

Goal to Habit to Pattern of Living with God's Grace

JOURNAL

by Meredith Curtis
PowerlineProd.com



MEREDITH CURTIS

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Goal to Habit to Pattern of Living with God's Grace

The desire to change and start fresh always seems to come at predictable times: the New Year, the new school year, a birthday, or other big occasion. These times seem to be the perfect time for making resolutions and new goals.

Here are some goals I have made:

- I will floss every night before I go to bed
- I will eat more vegetables
- I will spend more time reading the Bible
- Our family will watch less TV
- We will try a unit study
- I will lose 10 pounds
- Get rid of anger

I'm still trying to lose that 10 pounds after many years. Many of my resolutions have never happened. On the flip side, some of my goals have become habits in my life. Decades later, I'm still enjoying the good fruit.

I love how educator Charlotte Mason talks about building habits and patterns into children's lives. If we do something over and over, it eventually becomes a habit. Habits that last for years become patterns of living. Our good habits and patterns set us up for success.

How come some goals become patterns of living and others never happen?

Is it because we want some things more than others? Or do we just have levels of self-control and sometimes we just don't have enough?

I want to share with you some practical ways to set goals that can become habits and eventually patterns of living.

Is God in This?

I have a million dreams in my head of who I want to be: fit, trim, brilliant, the perfect teacher, the perfect mother, the perfect wife.

The question is: what is God's plan for my life? Often, I make plans without praying first.

What is God's heart for me? To know His will, I dive into His Word, learning that God teaches me that my body is a temple of the Holy Spirit (flossing), I am called to meditate on God's Word night and day (Bible reading), my children should be taught in the way

they should go incisively and not exasperated (unit studies) and I am to rid myself of anger and in my anger, not sin (anger).

Instead of just thinking about what I want to do, I can seek God by reading His Word and discovering His plan for my life. Maybe my anger issue is more important to the Lord than my weight. Cultivating thankfulness matters more to Jesus than redecorating my living room. I'm not saying that God doesn't delight to bless us because He does, but my goal needs to be to become like the One who truly loves me.

Having a biblical foundation for my goals, gives me confidence that He will help me. The Lord has grace for me to walk in His will. I can ask and receive a measure of grace that will allow me to walk in freedom from sin and freedom to be like Jesus (thankful, loving, kind)

How about you? Why not take some time right now to pray about the things on your heart in this area? Ask the Lord to lead you to make goals that honor Him, to show you what His heart is for you and your life.

Always ask yourself these questions when making a goal:

- Is this a Biblical Goal?
- Is This God's Will for My Life?
- Is This My Season?

Now, surrender your goals to Jesus and receive His grace.

Make Goals Measurable

Now we can make goals knowing that God will pour out grace.

One thing I've learned is to make goals measurable and realistic. Instead of "spending more time in the Word," I will make a goal of "Spending 15 minutes reading the Bible every morning."

I realize to "get a handle on my anger," I will need to press into the Lord and let him teach me to control my anger His way. So my first goal may be a Word study on anger and memorizing Scriptures.

For unit studies, my goal might be "one hands-on activity" each week that goes along with our history lesson. Once I meet that goal, I will take it further. In the early years, I was too scared to switch to unit studies all at once, so we started with adding hands-on fun and doing Christmas unit studies.

How about you?

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List some of your goals:

Are they measurable?

Rewrite them to make them measurable.

From Goal to Habit

With measurable goals and a faithful Heavenly Father, we can begin to go from goal to habit. God is for me not against me. He will help me to be faithful if I draw from His strength.

Time to be real: I am not a self-controlled person. I always need God to help me when I am trying to build new habits. I wish I had tons of discipline, but on the bright side, it has brought me closer to the Lord. I need His discipline because I have so little of my own.

When it comes to goals, I like to start small and build. For example, I start with reading the Bible 5 minutes a day and build up to 30 minutes over a years' time. That way I don't crash and burn. In my experience, when I've started out with a big bang, I fizzle out. So building slowly and steadily is the best for me.

