

50 Days of Transformation

Week 1: Setting Goals

Anchor Verse

Romans 12:1-2 (MSG)

"So here's what I want you to do, God helping you: Take our everyday, ordinary life — our sleeping, eating, going-to-work, and walking-around life — and place it before God as an offering. Embracing what God does for you is the best thing you can do for Him. Don't become so well-adjusted to our culture that you fit into it without even thinking. Instead, fix our attention on God. You'll be changed from the inside out. Readily recognize what He wants from you and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you."

Key Learning: Transformation begins when we offer our ordinary, everyday life to God instead of blending into the culture around us.

Introduction

Over the next 50 days we will look at seven areas of life where God can do a great work: spiritual, physical, mental, emotional, financial, relational, and vocational health. This series is not about fixing problems — it's about potential and making what's left of our life the best of our life.

Key Learning: Hearing a message is only preparation — real transformation happens as we practically live out what we learn.

Six Reasons to Set Goals

1. Goal Setting Is a Spiritual Responsibility

Goal setting isn't just business jargon — it's a spiritual discipline. God sets goals, Jesus set goals, and every major figure in Scripture who walked closely with God had a direction they were moving in.

Philippians 3:12-14 (NIV)

"Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and Sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Key Learning: Without a goal we hand the wheel of our life over to circumstances — setting goals is how we steward the life God gave us.

2. Goals Are Statements of Faith

A goal says, "I believe God can help me get this done by this time." Bigger goals require more dependence on God, and that dependence is exactly what grows our intimacy with Him.

Hebrews 11:6 (NLT)

"And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him."

Ephesians 3:20 (NLT)

"Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think."

Key Learning: Let the size of our God set the size of our goal — dream big enough that it requires faith, not just effort.

3. Goals Focus Our Energy

We live in the most distracted era in history, and we were never built to do everything. A goal acts as a filter, helping us say yes to what matters and no to what doesn't.

1 Corinthians 9:26 (NCV)

"So I do not run without a goal. I fight like a boxer who is hitting something — not just the air."

Key Learning: A goal doesn't give us more time or energy — like sunlight focused through a lens, it concentrates what we already have.

4. Goals Keep Us Going

Goals give us something to walk toward. When setbacks, disappointment, illness, failure, or loss come, a clear goal provides a reason to keep going.

Hebrews 12:2 (NLT)

"We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne."

Job 6:11 (MSG)

"Where's the strength to keep my hopes up? What future do I have to keep me going?"

Key Learning: Even a small goal can be the lifeline between giving up and pressing on — long-term goals keep short-term setbacks from taking us out.

5. Goals Build Our Character

The biggest benefit of chasing a goal isn't the achievement — it's who we become while pursuing it. God cares more about our character than our credentials, and character is forged through challenge and persistence.

Philippians 3:12 (NIV)

"Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me."

Key Learning: We will never become who God designed us to be by accident — it happens through commitment, direction, and consistently showing up.

6. Good Goals Will Be Rewarded

Giving our life to a goal rooted in love, faith, and service builds something that outlasts us and stores up rewards that last into eternity.

Proverbs 11:27 (NLT)

"If you search for good, you will find favor; but if you search for evil, it will find you!"

Key Learning: People remembered most in history gave their lives to something bigger than themselves — good goals, lived out, build a lasting legacy.

Three Things God Provides to Help Us Reach Our Goals

God supplies the direction and the power.

Proverbs 16:9 (NLT)

"We can make our plans, but the Lord determines our steps."

Proverbs 16:9 (MSG)

"We plan the way we want to live, but only God makes us able to live it."

1. God's Spirit to Empower Us

Transformation was never about willpower — it's about God's power. The changes we most need to make are usually the ones we can't make on our own.

Zechariah 4:6 (NLT)

"Then he said to me, 'This is what the Lord says to Zerubbabel: It is not by force nor by strength, but by my Spirit, says the Lord of Heaven's Armies.'"

Key Learning: Holy Spirit offers what willpower can't — real, lasting transformation from the inside out.

2. God's Word to Guide Us

The Bible is the owner's manual for life. Filling our head and heart with Scripture gives us direction, correction, protection, and instruction for reaching our goals.

Joshua 1:8 (NLT)

"Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do."

Key Learning: Success starts with staying in the Word — it shapes how we think and how we decide before we ever take the next step.

3. People to Support Us

Even the greatest leaders got there with help. Being part of a community is the biblical model for how God's people support each other.

Ecclesiastes 4:12 (NLT)

"A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken."

Key Learning: A small circle of people who truly know us will notice when we're struggling and carry us when we can't carry ourselves.



The Challenge

Over the next 50 days, we will set one goal a week across each of the seven areas of life. The challenge isn't to play it safe — it's to set goals big enough to need God: goals that stretch our faith, shape our character, and bring honour to God and blessing to others.

What separates an inspiring series from a genuinely transforming one: hearing the message, reading the notes, checking in and praying together in connect group, moving toward the goal, and sharing the result.

Key Learning: If we hear this word, read it, talk about it, and do it, we will not be the same person at the end of these 50 days.

