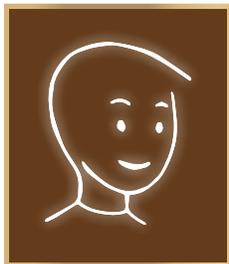
1. **PHILIPPIANS 3:14** What is one goal that all Christians should be working for? _____

2. **JOHN 2:6-8** Goals can be measured. You will know when you are finished. How many waterpots did Jesus tell the servants to fill? _____
3. **GENESIS 29:18** To reach a goal we should have a plan. What was Jacob's plan? _____

4. **1 SAMUEL 17:40** To reach a goal, we should prepare. How did David prepare to meet his goal? _____

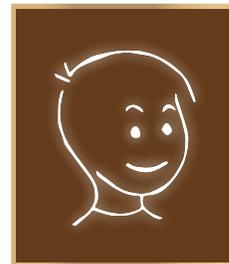
5. **NEHEMIAH 2:17-18** Nehemiah had a goal. When he told the people about his goal, what did they say? _____

For You To Do



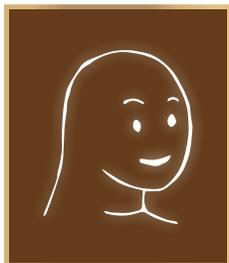
By Yourself

Write down one goal that you would like to reach within the next year. Write down steps of action needed to reach that goal. Remember to include the length of time for each step, the amount of money needed for each step, etc.



With Your Children

Give your children regular jobs to do at home. Make a goal chart for each child. Put a star on the chart whenever the child does his job without being reminded. Give a prize when the child reaches a certain number of stars.



With Your Wife

Encourage your wife in her personal goals. Discuss her weekly plans with her.

A goal is something that you want to happen. You try hard to make it happen. For it to really be a goal, there must be a way of knowing when you have reached your goal.

A goal is different from a purpose. A purpose is a general idea like, "I want to be a good father." A goal can be measured. A goal would be something like, "I plan to spend one evening each week as 'family night' for the rest of the year."

Goals are good because they make you feel like doing what you should do. They help you look to the future. When you set a goal and reach it, you feel successful.

HERE ARE SOME STEPS FOR MAKING GOALS:

A. Think about what you would like to be able to say about your life at some time in the future—three months, one year, two years, five years from now. Pray about what these things should be.

B. Write down the goals you have decided upon and the dates when you want to reach them. Write each goal in such a way that you can measure whether it is happening.

C. Think backwards from the date you have set to the present. What steps of action must you take to reach your goal by that time? Write these down.

D. Write a date for each step. These dates will lead you to the final date on your goal.

E. Tell your wife or a close friend what your goals are, so that he or she will check to see if you are working on them.

EPHESIANS 5:15-16, HEBREWS 12:1-2, 2 TIMOTHY 4:7-8

A goal has a definite plan of action to reach it.

Goal-setting steps:

- decide on your goal
- write down your goal
- make plans how to reach your goal
- set dates to complete your plans and goal
- find a friend to check on your progress

Goals help you act.

I HAVE FINISHED THE WORK I WAS TO DO. I HAVE KEPT THE FAITH.
(2 TIMOTHY 4:7)

WINDOW TO LIFE

Bill felt there were many things in life that he wanted to do, but he wasn't getting them done. He decided to set up a goal sheet and plan his goals. This is how his goal sheet began.

WHAT DO I WANT TO HAPPEN?

Read through the New Testament to increase my knowledge of the Bible.

HOW WILL I KNOW IT HAPPENED?

When I finish reading Revelation

WHEN SHOULD THIS HAPPEN? (DATE)

End of this year

