5 Steps to a better 2019

# Look Up

1. Look up and see God. 1 Tim 1:17.
2. Look up and see ourselves. 1 Tim 1:1, 15.
3. Look up and see the world. 1 Tim 4:4-5.

# Look Back

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| **What was great in 2018?** | **Did I do anything to contribute toward this?** |
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| **What was tough in 2018?** | **If I could turn back the clock, what would I have done differently?** |
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# Look In

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| **Head – knowledge, the life of the mind** | **What could this look like in 2019?** |
| Increasing in Knowledge of God |  |
| Increasing in Knowledge to live well |  |
| What would you like to know more about? |  |
| Is there an area of knowledge that could help you in the day-to-day? |  |

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| **Heart – what you love, your passions, your character** | **What could this look like in 2019?** |
| The bible pictures a flourishing life as one displaying*Fruit of the Spirit: Love, Joy, peace, patience, faithfulness, goodness, kindness, self-control* |  |
| What are you passionate about? Why?Greatest desires and longings(Guarding your heart) |  |
| If you are married…How are you seeking to know and grow more deeply in love with your spouse? |  |
| If you have children…How are you doing at loving yet not idolising them?How are you encouraging their love of God?How are you enjoying them as a good gift? |  |
| How thankful are you? |  |
| **Hands – practical living, hobbies, living as embodied beings** | **What could this look like in 2019?** |
| **Habits of Grace**God’s WordGod’s EarGod’s People |  |
| **Taking care of your body – physical health*** Exercise
* Food
* Rest
* Sleep
* Technology
 |  |
| **Taking care of your finances*** How do you handle your finances?
	+ Making
	+ Giving
	+ Saving
	+ Spending
	+ **Providing**
 |  |
| **Managing your life*** Are you on top of your ‘life admin’?
* Do you manage with things in your life?
* How reliable are you?
* Where do you most struggle?
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| **Hobbies / interests**Do you have any? Do you spend good time investing in these?Is there a project / challenge you could take-on? |  |

# Look Out

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| **3 Contexts** | **What could this look like in 2019?***Jesus-centred; Unconditional; Committed; Hospitable* |
| **Redeemer**Church familyCity GroupDNA |  |
| **Witnesses** |  |
| **Wider Friendships & Family**Who would I like to see this coming year? |  |

# **Look Forward: 2019**

**Step 1 – Establish Goals**

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| **Achievement Goal (be specific)** | **Completion date** | **Next 2 Steps** |
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| **Habit Goal** | **Start Date** | **Frequency: How often** | **When & Where?** | **Supporting behaviours** | **Streak-target e.g. how many to form habit?** |
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**Step 2 – Check your goals**

* Weigh them against God’s Word
* Prayer
* Ask wise Christians to speak into your goals

Make sure that they are:

1. Realistic
	1. Comfort v Difficult v Delusional Zones
	2. Too many goals converging at the same time
	3. Not manageable given your current load
2. God-focused
	1. Our hearts can be deceitful
	2. Check your motives
3. Other-centred
	1. Reflecting that – if you are a Christian – then you are a part of the body of Christ…and yet we are also individual people.

**Step 3 – Regularly review and move them forward**

1. Visibility
2. Consistency
3. Diary
4. Accountability

Remember Grace, Flexibility and Sacrifice.