

SETTING PERSONAL GOALS BY FAITH

Transformed – Rick Warren
Parts 1-3

WHY ARE GOALS IMPORTANT TO CHANGING MY LIFE?

1. _____
Paul: “I know that I am not yet what God wants me to be. I haven’t reached that goal, but I keep moving toward it to make it mine because Christ made me and saved me for this. I know that I haven’t yet reached my goal, but there’s one thing I always do. Forgetting the past and straining toward what is ahead, I keep my eyes focused on the goal so that I may one day win the prize that God has called me to receive through Christ in the life above. All of you who are spiritually mature should think this same way, too.” Philippians 3:12-15
2. _____
“According to your faith will it be done to you.” Matthew 9:29
3. _____
“I do not run without a goal. I fight like a boxer who is hitting something—not just the air.” 1 Corinthians 9:26 (NCV)
4. _____
Job: “I do not have the strength to endure. I do not have a goal that encourages me to carry on.” Job 6:11 (NLT)
5. _____
Paul: “I keep striving toward the goal.” Philippians 3:12 (GNT)
6. _____
“If your goals are good, you will be respected.” Proverbs 11:27 (GNT)

“All athletes practice strict self-control. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run straight to the goal with purpose in every step.” 1 Corinthians 9:25-26 (NLT)

WHAT KIND OF GOAL DOES GOD BLESS?

3 questions to ask:

1. _____
“God paid a great price for you. So use your body to honor God.”
1 Corinthians 6:20 (CEV)

“When you eat or drink or do anything, always do it to honor God.”
1 Corinthians 10:31 (CEV)

“We make it our goal to please him.” 2 Corinthians 5:9 (NIV)
2. _____
“Everything you do must be done with love.” 1 Corinthians 16:14 (NLT)

“Let love be your highest goal.” 1 Corinthians 14:1 (NLT)
3. _____
“We plan the way we want to live, but only God makes us able to live it.”
Proverbs 16:9 (The Message)
 - **I NEED** _____
“You will not succeed by your own strength or power, but by my Spirit, says the Lord.” Zechariah 4:6 (NCV)
 - **I NEED** _____
“Keep this Book of the Law on your lips. Recite it by day and by night, that you may carefully follow all that is written in it; THEN you will successfully attain your goal.” Joshua 1:8 (NAB)
 - **I NEED** _____
“By yourself you’re unprotected. But with a friend you can face the worst. And a group of three is even better because a rope braided with three strands is not easily snapped!” Ecclesiastes 4:12 (The Message)

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HOW TO GET CLOSER TO GOD

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Parts 1-3

**The further away you get from God, the more your life is troubled.
The closer you get to God, the more your life is transformed.**

THE LOST SON & LOVING FATHER: LUKE 15:11-24

Jesus told this story: “A man had two sons. The younger son told his father, ‘Give me my share of your estate now, instead of waiting until you die.’ So his father divided his wealth between his sons. A few days later the younger son packed all his belongings and left home to live in a distant land. (He got as far away from his Father as he could.) There he squandered the gift he’d been given and wasted his life and money on wild parties and reckless living. About the time all his money ran out, a severe famine hit the land, and he began to starve because he was left with nothing. The only job he could find was feeding swine on a farm. He became so desperate and hungry that even the pig slop he was feeding the swine looked good to him. But no one would give him anything for his hunger. When he finally came to his senses, he said to himself, ‘This is crazy! At my Father’s home even the lowest paid workers eat well, while I’m far away dying of hunger! I’m going to return home to my Father and humbly say: Father, I have sinned against both God and you, and I am not worthy to be a part of this family or called your son. But please just make me one of your servants who works for you.’ With that attitude, he headed back home to his Father. But while the son was still a long distance away, his father saw him coming. Filled with love and compassion, he ran out to his son, threw his arms around him, and kissed him! The son said ‘Father, I’ve sinned against both God and you, and I’m no longer worthy of being called your son.’ But the father said to his servants, ‘Quick! Bring me the finest robe in our house and put it on him. Then get my signet ring for his finger and shoes for his feet. Then roast the calf we have been fattening. We’re going to celebrate with a feast of eating and drinking. For this child of mine was distant and dead but now he’s back and alive! He was lost, but now he’s found! So the party began!’”

