

**Wednesday with the Word
@Wheat Street Baptist Church**

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**Making 2019 a Truly New Year: Practical Tips and Strategies
Biblical Foundation**

What's going to make this year new?

What's going to make this year better than last year?

What are you going to do different?

What do you need to work on?

What do you need to and want to improve?

What changes are you going to make?

What is that is going to make sure you don't give up on your change / growth goals for 2019?

Romans 12:1-2

1 I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

Commentary: When we come to worship with our whole selves and allow God to speak to us, touch us, and change us, something happens. When we fully engage in worship we are giving a sacrifice of praise that is transformative in and of itself. That's why we have to be in worship and that is also why we have to work so hard to make worship transformative and powerful.

2 Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

Commentary: We are in the world but not of the world. We have to fight the temptation to be overly influenced by the ways of the world in which we live. How do we do this? We do this by allowing the Holy Spirit to have control of our minds. Transform our minds! How do we do this? We do this by prayer, by study, by meditating on God's word, by reading books that speak to our souls, goals and call. When you study your mind is transformed. When you sit under anointed teaching your mind is transformed. You know your mind is being transformed when you begin to hear and see the scripture in ways that it applies to your life and you know when it applies to your life when you live the word! Your life reflects what you are taught in the life that you live.

See: James 1:22-25 - Doers!!!

22 But be doers of the word, and not merely hearers who deceive themselves.

23 For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; **24** for they look at themselves and, on going away, immediately forget what they were like. **25** But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in the doing.

Commentary: When our lives is a word informed and guided life we will have a blessed life. When our lives or word informed lives we do what God has called us to do. When we do what God has called us to do we are blessed in the doing. Just doing what we are called to is the blessing in and of itself.

Romans 12:3-8

3 For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.

Commentary: Humility! Check yourself before you wreck yourself. Always ask is it me? Look in the mirror don't point the finger.

4 For as in one body we have many members, and not all the members have the same function, **5** so we, who are many, are one body in Christ, and individually we are members one of another.

6 We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; **7** ministry, in ministering; the teacher, in teaching; **8** the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

Commentary: We are to walk in our gifts. Gifts tell you what you should do.
Passion tells with whom you should serve.

Gift: Teaching / Preaching / Leadership

Passion: God's Church / The Academy-Seminary & College

How do we make the changes in our lives to walk according to Romans 12:1-8?

1. Create Holy Habits
2. Create Sustaining Transforming Life Habits
3. Habits and Routine = The Process of Transformation
4. Don't Worry About the Goal - Rather Manage the Process and the Goal Will Come

What is a habit?

A recurrent, often uncurious pattern of behavior that is acquired through frequent repetition. Habit applies to a behavior or practice so ingrained that it is often done without conscious thought.

It takes an average of sixty-six days for new habits to become automatic and for some activities it takes more like 250 days!

Creating Holy Habits: The establishment of spiritual disciplines as a part of my everyday routine is the key to having a life built on holy habits.

The Inward Disciplines:

- Meditation
- Prayer
- Fasting
- Study

The Outward Disciplines:

- Simplicity
- Solitude
- Submission
- Service

The Corporate Disciplines

- Confession
- Worship
- Celebration

For further study see: The Celebration of Discipline by Richard J. Foster

Creating Life Sustaining Habits

Habits / routines that make you your healthier best self in the following areas:

1. Intellectual: Your engagement with significant ideas
2. Emotional: Your psychological health
3. Physical: Your bodily health
4. Marital / Relational: Your spouse or significant other
5. Parental: Your children or with your parent
6. Social: Your friends and associates
7. Vocational: Your profession or choose activity post retirement
8. Avocational: Your hobbies and pastimes
9. Financial: Your personal or family finances and your giving your tithe and offering to the Lord
10. Giving Back: Sharing your gifts through service to others

Example: Physical

My goal is to get down to _____ and run two half marathons.

What would be the habits I would need to establish to get this done?

Developing Goals that Change You: Goals & Why:

First Look Back to Look Forward:

How did you see the past year going?

What were your plans, your dreams, your concrete goals if you had any?

What disappointments or regrets did you experience this past year?

What did you feel you should have been acknowledged for but weren't?

What did you accomplish this past year that you were most proud of?

What were two or three specific themes that kept recurring? What were the major life lessons you learned this past year?¹

Writing Your Goals Down:

“Committing your goals to writing is not the end game. But it is foundational for success for at least five reasons. **First**, it forces you to clarify what you want.”

“**Second**, writing down goals helps you overcome resistance.”

“**Third**, it motivates you to take action.”

“**Fourth**, it filters other opportunities. The more successful you become, the more you will be deluged with opportunities.”

“**Fifth**, it enables you to see — and celebrate — your progress.”²

Writing Good Goals: SMATER Goals

The reason most people never reach their goals is that they don't define them .
DENIS WATLEY

1. Specific:

What the studies show is that the tougher and more specific the goal, the more likely we are to engage our focus, creativity, intellect, and persistence. To formulate a SMARTER goal, you've got to identify exactly what you want to accomplish .

2. Measurable:

¹ Hyatt, Michael. Your Best Year Ever: A 5-Step Plan for Achieving Your Most Important Goals (Kindle Locations 1108-1114). Baker Publishing Group. Kindle Edition.

² Hyatt, Michael. Your Best Year Ever: A 5-Step Plan for Achieving Your Most Important Goals (Kindle Locations 1167-1168). Baker Publishing Group. Kindle Edition.

In other words , they have built - in criteria you can measure yourself against .

3. Actionable:

Goals are fundamentally about what you're going to do . As a result , it's essential to get clear on the primary action when formulating your goals. What are you going to do that is part of this goal that will ensure you get the goal accomplished.

4. Risky:

The goal should push you out of your comfort zone. It should be something worth pushing you and as a result it is going to take significant effort to achieve.

5. Time-Keyed:

Attribute 5 : Time - keyed The fifth attribute of SMARTER goals is that they're time - keyed . This could be a deadline , frequency , or a time trigger . Deadlines demand attention and spur action . I'd better get in motion because the clock is ticking . Distant deadlines discourage action . You'll think , " I have so much time . It's not due for another ten or twelve months . " Effort dissipates to fill time . But the reverse is also true . Short time horizons concentrate our effort .

6. Exciting:

They inspire you , in other words . Researchers say that we stand a better chance of reaching our goals if we are internally motivated to do so . External motivations might work for a while , but if we're not getting something intrinsic from the goal , we'll lose interest .

7. Relevant:

Effective goals are relevant to your life . This is about alignment , and it comes at the end of the list because it's a good way to gut - check your goals before committing to them .

If we're going to succeed , we need goals that align with the legitimate demands and needs of our lives .

You need to set goals that are relevant to your actual circumstances and true interests .

You also need goals that align with your values . This should be obvious , but sometimes we feel outside pressure to set goals that go against the core of who we are .³

The WHY - that - Fuels the WHAT

WHY: Why is this goal important to me?

Look at your goals and ask yourself , “ **Why is this goal important to me personally? What’s at stake both positively and negatively?** ” Once you’ve answered those questions , I recommend you list and rank your top three so you can quickly find your most compelling motivation when the going gets tough and put them under the goal as reminder of why are doing this.⁴

³ Hyatt, Michael. Your Best Year Ever: A 5-Step Plan for Achieving Your Most Important Goals (Kindle Locations 1293-1294). Baker Publishing Group. Kindle Edition.

⁴ Hyatt, Michael. Your Best Year Ever: A 5-Step Plan for Achieving Your Most Important Goals (Kindle Locations 1770-1772). Baker Publishing Group. Kindle Edition.