

Helping Students with Personal Application Goals

By Dave Batty

Introduction

Your PSNC car: _____

Setting Personal Application Goals is a difficult task

- 1 For Students
- 2 For Teachers
- 3 But very important

Satan's greatest lie----- _____!

A. God's view of personal application

Matthew 7:24-27

James 1:22-25

Galatians 3:1-3

Ezekiel 33:30-32

Hebrew model of education vs. Greek model

1. _____ the truth
2. Understand how the truth _____ to my life
3. _____ it—Put it into action—today!
—consistently

Your PSNC car: _____

Teen Challenge is a Great Commission ministry—focused on making disciples.

Learning how to set personal application goals that can be implemented in 2-3

days is a basic _____ skill for a Christian disciple. These goals

focus on small _____ of applying God's truths in your life.

B. Where do we use Personal Application Goals?

1. PSNC Character Qualities Step 6
2. PSNC Scripture Memorization Class
3. PSNC Book Reports
4. Sunday Sermon Personalization Class
5. Group Studies for New Christians classes
6. Others Uses (Bible study, Projects)

C. Samples of Good Personal Application Goals

1. Goal based on Proverbs 4:23

Tonight if I hear any unwholesome talk going on, in order to guard my heart, I will try and change the direction of the conversation. If I can't change the direction of the conversation, I will excuse myself from the situation.

2. **Goal:** I will write a letter to my mother and ask her to forgive me for what I have done to hurt her in the past.

3. Romans 8:28

Goal for a teacher: When I feel like I have done a lousy job of teaching, I will sit down and list what I learned from teaching this lesson.

D. Marks of a Good Personal Application Goal

1. It is **Simple**

It leaves no doubt in your mind as to what you wish to accomplish.

2. It is **Specific**

It clearly states the point. Many times our goals are too general. For example, the goal "I will draw closer to God," is too general. It would be wise, instead, to decide on one specific thing you could do that would definitely draw you closer to God. Set that as your first goal. When you reach it, set another goal that will reinforce the first as well as take you one step further in your relationship with God. Always be direct and specific in the wording of each goal. Keep it uncomplicated by limiting it to one action.

3. It is **Meaningful**

It relates to your life today. The goal, "If I get rich, I will remember to give \$50 to my church each Sunday," is not very meaningful because you can't do anything about it *now*. When you get rich, then set goals relating to your riches. Your goal must grow out of what you know is possible in your life today. Also, it must lead up to a change that you really want to see take place.

4. It is **Practical**

Can you complete it today? The goal, “Every time I am tempted, I will realize it is Satan tempting me,” sounds good, but is it practical? Do you have the ability to tell yourself Satan is tempting you at the very instant the temptation starts? This goal looks spiritual, but it may be too big for the new Christian’s first attempt at overcoming temptation.

Start with simple, short goals that you can complete in one day. For example, “Today, I will make a list of every time I am tempted to sin.” You can make this goal even more specific by listing only one kind of temptation; for example, “...when tempted to curse.”

5. It can be **measured**

Can you measure this goal? “Today I will draw closer to God.” The goal is not written in a way to make it easy to measure. If you want to be sure you are making progress, you need to write your goal in such a way that you can easily measure your progress. The goal, “Today I will make a list of every time I am tempted to sin,” can be measured. When you make the list, you complete the activity which can be measured.

Here are four questions to ask as you write your goal:

- What is going to be measured?
- What tool will be used to measure it?
- How can I make it easy to measure?
- How can my progress be measured by another person?

6. It **helps** you

The whole purpose of setting personal application goals is to help you draw closer to God. Think ahead. As you write your goal, ask yourself, “How will this goal help me grow?” As you work at completing each goal, can you see how it is helping you to become a better Christian?

Goal based on Romans 12:16

For the next 3 meals, I will sit next to someone I don't usually spend time with or that I do not like in order to get to know them better.

For the next 3 meals, I will sit next to a new student in the program in order to get to know them better.

What is the difference between a good idea and a good goal?

Evaluating a Goal

1 Corinthians 10:13 NIV

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

Student goal: "When tempted, realize it is Satan."

How can this goal be improved?

Marks of a good personal application goal

1. Is it simple?
2. Is it specific?
3. Is it meaningful?
4. Is it practical?
5. Can it be measured?
6. Does it help you?

Matthew 28:19-20 NIV

¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Student Goal: I want to win the world to Jesus.

E. What should be the focus of the personal application goal?**Where are you at in applying this truth to your life?**

Here are 4 questions that can help the student get a better understanding of what to include in their personal application goal.

The Four Questions

1. Where am I today?
2. Where does God want me to be? (in regard to this area of my life?)
3. What is one step I can take today to begin moving in the right direction?
4. How can this step be measured?

F. How can you as a teacher help students set good personal application goals?

1. What are some of the problems students have in setting personal application goals?

2. One of the most common problems with the goals students write is they are too general.

What is _____ I can do today that will help me move toward my goal?