1. _____
“He wasted it all . . . he had nothing left . . . he got desperate and hungry . . . he finally came to his senses.” Luke 15:13-14, 17

GOD: “You’ll find me when you get serious about finding me and want it more than anything else.” Jeremiah 29:13 (The Message)

2. _____
“When he came to his senses, he said . . . ‘I have sinned against God and you.’”
Luke 15:17-18

“Your sins have separated you from your God, and have hidden his face from you.”
Isaiah 59:2

“Be merciful to me, O God, because of your constant love. Because of your great mercy wipe away my sins! Wash away all my evil and make me clean! I recognize my faults and I am conscious that I’ve sinned against you.” Psalm 51:1-4 (GNT)

“The Lord says, ‘No matter how deep the stain of your sins, I can remove it. I can make you as clean as freshly fallen snow.’” Isaiah 1:18 (NLT)

THE HABIT OF A REGULAR SPIRITUAL CHECK-UP:

“Test yourself to make sure you’re solid in the faith. Don’t drift along taking everything for granted. Give yourself regular checkups. If you fail the test, do something about it.” 2 Corinthians 13:5 (The Message)

“A man ought to examine himself before he eats of the bread and drinks of the cup.”
1 Corinthians 11:28 (NIV)

3. _____
The son drifted away saying, “GIVE ME MY share.” Luke 15:12
He returned to the Father saying, “MAKE ME a servant.” Luke 15:19

“Because God is merciful to you, OFFER YOURSELVES as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. And do not conform to the pattern of this world, but BE TRANSFORMED by the renewing of your mind.”
Romans 12:1-2 (NIV)

THE FATHER’S RESPONSE

“Filled with love and compassion, he ran out to his son, threw his arms around him, and kissed him! . . . Bring the best.” Luke 15:20, 22

4. _____
“We’re going to celebrate with a feast of eating and drinking . . . He was lost but now he’s found! So the party began!” Luke 15:23-24

“Sing to God, sing praises to his name; LIFT UP A SONG to him . . . his name is the Lord!” Psalm 68:4 (ESV)

“I will sing to the Lord because he has been so good to me!” Psalm 13:6 (NLT)

“On the night he was betrayed, the Lord Jesus took bread and spoke a PRAYER OF THANKSGIVING. He broke the bread and said, ‘This is my body, which is given for you. Do this to remember me.’” 1 Corinthians 11:23-24

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FROM STRESSED TO BLESSED

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Parts 1-4

"Peace of mind makes the body healthy." Proverbs 14:30 (GNT)

"A relaxed attitude lengthens a man's life." Proverbs 14:30 (NLT)

7 SPIRITUAL HABITS THAT REDUCE STRESS PSALM 23

1. _____
"The Lord is my shepherd, so I have all I need." Psalm 23:1

"Since God did not spare even his own Son for us but gave him up for us, won't he also surely give us everything else we need?" Romans 8:32 (TLB)

2. _____
"He makes me lie down." Psalm 23:2

"Six days are set aside for work, but every seventh day you must rest completely, even during your seasons of plowing and harvest, you must observe a Sabbath day of rest." Exodus 34:21

3. _____
"He makes me lie down in lush green meadows and leads me beside calm, quiet waters. He restores my soul." Psalm 23:2-3

"You'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly."
Philippians 4:8 (The Message)

4. _____
"He guides me in the right paths for his name's sake." Psalm 23:3

5. _____
"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff comfort me." Psalm 23:4

"When I am ready to give up, he knows what I should do." Psalm 142:3 (GNT)

6. _____
"You prepare a table before me in the presence of my enemies, and you anoint my head with oil; my cup overflows." Psalm 23:5