When I Blow It

If you are like me, and I hope you're not, the early weeks will be full of more failure than success. However, I just refuse to give up.

I figure out why I blew it. Maybe I did a super-involved project the first week and then I wasn't motivated anymore to try out unit study fun. Okay, once again I had to start with something really simple and keep it simple so I wouldn't be overwhelmed.

Or maybe I decide to start exercising and work out for 2 hours 3 days in a row. Then I quit for a week. I realize I overdid it and I have sore muscles. So, I start again with 30 minutes a day for 4 mornings a week. That goes better.

Perseverance is key to building up habit, so no matter how many times you blow it, don't give up!

One of the hardest things I've ever done is to build the habit of giving thanks in all circumstances. I had a deeply ingrained habit of complaining. It took many years and I'm still moving forward in gratitude.

Enjoying My New Way of Life

Over a long period of time, habits become patterns in your life. You don't have to think about saying a quick prayer instead of exploding or coming up with a fun way to bring a school lesson alive, it's just part of how you live your life. This makes all the perseverance worth it!

Start with the Positive!

Now it's time to start working on your goals. If you are a Christian, the Holy Spirit is inside you!

God's Word tells us that the Holy Spirit is working in you. God is changing from the inside out!

So, let's start with the positive!

Can you see how the Lord has already changed you? He has! Can you see habits and disciplines that He has built into your life that are helping you to live a life that pleases God and shows love to other people.

I would like you to take some time and notice what God has done in you! You will step back and be amazed when you see His workmanship in your life!

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Journal Page



What habits do you see in your own life that glorify God?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

Thank God for All He has done in your life:

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Journal Page



What Patterns of Living do you see in your own life that glorify God?

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How to Use This Journal to Move from Goal to Habit to Pattern of Living with God's Grace

You can print these pages, 3-hole punch the pages, and place them in a pretty notebook or folder. Make as many copies of the journal pages as you need for your own personal journal.

Journaling

The desire to change can be birthed of the Spirit—God's way of causing you to surrender to Him and ask for His grace to change.

Or it can be birthed from a desire to compete with those around you or win someone's love. Believe it or not, we can even try to win God's affection which is so silly because He loves us always and forever! God's love for us is not dependant on anything we do—He loves us!

As you seek God and set goals, I encourage you to use these pages to seek Him, look for Scripture to be a foundation, and write out your prayers for these goals. You can also jot down promises to claim and ideas the Lord gives you to move forward toward your goal.

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God (Romans 5:1-2 NASB).



Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need (Hebrews 4:16 NASB).



Who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was granted us in Christ Jesus from all eternity, but now has been revealed by the appearing of our Savior Christ Jesus, who abolished death and brought life and immortality to light through the gospel (II Timothy 1:9-10 NASB).

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Prayer Page



Pray about your Goal:

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*Jesus is the Good Shepherd who leads you
beside still waters and into green pastures.
Let Him lead in the process of transformation.
Receive His Love & Grace each day, each hour,
each moment.*

Grace to you and peace from God our Father and the Lord Jesus Christ (Galatians 1:3 NASB).



Now may our Lord Jesus Christ Himself and God our Father, who has loved us and given us eternal comfort and good hope by grace.. (II Thessalonians 2:16 NASB).



But He gives a greater grace. Therefore it says, 'God is opposed to the proud, but gives grace to the humble'" (James 4:6 NASB).



Share a Goal you want to achieve?

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general note-taking. There are no margins, text, or other markings on the page.

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Pray about your Goal:

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What Promises can you claim?

[illegible]

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Journal Page



Jot down ideas to help you grow toward a habit.

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Jesus gives us rest. Change comes from His Spirit. As we yield to Him, letting Him lead, He changes us from the inside out.

You can trust Him to change your heart and build godly habits in your life.



