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My Inspired Resolution Workbook

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INTRODUCTION

"Is anything too hard for the Lord?"
Genesis 18:14

I love this verse! It is even better when you remember its context—this is what was said to Sarah (of Abraham and Sarah) when they were told she would have a son, long after her child-bearing years were over. And guess what? She did. She had Isaac when she was in her nineties.

The reason I love this verse is because it reminds me **nothing is impossible with God's help**, if it is according to His will.

When you commit to setting goals with *God*, you open the door to miracles in your life—because NOTHING is "too hard for the Lord."

BUILD THE LIST

“I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.”

Psalms 32:8

First things first: Make a list of everything you can imagine or dream of doing this year. This may take more than one day. That is okay. You aren't in a rush. Keep thinking and jotting down ideas as they come to you. You can even have a chat with God about helping you make a good list. Begin your list TODAY!!!

Questions to help you think:

What have I talked about doing for years?

What is meaningful to me, or what am I passionate about?

What goal would give me purpose?

What would make me feel a sense of accomplishment this year?

What talent would I like to develop?

What would I like to become, and what skills would take me there?

What do I need to carry out Spiritually? Physically? Emotionally? Socially? Family? At work?

SAY A PRAYER, RECEIVE AN ANSWER, AND MAKE A DECISION

***"If any of you lack wisdom, let him ask of God."
James 1:5***

Now comes the part where you talk to God about your choices. He is your Father, and like any good father, He cares about you and wants to see you reach your full potential. *"The Spirit itself beareth witness with our spirit, that we are the children of God."* Romans 8:16

Prayer

1. Find a quiet place you can meditate (deeply reflect) and pray.
"When thou prayest, enter into thy closet, and when thou has shut the door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly." Matthew 6:6
2. Begin by addressing God as your Father.
"After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name." Matthew 6:9
3. Thank God for your blessings.
"It is a good thing to give thanks unto the Lord." Psalms 92:1
4. Talk to Him about your list, how you desire to commit to one thing, and ask Him for guidance.
"Ask and ye shall receive." John 16:24
5. Close in the name of Jesus Christ.
"Whatsoever ye shall ask the Father in my name, he will give it you." John 16:23

Answers

“The Spirit of truth will guide you into all truth.” John 16:13

- Remember God will give you answers in His own time and in His own way, and only according to His will. ***“Thy will be done in earth, as it is in heaven.”*** Matthew 6:10
- Sometimes God answers with thoughts and impressions in the mind—kind of like a “light-bulb moment.” Elijah described this as a ***“still small voice...and, behold, there came a voice unto him and said, What doest thou here, Elijah?”*** (1 Kings 19:12, 13) Pay attention to your “light bulb moments” or thoughts and write them down. God just might be speaking to you.
- Other times you will just feel peace—it is one of the “fruits of the spirit” as described by the apostle Paul. ***“The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance.”*** (Galatians 5:22-23)
- Sometimes the peace or assurance could be God guiding you to make a decision first and then ask Him. You can even make a pro/con list and then ask God if the decision is right. If it is right, you will feel peace or assurance. If it is wrong, you will feel confused or uncertain.
- Often, we must wade through distractions before we finally hear or feel a quiet voice in our heart and mind, teaching or prompting us one way or another. If you are feeling distracted try these things:
 - Turn off your cell phone/TV or other digital devices.
 - Create quiet times in your life (this is particularly effective in early morning).
 - Resolve issues that might be hindering your meditation (forgive yourself and others, let go of hurt feelings, apologize for your own offenses if needed).
 - Take a quiet walk in nature (no iPod or other distractions).
- Don't get discouraged if you don't receive an immediate answer. Keep trying.

Decision

“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths.” Proverbs 3:5-6

What answer did you receive? What goal will you be setting this year?

How do you feel about this answer?

If you feel fear, how do you believe God will strengthen you and mercifully help you to accomplish this goal?

FOLLOW-UP WITH COMMITMENT AND ACTION

“Once you make a decision, the universe conspires to make it happen.”

-Ralph Waldo Emerson

“If God be for us, who can be against us?”

Romans 8:31

Write your Inspired Resolution here (finish your goal “with God’s help”).

I commit to:

What makes me excited about this goal?

How will this goal improve me as a person? **(Keep this in mind on hard days.)**

How will I feel when I accomplish this goal?

What scares me about this goal?

What obstacles do I foresee?

Brainstorm how to overcome those obstacles.

INVESTING IN MYSELF AND MY GOAL

***“All that the Lord hath said will we do.”
Exodus 24:7***

What resources do I need to accomplish this goal?

Who can help and support/mentor me in this goal? (If you don't know—give it to God to help you figure this out.)

When will I commit to work on this goal?

Goal Sheets



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Make as many copies as you need!

GOAL SHEETS

Month _____

***"I can do all things through Christ which strengtheneth me."
Philippians 4:13***

My Inspired Resolution:

Mini-Goals:

What I will accomplish:

Now, talk to God about it. Tell Him about your goals and ask for courage, faith, and patience to accomplish them.

Begin each morning with meditation and prayer. Remind yourself (and God) about your mini goals and ask for the wisdom and determination to accomplish them. Schedule how you will work on one of your mini-goals that day and do it!

End every day with a prayer of thanks and a report of how you have done that day with your goals.

Do you have any additional ideas or thoughts after your prayers?

Be flexible enough to incorporate these into your goals. This is how you learn to trust God and be spontaneous enough to walk through doors that come up mid-month.

GOAL SHEET PAGE 2

Obstacles

“For God hath not given us the spirit of fear, but of power, and of love, and of a sound mind.” 2 Timothy 1:7

During the month, take a few moments to evaluate this question:

What obstacles am I facing?

Talk to God at night about these obstacles and give it to Him. Turning it over to God doesn't mean you do nothing, but that you don't need to stress or worry. With God as your partner, you know you just need to do what you can do, and leave the things you can do nothing about in His hands.

I have had some amazing experiences going to sleep with an obstacle or question and then waking at 4:30 with the answer. I know that between God and our subconscious working on the problem, ideas will come.

As you awake the next morning, spend time thinking about your obstacle (before you look at any device). Do you have any thoughts as to how to overcome this obstacle?

Keep working and moving forward. If you find a door shut to you, trust that God has a better door for you to walk toward and keep your momentum going. You can also shift your focus to another mini-goal until the way opens on your obstacle—pray and God will guide you.

GOAL SHEET PAGE 3

End of Month Summary

"Great is thy faithfulness. The Lord is my portion, saith my soul; therefore I will hope in him." Lamentations 3:23-24

What did I accomplish this month?

Are there any mini-goals that need to be modified or carried over to next month?

List the obstacles you have "given to God" for further illumination (be mindful of any solutions that present themselves).