

# 5 Steps to a better 2020

## 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

What was great in 2019?	Did I do anything to contribute toward this?

What was tough in 2019?	If I could turn back the clock, what would I have done differently?

## Look In

Head – knowledge, the life of the mind	What could this look like in 2020?
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?	

Heart – what you love, your passions, your character	What could this look like in 2020?
The bible pictures a flourishing life as one displaying <i>Fruit of the Spirit: Love, Joy, peace, patience, faithfulness, goodness, kindness, self-control</i>	
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 2020?
<b>Habits of Grace</b> God's Word God's Ear God's People	
<b>Taking care of your body – physical health</b> <ul style="list-style-type: none"> <li>- Exercise</li> <li>- Food</li> <li>- Rest</li> <li>- Sleep</li> <li>- Technology</li> </ul>	
<b>Taking care of your finances</b> <ul style="list-style-type: none"> <li>- How do you handle your finances?               <ul style="list-style-type: none"> <li>o Making</li> <li>o Giving</li> <li>o Saving</li> <li>o Spending</li> <li>o <b>Providing</b></li> </ul> </li> </ul>	
<b>Managing your life</b> <ul style="list-style-type: none"> <li>- Are you on top of your 'life admin'?</li> <li>- Do you manage with things in your life?</li> <li>- How reliable are you?</li> <li>- Where do you most struggle?</li> </ul>	
<b>Hobbies / interests</b> Do you have any? Do you spend good time investing in these? Is there a project / challenge you could take-on?	

## Look Out

3 Contexts	<b>What could this look like in 2020?</b> <i>Jesus-centred; Unconditional; Committed; Hospitable</i>
<b>Redeemer</b> Church family City Group DNA	
<b>Witnesses</b>	
<b>Wider Friendships &amp; Family</b> Who would I like to see this coming year?	

# Look Forward: 2020

## Step 1 – Establish Goals

Achievement Goal (be specific)	Completion date	Next 2 Steps

Habit Goal	Start Date	Frequency: How often	When & Where?	Supporting behaviours	Streak-target e.g. how many to form habit?

## **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
  - a. Comfort v Difficult v Delusional Zones
  - b. Too many goals converging at the same time
  - c. Not manageable given your current load
2. God-focused
  - a. Our hearts can be deceitful
  - b. Check your motives
3. Other-centred
  - a. 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.