Therefore do not let sin reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin *as* instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. For sin shall not be master over you, for you are not under law but under grace (Romans 6:12-14 NASB).



The God of peace will soon crush Satan under your feet. The grace of our Lord Jesus be with you (Romans 16:20 NASB).



Share a Goal you want to achieve?

[illegible]

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Jot down ideas to help you grow toward a habit.

[illegible]



We sometimes are fooled into thinking that the loud and flashy is what we need. We want His work in us to be visible to others, to be quick. Jesus works in a different way. He draws us close and changes us little by little as we draw near to Him.



And now I commend you to God and to the word of
His grace, which is able to build *you* up and to
give you the inheritance among all those who are
sanctified (Acts 20:32 NASB).



The grace of our Lord Jesus Christ be with you all.
Amen (Romans 16:24 NASB).



Share a Goal you want to achieve?

[illegible]

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Pray about your Goal:

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Powerline Productions



**Being World Changers!
Raising World Changers!**

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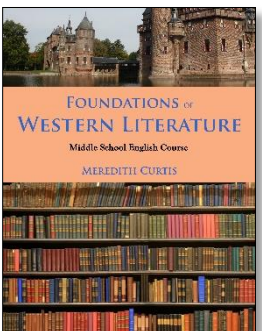
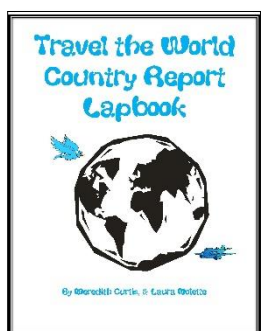
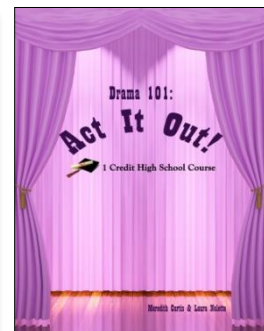
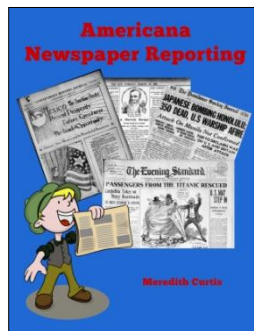
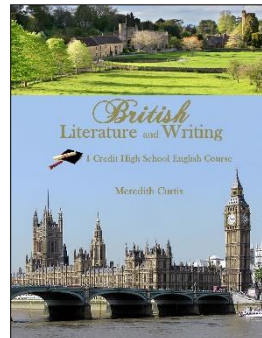
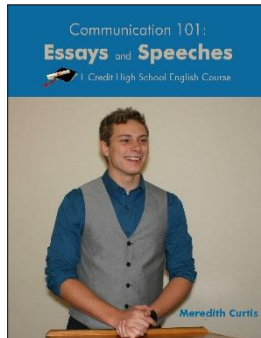
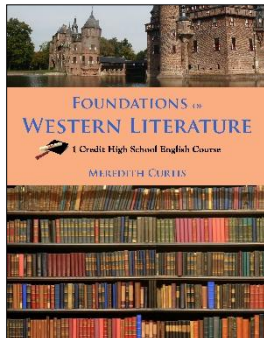
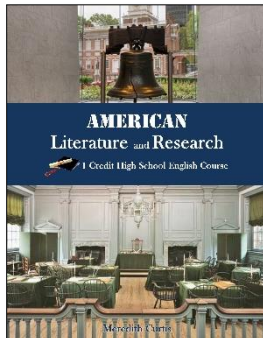
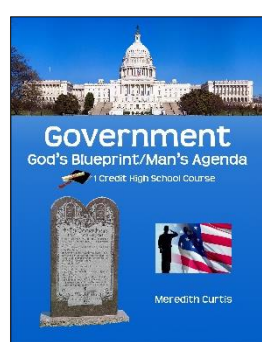
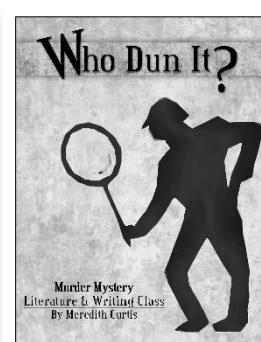
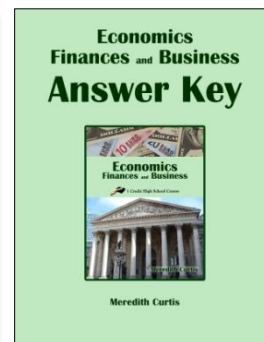
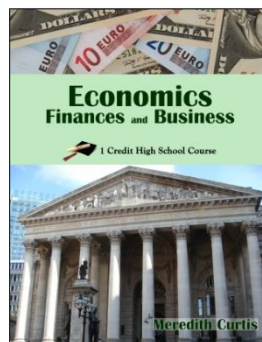
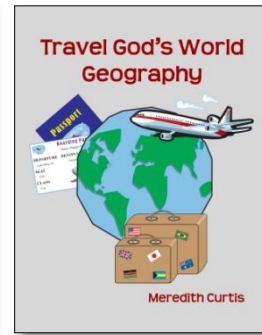
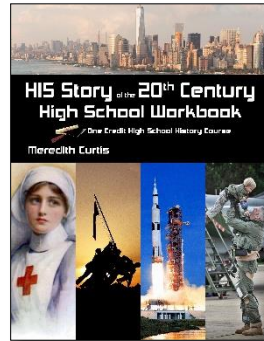
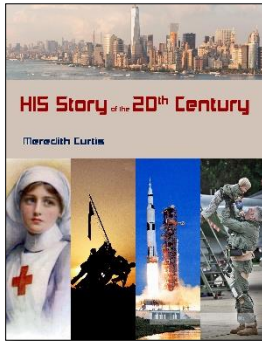
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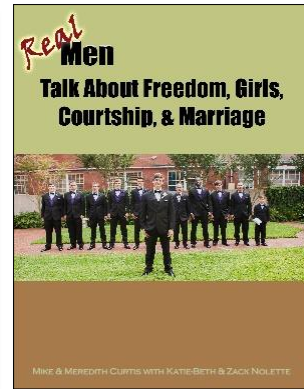
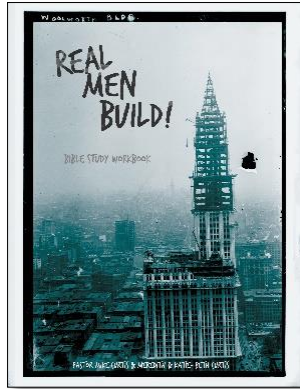
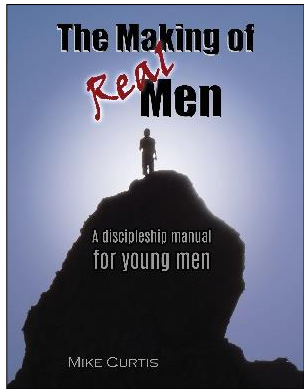
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High School & Middle School Courses



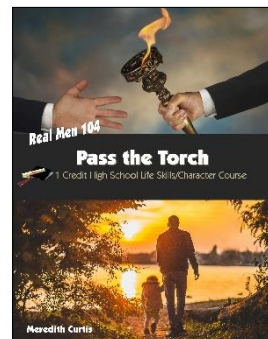
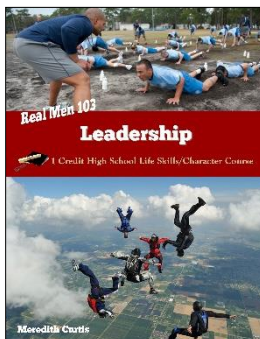
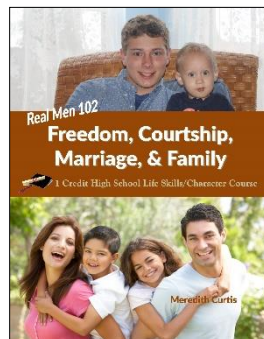
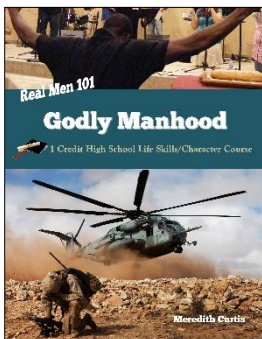
Real Men Discipleship Manuals

