

Biblical Counseling Center introduces eCounselor's Weekly guide, to encourage counselors and all believers in discipleship and daily growth.

### Goal Setting — a Biblical Thing to Do

*Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Let those of us who are mature think this way, and if in anything you think otherwise God will reveal that also to you.*  
- Php 3:13-15



Did you set any goals for 2010? Many see the beginning of a New Year as an opportunity for a new start. Some call it turning over a new leaf, the start of a new page and a new chapter in their book of life. Whether a vow before God and others or in quietness and privacy, many have made plans and set goals for 2010. If you're going to reach those goals here are several important guiding principles.

#### 1. Don't be preoccupied with the past.

Paul said it this way in verse 13, *forgetting what lies behind*. Maybe last year wasn't your greatest year. Maybe you floundered in some area of your life. Paul said forget it. There is nothing you can do about last year so don't look back and let it discourage you, but study to learn what to do to gain victory for this year.

But another reason not to look back might be because you may have had the greatest year of your life. Your life saw nothing but growth spiritually. Your finances couldn't be better and you have more faithful friends than ever before. Things were so good you say, "Let's just leave it that way. If we have a ditto year, we'll be satisfied." But God always wants growth!

#### 2. Put your focus and energy on the present.

Today and tomorrow is where we need to direct our energy. We aren't to worry but we are to focus and plan for tomorrow, we are to *press on toward the goal*. If Paul had a goal for his life, we are in good company as we establish goals for our lives. Goals are targets for which we aim!

There are times when our goals are wonderfully reached. Other times they are frustrated and we don't reach as far as we wanted or we never get started. But one thing is certain, if we focus on none, we will reach nothing. Stop right now and write a goal for 2010 in these areas: Spiritual, Social, Intellectual, Physical, Vocational, and Financial. Then write out practical ways you can realistically reach each goal.

#### 3. Make your Primary Goal to look more like Christ. (Rom 8:29)

The goal of being more like Christ should be the goal that arches over every other. Wouldn't it be fulfilling if someone came up to you next New Year's Eve and said, "You look more like Christ this year." That was Paul's lifetime goal and like him, with that goal, we will win the prize. The Greatest prize of all will be to hear our Lord say to us, "Well done, good and faithful servant!"

› Other related Scriptures: James 4:15; Hebrews 12:2; 2 Timothy 2:3-6

#### Biblical Counseling Center

[Main Office](#) - 3233 N Arlington Heights Rd, Suite 302 • Arlington Heights IL 60004

[Fox Lake Office](#), Fox Lake Com. Church • [Lynwood Office](#), Lynwood United Ref. Church

Email [info@biblicalcounselingcenter.org](mailto:info@biblicalcounselingcenter.org) • Telephone (847) 398-7193

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