**"A journey of a thousand miles begins with a single step."
- Chinese Proverb**

3. Different Kinds of Goals

1. God related Goal (Involves direct relationship between you and God)
2. Reaction Goal (If this happens—then I will/will not...)
3. Attitude Goal (Involves working on how you think towards a situation)
4. Behavior Goal (Action you will take)
5. Knowledge Goal (Basically an academic/Bible study goal)
6. Interpersonal Relationships Goal (Directly involves you and another person)
7. Self-Image Goal (Deals with how you view/should view yourself)
8. Personal Health Goal (Deals with living a more healthy lifestyle)
9. Discussion Goal (Having a discussion with someone about a verse or character quality)

4. What will be your action steps to help students in your program write better personal application goals?

Write your own list of action steps.

Here are some additional ideas that could be added to your list.

1. Develop a notebook for your classroom and include in it excellent examples of personal application goals. This could include a brief description of how this goal helped the student to grow as they put it into action in their life.
2. Each week choose one excellent example of a student who has written a good goal and have the student share his/her goal with the whole class and then tell how they put it into action in their life.
3. Teach a class to your staff and students on how to set good personal application goals. You can use the materials from this workshop as a starting point for this training. The PowerPoint and notesheets are available on iTeenChallenge.org

4. Set as a personal goal to develop your own personal skills in writing excellent personal application goals.

Conclusion

H. Setting good personal application goals is only one step to becoming a successful Christian—a successful disciple.

What is most important?

1. Put it into action!
2. Not just one time
3. Make it a part of your daily lifestyle to put God's truth into action in your life.
4. This is the path to life transformation
5. This is the heart of Christian discipleship!

Helps for Writing Good Goals

1. Involve another **person** in the goal.
2. Set a specific time when you will do your goal.
3. Look up the scripture verse in different translations to get a better understanding of how to apply the verse to your life.
4. It is not enough to stop a **negative** behavior. You need to take **positive** steps in moving toward the new behavior.
5. Keep your goals short, simple, specific, practical.
6. Focus on what is going on in the **present**, not far in the future.
7. Teach a "Goals class" to staff and students.

Developing good Personal Application goals is a skill that will be useful for a lifetime.

Sample Personal Application Goals on overcoming smoking

Provided by staff from previous seminars. This goes with the notes on page 6.

1. God related goal

- I will memorize 1 Corinthians 10:13 and write down the ways of escape God provides me related to this temptation.

2. Reaction goal

- If I am tempted to smoke I will immediately tell the staff I am being tempted.
- If anyone offers me a cigarette, I will refuse to accept it.
- If I smoke, I will confess to God my weakness and confess to the staff what I did.

3. Attitude goal

- I will make a list of at least 5 reasons why I want to live a smoke free lifestyle.
- I will make a list of all the reasons why I want to smoke.

4. Behavior goal

- I will not ask anyone for a cigarette
- When other students start talking about smoking, I will walk away.
- I will not buy any tobacco products, lighters, matches, etc.

5. Knowledge goal

- I will make a list of 5 verses that relate to my battle with smoking.
- I will read at least 3 articles on the dangers of smoking.
- I will interview at least 2 other Christians who used to smoke and learn how they deal with that temptation.
- I will write a paper on how my smoking affects my family, my work, my roommate, and my Christian testimony (example).

6. Interpersonal relationship goals

- I will confess to the men in the house that I want to overcome this habit, and ask for accountability from them.
- I will meet at least one time a week with my counselor and give an honest report on my battle with smoking.

For more information about this course and other training resources:
Contact Global Teen Challenge at
GTC@globaltc.org

Or visit our training website at www.iTeenChallenge.org

Personal Application Goal Practice

Goal Evaluation

Is it simple?

Is it meaningful?

Is it specific?

Is it practical? / Is it attainable?

Is it measurable?

Does it help you grow?

Is it time sensitive?

Good Goal

Bad Goal

Needs improvement

1. When I am corrected, I will repeat back to the person what I hear them telling me to ensure I understand them correctly and I will say "thank you".
2. For one week, I will pray and ask God to show me what things I am holding on to that keeps me from surrendering. I will confess and journal each thing, no matter how small or large it may be.
3. *Goal for Character Quality Gratefulness*
I will be grateful for 8 days.
4. *Goal for 2 Corinthians 5:17*
I will make a list of 10 "old things" that have gone or need to go & make a list of at least 10 "new things" that have come or need to come. I will read this list daily for a week.
5. Each day for the next 8 days I will journal situations that upset me. I will then pray and ask God for what purpose this situation was to train me. I will write what He says.
6. *Goal for Lesson 205 Showing Respect*
I will write down positive things about authority.
7. This week, I will write down rules I do not like.
8. *Goal for Character Quality Gratefulness*
I will thank 3 people tonight for how they have helped me since I have been in the program.
9. *Goal for Character Quality Truthfulness*
I will write a letter to someone I have lied to. I will confess the lie, tell the truth, and then ask for forgiveness.
10. *Goal for Character Quality Discretion*
I will go to a different brother each day for one week and ask them one thing I do that makes them angry and journal what they say. I will take these things to God in prayer and ask for his help.