"How I love you, Lord! You are my defender, my protector, and my strong fortress. In you I am safe. You protect me like a shield." Psalm 18:1-2

7. _____
"Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever." Psalm 23:6

Jesus: "COME to me, all you that are weary and are carrying heavy burdens, and I will give you rest. TAKE my yoke upon you, and LEARN from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Matthew 11:28-30 (RSV)

**WHEN I'M "YOKED" WITH CHRIST, WE MOVE TOGETHER IN THE
SAME _____ AND THE SAME _____**

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CHANGE YOUR LIFE BY CHANGING YOUR MIND

Transformed – Rick Warren
Parts 1-3

“Do not be conformed to the pattern of this world, but let God transform you into a new person by changing the way you think.” Romans 12:2 (NLT)

WHY I MUST MANAGE MY MIND

- **BECAUSE** _____

“Be careful how you think; your life is shaped by your thoughts.”
Proverbs 4:23 (GNT)

- **BECAUSE** _____

“I love to do God’s will so far as my new nature is concerned; but there’s something else deep within me that is at war with my mind and wins the fight and makes me a slave to the sin within me. In my mind I want to be God’s servant, but instead I find myself still enslaved to sin.” Romans 7:22-23 (TLB)

- **BECAUSE** _____

“If your sinful nature controls your mind, there is death. But if the Holy Spirit controls your mind, there is life and peace.” Romans 8:6 (NLT)

3 DAILY CHOICES FOR A HEALTHY MIND

1. I MUST _____

“People need more than bread for their life; they must feed on every WORD OF GOD.” Matthew 4:4 (NLT)

WHEN? _____

“I rise early . . . to cry out for help and to put my hope in your words.”
Psalm 119:147 (NLT)

“Lord, how I love your Word. I think about it all day long.” Psalm 119:97

“Even in the darkest of night, your teachings fill my mind.” Psalm 16:7 (CEV)

2. I MUST _____

“Those who are dominated by their sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit.”
Romans 8:5 (NLT)

“Though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. (Our weapons) have divine power to demolish strongholds. We demolish any argument and every pretension that sets itself up against the knowledge of God, and we TAKE CAPTIVE EVERY THOUGHT to make it OBEDIENT to Christ.” 2 Corinthians 10:3-5

HOW TEMPTATION WORKS

“Temptation comes from the lure of OUR OWN evil desires. These evil desires lead to evil actions, and then the evil actions lead to death.” James 1:14-15 (NLT)

Step 1: Desire

Step 2: Doubt “Did God really say . . . ?”

Step 3: Deception—Believing a lie of Satan

Step 4: Disobedience & Defeat

“I have made up my mind to obey your laws forever, no matter what.”
Psalm 119:112 (CEV)

3. I MUST _____

- _____

“Keep your mind on Jesus Christ.” 2 Timothy 2:8 (CEV)

“Think about Jesus’ example. He held on while wicked people were doing evil things to him. So do not get tired and stop trying.” Hebrews 12:3 (NCV)

- _____

“Don’t just think about your own affairs, but be interested in others, too, and in what they are doing.” Philippians 2:4 (TLB)

“Let us think about each other and help each other to show love and do good deeds.” Hebrews 10:24 (NCV)

- _____

“Let heaven fill your thoughts. Do not think only about things down here on earth.” Colossians 3:2 (NLT)

“No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.” 1 Corinthians 2:9 (NLT)

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HOW TO DEAL WITH HOW YOU FEEL

Transformed – Rick Warren
Parts 1-4

“The most important commandment is this: You must love the Lord your God with ALL YOUR HEART, and all your SOUL, and all your MIND, and all your STRENGTH.” Mark 12:29-30 (NLT)

UNDERSTAND MY EMOTIONS

- _____

- _____

“Then God said, ‘Let us make man in our image, in our likeness.’”

