

**QUESTION : Will Good Things Happen In My Life Just Because It Is A New Year?**

**ANSWER:** No Way. However, it is a good time to start to make changes. You have to start somewhere and sometime.

**\*\*\* The Lies We Believe- Chris Thurman \*\*\***

**Your Brain Is Like a CD RECORDER :**

It can both record and playback. These CD's hold all the beliefs, attitudes, and expectations that you have recorded in your lifetime.

1. Some our your CD's are **truthful**, such as, "You can't please everybody all the time,"  
or, "Life will be difficult at times."
2. Some of your CD's are **lies**, such as, "You can have it all!," or, "Life should be fair,"  
or, "Things have to go my way for me to be happy."
3. The longer a **false** CD has been played back, the more you "**feel**" the recording is true,  
even though it is not true.
4. Your emotional health, your intimate relationships, and your sense of purpose in life,  
hangs in the balance with this CD recorder.
5. If your mind has **more lies** than truth running through it, then you will tend to be more  
emotionally unhappy and troubled.
6. If your mind has **more truth** than lies running through it then you will feel more well-being than  
misery.
7. If a **half- and -half mixture**, then you will have many up -and -down emotional experiences.

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**Today: How to set a new year \*\*\*\*\***

**Proverbs 3:5-8 Why trust the Lord and not yourself?**

(Isaiah 55:6-11) He knows more. He knows how the world He created is supposed to operate; how it can bring glory to Him through us in a fallen condition for the greatest fulfilment for you as an individual, and for everybody as a group.

He knows the flaws in our thinking, and that our minds can be manipulated by peer pressure, traditions, provincialism, and bad habits produced by the old nature, and unfounded fears, and the ignorance of pride.

**Proverbs 14:12 A similar idea in this verse, but this shows the deadly results.**

**Question:** How can self-lies cause physical death?

**Question:** How could self-lies cause spiritual death?

**Proverbs 15:22 How can what we do at church fulfill this verse?**

READ: "Setting Goals Is A Good Practice" (attached page)

**2. "We Attempt Our Goals Alone Instead Of In Community."**

(The exception to this is that when we broadcast our plans too much we think we have done something when we have only enjoyed mental stimulation.)

**Proverbs 16:2 (I Corinthians 4:1-5)**

Remember: Even doing a correct action may not be enough to please the Lord.

An evil, self-centered man can give to the cancer fund, but what is true goodness according to this verse?

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**So How Do We Change? \*\*\*\*\***

**Romans 12:1 Surrender-** ( "present" or "yield" - To be at the complete disposal of another person) " I cannot do this alone; nor should I want to."

(Just trying harder, next time, does not work. Power to overcome comes through the new nature in Christ. You only access that power through surrender. **I Peter 5: 6/ James 4:10/ Colossians 1:28-29/ Galatians 2:20/ Romans 6:13**

**V. 2 "Conformed"** - "Don't let the world squeeze you into its mold" (J.B. Phillips translation)

"Transformed" ( ) a metamorphosis - means a drastic change!

**Question: How to get transformed? ANSWER:** Soaking up God's thoughts. Staying in the Word!

**V.2 "Renewed Mind"** - Would be one that **continues** to know and act on truth.

A mind empowered by the Holy Spirit, because they have surrendered. **II Corinthians 3:17-18**

**Results:** As we stay close to God by surrendering to His will, then absorbing His Word, and praying for changes in our thinking, we are filled with the Spirit of God and we **prove out** in our daily experience, what God's will is for us.

This then establishes life-changing, beautiful habits over time, that glorify God. **Philippians 2:13**

**Your goals for this year?**

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# Setting goals is a good practice.

Goals strip away the layers of the unimportant to reveal our core passions. Goals focus our attention. Goals give us inspiring visions of the future. So why can't we meet our goals? I've had several conversations with friends who once had fantastic goals, but when I caught up with them they had all but abandoned their efforts. In truth, I don't need to look any farther than myself if I want to see a long and sad list of failed attempts to achieve change. After so much disappointment I'm starting to understand better why we sometimes can't meet our goals.

## 1. We Treat the Symptom, Not the Sickness

We often set goals out of some sense of dissatisfaction with our present circumstances. We weigh too much, so we vow to diet and exercise. We haven't been reading our Bible, so we find a Bible reading plan. The examples are endless. But the most important questions to ask ourselves have less to do with our behaviors than our motivations. Why do we overeat? Why don't we make time for our priorities? One reason we fail to achieve our goals is that we only deal with external manifestations and not inner motivations.

## 2. We Attempt our Goals Alone Instead of in Community

To achieve our goals we need community. We need a group of friends, co-workers, family members, or others pursuing the same goals to help us. Community can inform us on our journey. Listening to the collective wisdom of the people in our circles gives us wisdom and perspective we can't get on our own. Community also offers accountability. It's too easy to quit a difficult project when we haven't shared our aspirations with anyone else. We need people to celebrate with, too. Acknowledging progress, however slight, with other people motivates us to keep going. Lone Ranger stories only work on TV. When it comes to achieving your goals share them with a community that will support you.

## 3. We Try to Achieve Our Goals Based on Willpower Alone

Hard work is indispensable to meeting goals, but willpower alone is not enough. Even when we fail, our reflex is simply to try harder. The reality is that we don't have the internal resources necessary for substantive change. We need a power outside of ourselves. A security that says, "Even as I exert all my energy in this endeavor, I know that it doesn't rely solely on me." People who believe in Jesus Christ can rest on promises like, "for it is God who works in you, both to will and to work for His good pleasure" (Philippians 2:13). Believers have the Holy Spirit living within them who gives them strength to do what they cannot do alone.

## The Good News for Achieving Our Goals

So as you try to achieve your goals remember to diagnose the real problem beneath the behavior, work out your goals in the context of community, and submit your efforts to Christ whose Spirit will empower you. What is most important to remember, though, is that our individual worth does not rest on our ability to achieve goals, but on what Christ has already achieved.

Jesus Christ had a single, lifelong goal to glorify His Father (John 17:1). On the cross He finally achieved that goal at the cost of His life. When we put our faith in Jesus, His sacrifice becomes ours and we no longer face God's judgment. What's more, His success becomes our success, too. When the Father looks at us He sees the perfect obedience of His Son, Jesus, who always had the right goal and gained it. As we rest in the truth that Jesus has achieved the most meaningful goal on our behalf, we can then freely set other goals without worrying about our performance. Author unknown