



# GOAL SETTING AND TIME MANAGEMENT

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The great disciplemaker and author, LeRoy Eims, was once asked what the key to the Christian life was. He immediately replied, "Live for Christ today! And today will turn into tomorrow, and that will turn into a week, into a month, into a year, and you will look back 20 years later to realize you have truly lived for Christ...a day at a time." God has created us for a purpose. He has also given us a limited amount of time on this earth to fulfill that purpose. We want to be good stewards of this precious gift of life and time.

We all live according to a schedule. The difference between people is that some plan their schedule, and others don't plan their schedule. If you don't plan your time, someone else will. God has charged you to make the most of your time. However, to use your time wisely, you must first know what is important to you (priorities) and the way to live your life according to your priorities (objectives and goals).

## The purpose of this study is to help you as a Christian:

1. Declare your priorities
2. Set up your life in light of your priorities
3. Budget your time according to your priorities

## Use of Time

Time is the most valuable resource you have available to you. How you use it will determine the direction, the impact, and effectiveness of your walk with the Lord and your ministry to others.

A. What perspective did the psalmist have on his time on the earth in the following verses?

1. Psalm 144:4
2. Psalm 39:4-5
3. Psalm 103:15-16

B. Read Ephesians 5:13-18

1. How are you to walk through life as a Christian (v 15)
  2. How can you walk as a wise man? (v 16)
  3. Why should you make the most of your time? (v 16)
  4. What is the opposite of being foolish with your time? (v 17)
  5. What is God's will for every Christian? (v 18)
- C. What will happen as you conduct your time with wisdom? (Colossians 4:5)

## Scriptural Priorities

The way in which you use your time will reflect your priorities. That which you put first in importance is revealed by what you do, not by what you claim to value.

A. Read Matthews 6:33, Psalm 119:10, and Matthew 28:19-20.

1. What two things are you to be most concerned about as a Christian?
2. Does the way in which you use your time reflect these two priorities?

B. Jesus' purpose was to glorify the Father. How did He do this? (John 17:4)

C. What were the main priorities in Jesus' life? (John 17:25-26)

- 1.
- 2.

D. What excuses are often given to keep people from living out their priorities?

E. What is it going to cost you to live out your priorities?

## Establishing Objectives and Goals in Your Life

Any objective is a stated intent of achievement (Ex: read the Bible to know God's plan and purpose for my life). A goal is a specific and measurable step to be taken to achieve your objective (Ex: I will read five chapters of the New Testament every day for the next semester).

### A. Reasons for establishing objectives and goals

1. Gives you a strategy for achieving your purpose in life.
2. Allows you to spend your time as well as your life on the things that are most important to you.
3. Keeps you from getting sidetracked.
4. Provides a means to evaluate your progress.

### B. Basic areas to be considered – Luke 2:52

1. Spiritual
2. Mental
3. Physical
4. Social
5. Ministry

### C. Application – Steps to take

1. Decide to allow Christ to be the Lord of your time.
2. List your priorities
3. Write down objectives and goals in each area
  - a. Keep concise and brief enough to remember.
  - b. Clear enough to write down.
  - c. Specific enough to be achieved.
  - d. Realistic enough to be accomplished
4. Take the time to plan your time to accomplish your goals
  - a. Use a weekly schedule to plan your time out for each week.
  - b. Pray over your schedule each day to know God's will for you that day.
  - c. Be flexible and open to the Holy Spirit leading you that day. (Proverbs 16:9)

For the next four weeks, give a copy of your schedule each week to your discipleship leader and discuss any problem you may be having managing your time.

### Memory verses:

Ephesians 5:15-18, John 17:4