Genesis 1:26 (NIV)

TWO EXTREMES TO AVOID:

EMOTIONALISM: _____

STOICISM: _____

- **GOD GAVE US _____ TO UNDERSTAND OUR EMOTIONS**

WHY I MUST LEARN TO MANAGE MY EMOTIONS

1. BECAUSE _____

“There is a way that SEEMS right to a man, but in the end, it leads to death.”

Proverbs 14:12 (NIV)

2. BECAUSE _____

“Like an open city with no defenses is the man with no check on his feelings.”

Proverbs 25:28 (NAB)

“Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” 1 Peter 5:8 (NIV)

3. BECAUSE _____

“To be controlled by human nature results in death; to be controlled by the Spirit results in life and peace . . . Those who obey their human nature cannot please God.” Romans 8:6-8 (GNT)

4. BECAUSE _____

“[People] get lost and die because of their foolishness and lack of self-control.”

Proverbs 5:23 (CEV)

“From now on you must live the rest of your earthly lives controlled by God’s will and not by human desires.” 1 Peter 4:2 (GNT)

HOW TO MANAGE AN UNWANTED FEELING

1. _____

Ask: _____

2. _____

Ask: _____

Elephaz asked Job: *“Why has your heart carried you away, and why do your eyes flash?”* Job 15:12 (NIV)

3. _____

- **EVERYDAY:** _____

“When the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” Galatians 5:22-23 (NLT)

- **EVERYDAY:** _____

“Self-control means controlling the tongue!” Proverbs 13:3 (TLB)

“May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord!” Psalm 19:14 (NIV)

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FACING THE FEARS THAT RUIN RELATIONSHIPS

Transformed – Rick Warren

Parts 1-3

“So Eve ate some of the fruit. Then she also gave some to her husband. Adam, who was with her, and he ate it. Immediately, their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover up themselves. Then they heard the Lord walking in the garden in the cool of the day, and they hid from God among the trees. But God called out to Adam, ‘Where are you?’ Adam replied, ‘I heard you coming and I was afraid because I was naked; so I hid.’ Then God asked, ‘Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?’ Adam said, ‘You gave me this woman and she gave me the fruit, so I ate it.’ Then God said to Eve, ‘Why did you do this?’ Eve replied, ‘The serpent deceived me, and I ate it.’ . . . So God said to Eve, ‘(Because you disobeyed me) you’ll have greater trouble in pregnancy and great pain in childbirth. And though you’ll desire your husband, he’s going to lord it over you.’ Then God said to Adam, ‘Because you also disobeyed me and sinned with your wife, the ground you work is now cursed. And though you’ll get to eat what you planted, your fields will have weeds, and thorns and thistles, and for the rest of your life you’ll have to sweat and work hard to get your food until you yourself are returned to the dirt that I used to create you.’” Genesis 3:6-19

HOW OUR FEARS RUIN RELATIONSHIPS

1. _____
“God called to Adam, ‘Why are you hiding?’ Adam said, ‘I was afraid because I was naked; so I hid.’” Genesis 3:9-10 (TLB/GNT)

“They suddenly felt shame at their nakedness.” Verse 7 (NLT)

“So they sewed fig leaves to cover up themselves.” Verse 7

“Then they hid from God among the trees.” Verse 8

2. _____
“God asked, ‘Did you eat . . . what I told you not to eat?’ Adam answered, ‘YOU gave me this woman and SHE gave me the fruit!’” Genesis 3:12

“Then Eve said, ‘The SNAKE tricked me into eating!’” Genesis 3:13 (GNT)

3. _____
The result of their sin:
“You’ll have yearning for your husband, but he will lord it over you.” Verse 16 (NJB)

“He will dominate you.” (Ber)

THE ANTIDOTE: _____
“Wherever God’s love is, there is no fear, because God’s perfect love drives out all fear.” 1 John 4:18 (NCV)

“It is the thought of punishment (negative consequences) that makes a person fearful.” 1 John 4:18 (NCV)

1. **EVERYDAY SURRENDER** _____
“Surrender your heart to God, turn to him in prayer, and give up your sins—even those you do in secret. Then you won’t be ashamed; you will be confident and fearless. Your troubles will go away like water beneath a bridge, and your darkest night will be brighter than noon. Then you’ll rest safe and secure, filled with hope and emptied of worry!” Job 11:13-18 (CEV)

2. **EVERYDAY REMEMBER** _____
• **I’M** _____
“Jesus made us acceptable to God.” Titus 3:7 (CEV)

• **I’M** _____
“My love for you will never end says the Lord.” Isaiah 54:10

• **I’M** _____
“There is NO condemnation for those in Christ Jesus!” Romans 8:1

• **I’M** _____
“You’ve been bought and paid for by Christ’s death.” 1 Corinthians 7:23

3. **EVERYDAY OFFER** _____
“Accept one another just as Christ accepted you.” Romans 15:7

“Love never stops being patient, Love never stops believing, Love never stops hoping, Love never give up!” 1 Corinthians 13:7 (GW)

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TRANSFORMING HOW I SEE AND USE MONEY

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Parts 1-3

STORY OF THE SHREWD MANAGER: LUKE 16:1-13

Jesus said, “There once was a rich man who enlisted a manager to take care of his property. But the manager was accused of wasting his master’s possessions, so the Owner called him in and said, ‘You must now give me an account of your stewardship and report what you’ve done with what I entrusted to you because your time as a manager is ending!’ The manager thought, ‘What am I going to do now? I’m losing my job but I’m not strong enough to dig ditches and I’m too proud to beg! I know what I’ll do—so that after I lose my job, I’ll have plenty of friends to take care of me!’ So he called in everybody who was in debt to his master. He asked the first man, ‘How much do you owe my master?’ ‘800 gallons of olive oil,’ he replied. The manager said, ‘OK. Tear up that bill, and write a new bill that says you only owe 400 gallons.’ ‘Next, the manager found another debtor and asked, ‘How much do YOU owe?’ ‘1000 bushels of wheat,’ he replied. The manager said, ‘OK, change your bill to say you only own 800.’ Now when the Master heard what the dishonest manager had done, he still praised his shrewdness. For worldly people are more shrewd in handling their affairs than are those who belong to the Light.” Luke 16:1-8

WHAT NOT TO DO WITH MONEY

1. _____
“The manager was accused of wasting his master’s possession.” Luke 16:2
2. _____
“No servant can serve two masters. Either he will hate the one, and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and money.” Luke 16:13
3. _____
“What am I going to do now? I’m losing my job.” Luke 16:3

“Your money can be gone in a flash, as if it had grown wings and flown away like an eagle.” Proverbs 23:5 (GNT)
4. _____
“Whoever loves money will never have enough, and whoever loves wealth will never be satisfied with his income.” Ecclesiastes 5:10

“Guard against all kinds of greed because your life is not measured by how much you own.” Luke 12:15

WHAT TO REMEMBER EVERYDAY

1. _____
“(The Owner) enlisted a manager to take care of HIS property.”
2. _____
 - IT SHOWS _____
“Don’t store up treasure here on earth . . . Instead, store your treasures in heaven . . . for wherever your treasure is, that’s where your heart will be.”
Matthew 6:19-21 (NLT)
 - IT SHOWS _____
“If you trust in your money, you will fall, but if you trust in God, you’ll flourish like a green tree.” Proverbs 11:28 (NLT)
 - IT SHOWS _____
“Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. If you have not been trustworthy in handling worldly wealth, who will trust you with true riches? And if you have not been trustworthy with someone else’s property, who will give you property of your own?” Luke 16:11-12
3. _____
“I tell you, ‘use your worldly wealth!’” Luke 16:9
 - HE _____ (Verse 3)
“The wise man looks ahead. The fool attempts to fool himself and won’t face facts.” Proverbs 14:8 (TLB)
 - HE _____ (Verse 4)
“We should make plans—counting on God to direct us.” Proverbs 16:9 (TLB)
 - HE _____ (Verses 5-6)
4. _____
Jesus: “I tell you, use worldly wealth to gain friends for yourselves, so that when it is gone, they will welcome you into your eternal dwelling.” Luke 16:9
5. _____
“You must now give me an account of your stewardship and report what you’ve done with what I entrusted to you because your time as a manager is ending!”
Luke 16:2
6. _____
“To those who use well what they are given, even more will be given, and they will have an abundance.” Matthew 25:29 (NLT)

