



Volume 10, Number 1

# The Family Friend

*A collection of articles and quotes to aid your family in daily living.*

January, 2008

## Goal-Setting & Your Family

A recent sermon on Philip-  
pians 3:13,14 by Jerrie Barber  
has gotten me to thinking. In  
the sermon, brother Barber  
emphasized the positive power  
of setting goals. He also gave  
five categories in which we  
can set those goals:

- ◆ Spiritual
- ◆ Personal
- ◆ Family
- ◆ Health
- ◆ Financial

Since family relationships  
affect all these areas, I thought  
it might be good to set these  
before us in this issue of The  
Family Friend and include pos-  
sibilities that we can use as we  
approach the new year. In fact,  
one use you can make of this  
Family Friend is to read  
through it and pick out some  
goals you can set individually.  
Then, either mark them on this  
sheet, or write them down on  
another sheet of paper and  
keep them before you all year.  
You might also make or  
obtain extra copies of TFF for  
your family members to allow

them to use them personally, as  
you did. Finally, you might also  
consider the list as a family and  
set the family goals together.

Here are the areas and some  
possibilities. Remember, these  
are suggestions and possibili-  
ties. You do not have to imple-  
ment them all, or all at once.  
Feel free to make some of your  
own.

### ◆ **Spiritual**

-Make sure that God is  
considered in every decision  
you make—and that he has  
first place in your life.

-Read the Bible through  
in one year.

-Read the Bible daily,  
with an emphasis on a vari-  
ety of topics.

-Study a specific Bible  
book or topic (maybe one per  
month or 3-4 over a period of  
twelve months).

-Set aside a specific time  
for daily prayer.

-Use Galatians 5:22,23  
and/or 2 Peter 1:5-8 to  
measure yours spiritual ma-  
turity and make a conscious  
effort to develop those traits  
in your life.

-Set aside 5-10 minutes  
daily to dwell on spiritual

things—the direction of the  
local congregation and your  
place in it; your influence on  
others; your daily walk with  
God, etc.

-If you are not now in the  
practice, begin attending  
every worship/Bible study  
assembly of the saints.

### ◆ **Personal**

-Think of positive ways  
you can make an impact on  
someone else's life, and be-  
gin to practice them:

+Frequent "Thank you"  
notes

+Notes of encourage-  
ment

+Notes which address a  
problem between you and  
another person—maybe an  
apology, or at least acknowl-  
edgement of a problem and  
statement of a desire to work  
it out.

+ "Missed You" notes to  
those who have been absent  
from worship assemblies.

+Regular visits to hospi-  
tals, nursing homes, assisted  
living facilities, as well as  
visits to those "shut-in" at  
home.

+Make an effort to talk  
to at least five people a day  
in a genuine, look-them-in-  
the-eye-I'm-interested-in you

-manner.

-Make a list of books that you would like to read over the year and check each one off as it is completed.

-Look back and remember your dreams of years gone by, and pick out two or three things (or more) that are still possible for you to achieve (college degree, a hobby, learning a language, etc.) and begin working toward at least one of them.

-Go over your daily schedule and see if you can free up more time by scheduling tasks and completing them promptly.

-Make time for leisure activity for yourself.

#### ◆ **Family**

-Look at your role within the family (parent, spouse, child) and choose at least one area of that role in which you can improve and work to do so.

-If you are married, read at least one book during the year about marriage.

-If you are a parent, read at least one book during the year about parenting.

-Subscribe to a magazine for families.

-Plan and go on a family vacation.

-Take short (day, 2-3 day) family trips to some where besides homes of extended family.

-Decrease the amount of time the family watches TV.

-Implement a family Bible-reading/devotional period.

#### ◆ **Health**

-Begin a regular exercise program (vigorous exercise at least 30 minutes a day, 5 days a week).

-Have regular check-ups: physical, dental, and optical.

-Make an effort to have a balanced diet.

-If you are overweight, set reasonable goals, take reasonable time and attempt to lose weight—think of some way to reward yourself—a reward that does not involve food.

-Read at least one book during the year on some health-related topic of interest.

#### ◆ **Financial**

-Using the following biblical gauges, give weekly to the Lord:

+According to your income (1 Cor. 16:2)

+Generously (2 Cor. 8:7)

+Sincerely (2 Cor. 8:5,8)

+Willingly (2 Cor. 9:7)

-Set up a retirement plan and contribute to it on a weekly or monthly basis.

-If in debt, set up a workable plan to pay off the debt as soon as possible.

-Set aside loose change and use the cash for items or activities you could not other-

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wise afford.

-Set up a plan for Christmas-spending.

-Establish a budget and follow it.

-List specific ways you can conserve energy/save money and implement them daily (turn down thermostat; walk instead of driving short distances, etc.)

In dreaming and setting these goals, you will put yourself on the road to achieving them. You may not attain all of them, or even half of them. However, if you do reach some of them, you can use that success to build on in the future.

You may want the help of family members with some of your individual goals—In fact, in areas like weight-loss and exercise, their help may be absolutely essential.

So go ahead: dream, make goals—assist your other family members with theirs—I think you will be glad at the end of the year.

—Lance Cordle

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*“Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man.”*

—Ben Franklin