

Goals:

A 5 Lesson Bible Study For Students & Their Families

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Day One

This week we are going to spend some time setting goals for the coming school year.

A goal is what you would like to achieve in a certain area during the year.
Before we can set those goals, however, we need to take a look at what should be the
SINGLE MOST IMPORTANT
thing in your life.

What do you think the single most important thing in your life should be?



Read Philippians 3:4-16

Discuss the following questions:

1. *What are some of the accomplishments that Paul listed when talking about his life?*
2. *Do you think these are worthwhile accomplishments? Why or why not?*
3. *What did he say all those accomplishments were compared to knowing Christ?*
4. *What did he say he wanted to forget?*
5. *What did he say he wanted to strain towards?*
6. *What was his ultimate goal?*
7. *From these verses, what do you think your ultimate goal in life should be?*

From these verses, we see that our ultimate goal in life should be to know Christ.
Compared to Christ, everything else is ... **GARBAGE !!**



List some of your accomplishments from the past school year:

Are you willing to consider all of those accomplishments as nothing compared to knowing Christ? KNOWING CHRIST should be your ULTIMATE GOAL!

Don't let anything – not even your goals – get in the way of your relationship with Jesus!

To Do:

Buy a small garbage can for your room. Decorate it with markers, decals, duct tape . . . anything you want! Somewhere on the trash can, write Philippians 3:8 to remind you of what your priority should be this school year.



Day Two

This week, we are going to look at four areas of our lives where we need to set goals. These are the areas where we want to see significant growth this year . . . and these are the areas where Jesus also experienced growth as a student.

Read Luke 2:52.

1. From this verse, what do you think the four areas are that we are going to look at this week?

The four areas we are going to examine are spiritual growth, physical growth, social growth and academic growth. Today, we are going to look at

SPIRITUAL GROWTH

Use the space below to draw a picture of how you feel your relationship with God is right now:

Discuss the following questions:

1. What stands out to you about your picture?
2. If you could draw a new picture at the end of the school year, how would you want it to be different?
3. If you could draw a new picture at the end of the school year, how would you want it to be the same? In other words, how are some ways that you already feel close to God?

Let's examine 2 areas that can help you grow spiritually this school year.

Bible Study:



1. How often do you read the Bible on your own? (example: once a day, once or twice a week, etc) **THIS DOES NOT INCLUDE READING THE BIBLE AS A SCHOOL SUBJECT!!!** This is time that you spend alone with God, spending time getting to know Him through His word.
2. Would you like to increase that time at all? What would you like to increase it to?
3. Now, write a goal using that new time. Example: My goal is to read the Bible on my own _____ during this school year.

Great job!! You've just written your first spiritual goal!!

Helpful hints on Bible study:

- x Have a plan ahead of time . . . Some good examples would be: reading through certain books of the Bible, doing a topical study – such as reading about love every day for a month or studying a Bible character, using a devotional book as a guide
- x Take notes or highlight passages that stand out to you
- x Find ways to apply what you are reading

Prayer:



1. How often do you currently spend in prayer . . . **ON YOUR OWN** – this does not include prayers before meals or prayers with your family.
2. How much would you like to increase that?
3. Now, write this as a second spiritual goal. Example: My goal is to pray _____ (times/day/week,etc – be specific, don't just say “more”) during the school year.

GREAT JOB!! You've just written your second spiritual goal!!!

Helpful hints on Prayer:

- x Make a prayer journal. Keep track of prayer requests, as well as answered prayer in this journal.
- x Use a guide to help you know what to pray for. (if you are looking for a prayer calendar to help guide you, visit my blog at <http://cheri37526.wordpress.com/> for a new one each month.)
- x Make your own personal list of things to pray for each week. Again, be sure to write down your requests so you don't forget any and can easily keep track of answered prayers.

Now write your spiritual goals on your goal chart!!!

To Do:

Purchase a notebook to be used for your own personal time with God. Decorate the outside cover . . . add decals, draw or color on it with markers or paint, make a duct tape design . . . do whatever you can to make it your own. Inside, divide it into two separate parts – one for prayer and one for Bible study. Add a Bible plan or prayer calendar. Then USE IT to help you in your devotional time with Jesus.



Day Three

Today, we are going to look at the area of PHYSICAL growth.

Read 1 Corinthians 3:16-17

1. What do these verses say about your body?
2. What are some things that we do that cause damage to our body?
3. What are some things we can do to help our body grow stronger?

2 ways we can help take care of our bodies is by:

Exercising
Eating right

Let's examine each of these areas separately.

Exercise



1. How much do you exercise already?
2. What are your favorite exercises to do?
3. What is one thing you can do each day to help you get exercise? (Example: take a walk, go for a run, ride your bike, walk up and down the stairs a certain amount of times.)

Now, Write this in the form of a goal. (Example: I am going to _____ (fill in with the exercise you chose) _____ (fill in with a number of times – 20 minutes/once a day, 20 minutes/four times a week, etc) this school year.

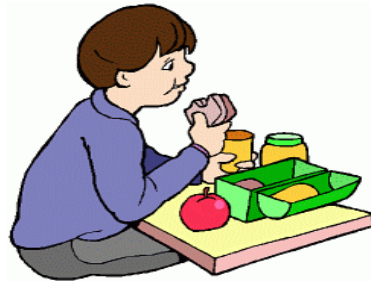
Great job! You have written your first physical goal!!

Now Go DO IT!!! That's right, you read this correctly. Put your paper down for a minute and go out and do the exercise you chose! When you are finished, come back in and complete the rest of today's study.

Helpful Hints on Exercise:

- x Be flexible. If you live in a state where the weather changes drastically throughout the school year, you may have to have a different goal for each season
- x Be creative. Choose exercises that are fun for you and that you enjoy! You will be more likely to do them if you are having fun!
- x Find an exercise buddy. Find a friend or family member who will do the exercise with you. You are also much more likely to do it if you are not doing it alone!