FACING GIANTS IN LIFE AND WORK

Transformed – Rick Warren
Parts 1-3

1 Samuel 17:1-52

“Now the Philistines had gathered their forces for war . . . They occupied one hill and the Israelites another, with the valley between them. A champion named Goliath, from Gath, came out of the Philistine camp. He was a giant of a man, over nine feet tall, wearing a huge bronze helmet, and a coat of bronze armor that weighed over 125 pounds, he also wore bronze leggings, and slung a huge bronze javelin over his back, the iron spearhead alone weighed 15 pounds, and a soldier with a large shield always walked in front of Goliath.” 1 Samuel 17:1-7

I. LESSONS FROM DAVID FACING GOLIATH

II. THE OTHER ‘GIANTS’ DAVID HAD TO FACE

1. DELAY: _____
“Now David was the youngest of Jesse’s eight sons . . . His three older brothers enlisted in Saul’s army . . . but David was held back to care for the sheep in Bethlehem.” (Verses 12-15)

2. DISCOURAGEMENT: _____
“Each day Goliath would stand and shout at the ranks of Israel’s army, ‘Why do you come out here and line up for battle? . . . Choose one man to fight me. If he’s able to kill me, we will become your subjects; but if I kill him, you’ll become our subjects and serve us.’ Day after day Goliath taunted them saying ‘This day I defy the ranks of Israel! When Saul and the Israelites heard this, everyone was deeply shaken and paralyzed with fear.’” (Verses 8-11)

“For forty days, twice a day, morning and evening, the Philistine giant loudly berated the Israelite army.” (Verses 16)

“As David talked with his brothers on the front line, he saw Goliath start shouting his usual threats to Israel’s army when the army heard Goliath, they all ran away in terror.” (Verses 23-24)

3. DISAPPROVAL: _____
“David asked, ‘What’s the reward for killing this Philistine and ending this disgraceful abuse?’ . . . When David’s older brother heard this he burned with anger at David and said ‘Why are YOU even here anyway? Why aren’t you taking care of your scrawny little flock of sheep? You cocky little brat. I know

how conceited you are!’ ‘Now what have I done?’ said David. ‘Can’t I even ask a question?’” (Verses 28-29)

4. DOUBT: _____
“‘Don’t worry about a thing,’ David told the King, ‘I’ll fight this Philistine!’ ‘Don’t be ridiculous!’ Saul replied. ‘There’s no way YOU can go against this Philistine. You’re only a boy, and he’s been a professional warrior all his life!’” (Verses 32-33)

HOW TO DEFEAT GIANTS

1. _____
“In protecting my sheep, I’ve killed both a lion and a bear . . . The Lord who delivered me from the teeth of that lion, and the claws of that bear, will surely now deliver me from this Philistine too!” (Verses 36-37)

2. _____
“Then Saul dressed David in his own armor . . . But David said, ‘I cannot go out in these, because I’m not used to them.’ So he took them off . . . Instead he chose five smooth stones for his sling.” (Verses 38-40)

3. _____
“When others were speaking against him, David encouraged himself in the Lord.” 1 Samuel 30:6

4. _____
“David shouted to Goliath ‘You come at me with sword, spear, and javelin, but I come to you in the name of the Lord Almighty! . . . Today the Lord will conquer you . . . and the whole world will know that there is a God! And everyone will know that the Lord doesn’t need weapons to rescue his people. It is his battle, not ours. The Lord will give you to us!” (Verses 45-47)

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