God calls fathers to impart life to their sons, passing the baton in the race of faith. These Bible studies were created for fathers (or mentors) to go through this material with their sons. Pastor Mike Curtis used these materials to mentor his own son and other young men in the church. These manuals cover tough issues that fathers and sons need to talk about and live out in their lives.



Real Men High School Electives

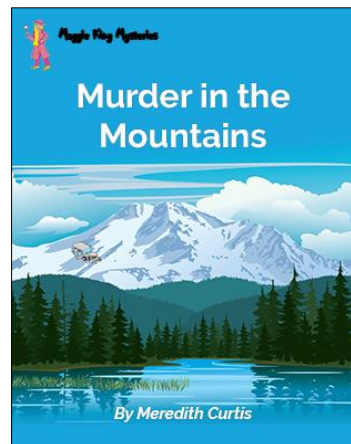
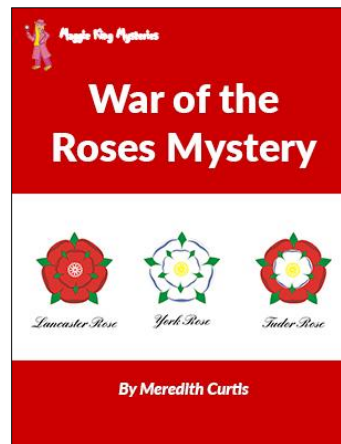
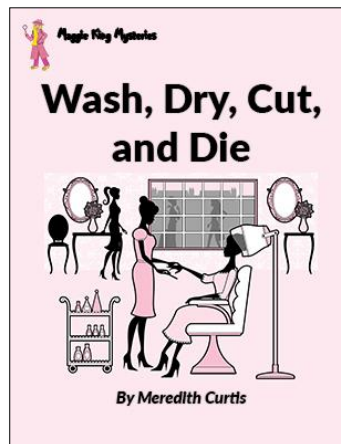
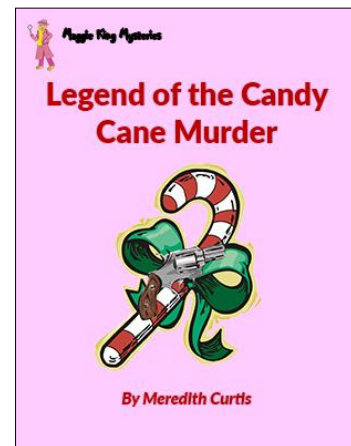
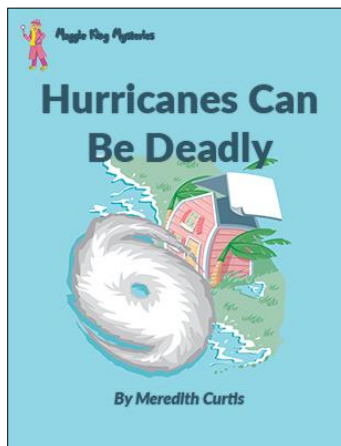
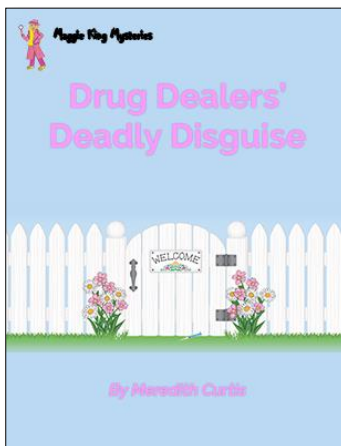
Do you want to prepare your sons to become godly husbands, fathers, church leaders, and pillars in their communities? These one-credit high school life skills classes build character and prepare young men for the future. Using living books, Scripture, and practical assignments, young men will learn to become the man God has called them to be.





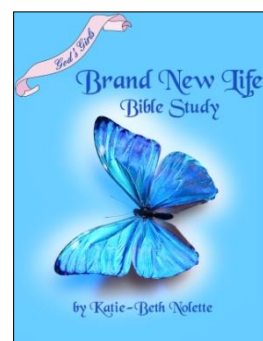
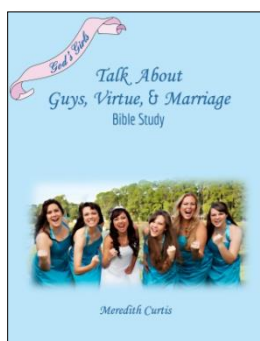
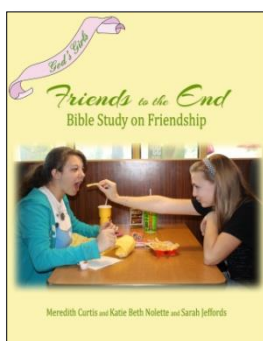
Maggie King Mysteries

If you like cozy mysteries, you will love this series! Meet Maggie King, a pastor's wife and homeschool mom who keeps stumbling across dead bodies. With her sidekicks, Sophia and Mary-Kate and her curious children, Maggie is on one adventure after another.

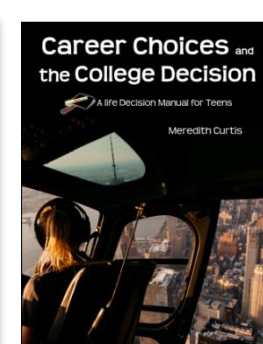
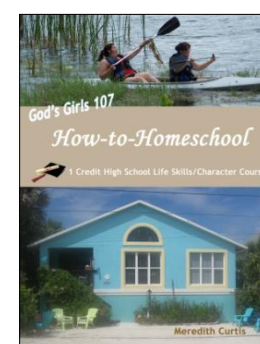
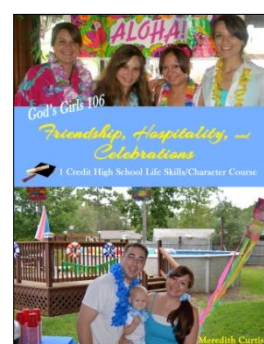


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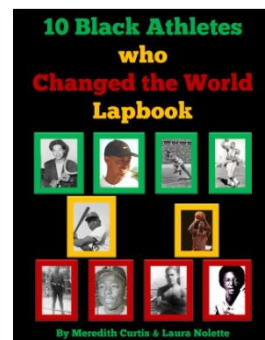
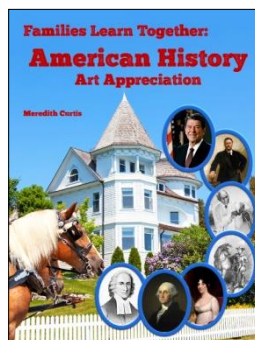
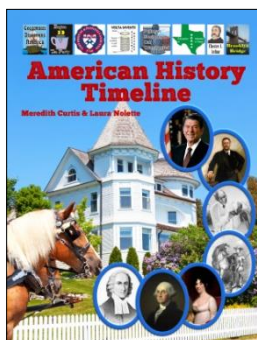
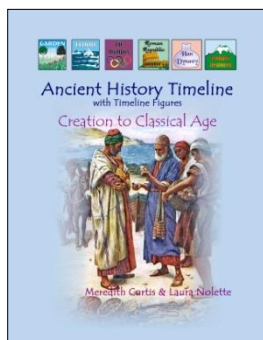
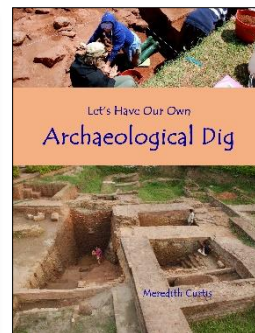
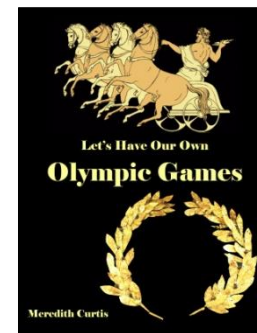
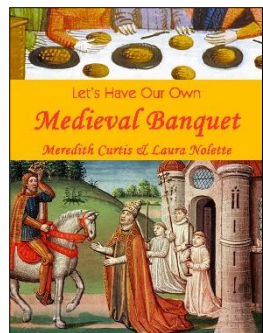
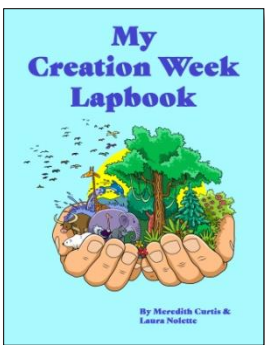
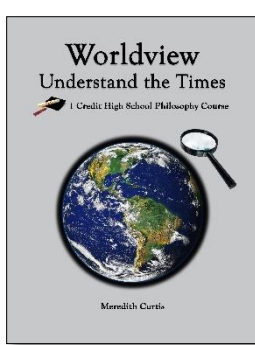
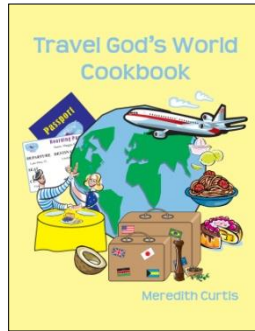
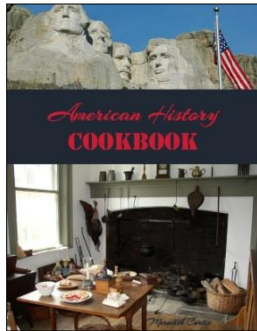
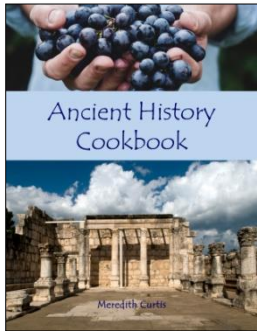
God's Girls Bible Studies



God's Girls High School Electives



Teach History the Fun Way

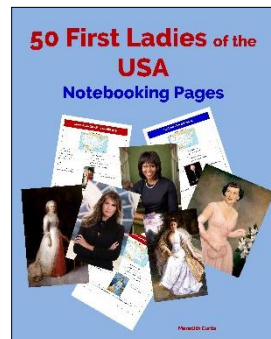
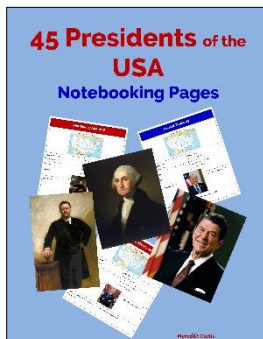
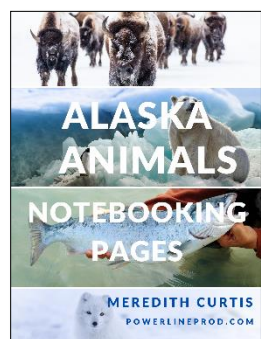
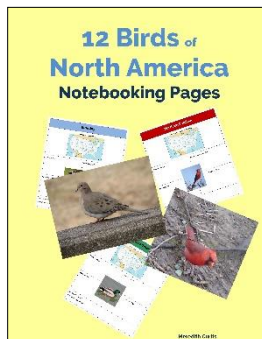
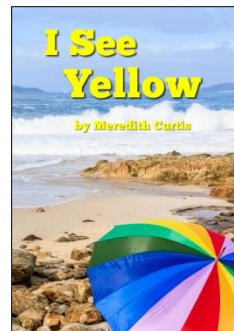
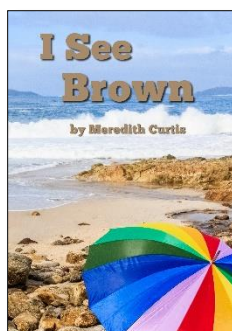
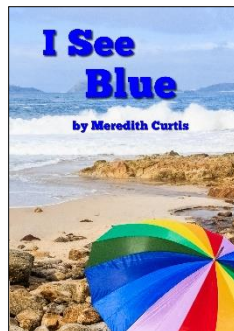
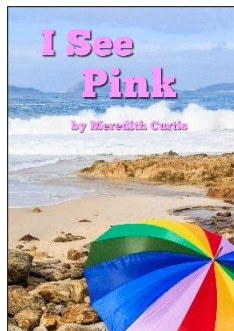
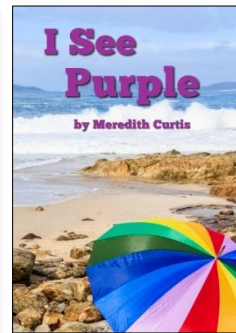
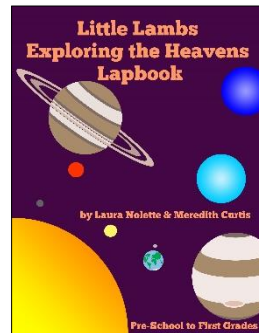
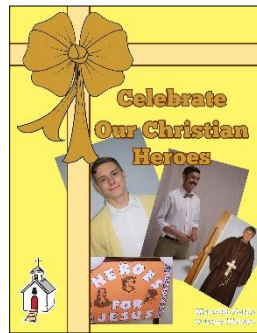
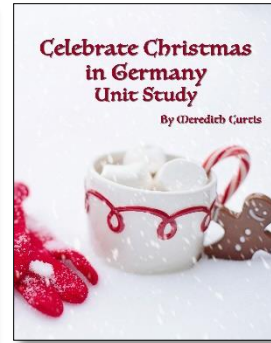
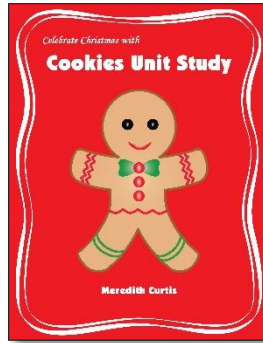
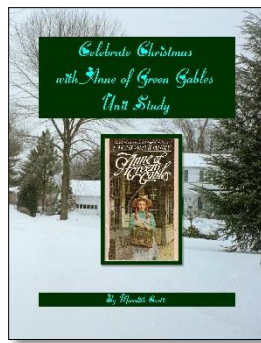
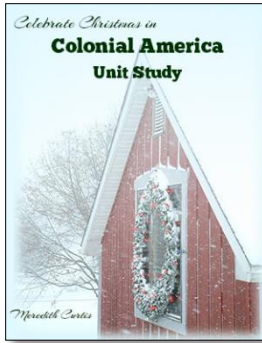


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About the Author



Meredith Curtis, a pastor's wife and homeschooling mom of five children, leads worship, mentors ladies, and, sometimes, even cooks dinner. Her passion is to equip people to love Jesus, raise godly children, and change the world around them with the power of the Gospel. "Lives are changed in the context of relationships," Meredith often says, as well as, "Be a world changer! Raise world changers!" She enjoys speaking to small and large groups.

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