Eating Healthy



In the space below, make a list (or draw pictures) of everything you had to eat yesterday.

1. What are some of the good things you ate yesterday?
2. What are some of the things you had that probably weren't very good for you?
3. How could you improve on your eating habits?

Now, write an eating goal for this year. (Example: I will eat _____ servings of fruit/vegetables a day, I will drink _____ glasses of water a day, I will only eat junk food _____ times a week)

GREAT JOB!! You just wrote your second physical goal!!

Now, take a little break and do a search for a healthy snack that you could make. If you have the items in your house, make this snack today. If not, talk to your parents about a time when you could make it and then **DO IT!!** Make one for every member of your family!

Helpful hints on eating:

- ✕ Avoid fruit juices and carbonated beverages . . . drink water instead.
- ✕ Help your parents plan a healthy menu a week in advance. You are more likely to eat healthy if you plan ahead!
- ✕ Snack on fresh fruits and vegetables instead of chips and cookies!

Now, add your physical goals to your goal chart!

To Do:

Search the internet for healthy recipes that you could make. Print off the ones you like and put them together in a recipe book. Use this recipe book during the school year to help you stay on track with your physical goals!



Day Four



Today we are going to make our SOCIAL Goals for the school year.

In the space below, make a comic strip showing you and your closest friends. What are you doing? What are you saying to each other? Be creative and *have fun!!*

Discuss the following questions:

1. What are the good things that are happening in your picture?
2. What are some of the fun memories you have with your friends?
3. What do you think makes a good friend?
4. Do you think you are a good friend? Why or why not?

Now read 1 Corinthians 13:4-7

1. What are the qualities of love described in these verses?
2. What do you think these verses have to do with being a good friend?
3. What qualities from these verses are you really good at?
4. What qualities do you think you need to work on?

Pick one quality from the list in this chapter that you need to work on. Write a goal using that quality. For example: My goal is to be a better friend by being more _____ this school year.

GREAT JOB!! You have just written your first social goal!!

Now let's talk about how you are socially with people who are NOT your closest friends.

Does Jesus want you to love people who are NOT your closest friends? YES!!! That means you need to show those qualities to EVERYONE not just your closest friends.

Can you think of someone that you have a hard time getting along with? Maybe it is someone that is not very popular, or maybe this person is mean to you. Let's make our second spiritual goal a bit challenging for you . . . let's make our second spiritual goal about learning to LOVE that person!!

In the space below, write that person's name or draw a picture of him/her.

Now, make a list of ways you can be friendly to that person this school year.

Now, draw a picture of you **DOING** one of the things you listed above for that person:

Now, **STOP** for a moment and **PRAY** for that person. Pray that you can actually do what you listed above for that person, and that maybe you can even become that person's friend.

Done? Okay, let's write our goal now. Are you ready? Here we go . . . This year, my goal is to show Jesus' love to _____ (write that person's name here), and I will do this by _____.

GREAT JOB!! You have now written your second social goal.

Take a moment and add your social goals to your goal chart.

To do:

With your parents' permission and help, plan a back to school party for you and your friends. Go one step further and invite the person you listed above to come to the party, too.



Day Five

The last area where we are going to set goals for this school year is the area of
Academic Growth



Think back on last year. In the space below, draw a picture that shows how you handled your school work last year.

Discuss the following questions:

1. What is in your picture that you would like to be there next year?
2. Is there anything in your picture you should change? What? How do you think you can change it?
3. What do you think God wants our approach to our education to be?

Read Colossians 3:23-24

1. According to these verses, how should you do everything?
2. Does this include your schoolwork?

If we can remember that everything we do is supposed to be done for the Lord, it can make our attitude toward school and schoolwork better!

Everyone has a job to do, and right now YOUR job is to be a student – and not just any student, but the BEST STUDENT you can be!! Remember, your BOSS is Jesus! Do everything you do to please Him!!!

Having said all that, let's now think about some good academic goals for this school year. You should probably do this part with your parents.

Do you want to make a goal aimed at accomplishing certain grades in each subject?

Do you want to make a goal in certain subjects – such as a particular number of books that you will read each month, etc.

Do you want to make a goal about having a particular attitude towards a particular subject?

Whatever your goals are, use the space below to write them out.

1. My academic goal for this year is to _____.
2. My second academic goal for this year is to _____.

What are some of things you will need to do to accomplish these goals? Write them in the space below.

Now, draw a picture of yourself after you have accomplished these goals. How do you feel? Show that in the picture!!!

Now, write your academic goals on your goal chart.

Congratulations!! You have written your goals for the school year!

Be sure to sign and date your goal chart somewhere on the chart.

Pray with your family about each one of your goals. Let's start the school year right . . . in prayer!

Here is a prayer you can use as a guide:

Heavenly Father,

Thank you for the way you have created me as a special person in Your image. Thank you that You love me and gave Yourself for me. Please help me as I begin a new school year. Help me to be able to keep each one of these goals that I have written for myself so that I can grow spiritually, physically, socially and academically. Please help this to be a school year where I make a difference for You in my family and in my community. Please help this to be a school year where I can say that I kept You first and more important than anything else in life! Thank you for hearing my prayer and loving me.

In Jesus' Name, AMEN!



Now, find a place to keep your goal chart where you will see it every day!!!

My Goal Chart for the _____ School Year

It is my goal to grow SPIRITUALLY.

My individual spiritual goals are:

It is my goal to grow PHYSICALLY.

My individual physical goals are:

It is my goal to grow SOCIALLY.

My individual social goals are:

It is my goal to grow ACADEMICALLY.

My individual academic goals are:
