



II. Goalsetting - F.I.R.S.T

Thank you for starting the second episode of the series, Goalsetting! Below are notes from the script and some discussion questions to guide you to a deeper understanding of this reflection.

NOTES & QUOTES FROM PODCAST

As we all experience this unprecedented uncertainty, the question is “how do we live without giving in to - fear, hopelessness, greed, and various temptations?” Things that can mar the godly image we have been created in. This uncertainty has drained many, if not all of us one way or the other – financially, physically, socially, and relationally. I fully empathize with Shammi’s friend who asked a great question, “How does one plan or set goals when there is so much uncertainty?”

My response is simple. “Uncertainty is why we need to plan and set goals.”

So, what should our response to uncertainty be? Let me introduce three thoughts that will hopefully make you seriously consider planning and goalsetting.

First, let’s begin with a simple but important principle Jesus mentions in Luke 14:28, “*Suppose one of you wants to build a tower. Won't you first sit down and count the cost to see if you have enough money to complete it?*”.

The first step is to sit down review the impact this pandemic has had on the resources at our disposal to get a good handle on it.

What are our resources? Items we personally own, possess, have access to, or have the discretion to deploy. Items which give us the ability to achieve returns. Taking a wholistic approach we have five life area resources that go by the acronym F.I.R.S.T that are listed below.

- **F**inance: Income, Investments, Debts, Charity
- **I**ntellectual: Qualifications, Learning, Reading, Media Awareness
- **R**elationships: Family, friends, colleagues, networks
- **S**pirit: The Holy Spirit, God’s Word, Values, Creativity, Attitude
- **T**ime/ Energy: Physical fitness, Mental fitness, Stress control, Diet

Secondly, let me talk about some characteristics of these resources.

At any given point of time these resources are finite. Let me use the analogy of one kilo cake. If there are 5 of us to have the cake, it can either be cut equally with everyone getting 200 grams, or else each time one of the 5 want a bigger piece some one or more will get a smaller piece. Similarly, these 5 resources are finite at any given point of time.

Today as we assess our resources, we notice that as prices rise, as jobs get transformed, as reskilling is becoming important, we realize the value of the principle Jesus highlighted in the parable of talents. Very clearly today mere “preservation is not enough” we need to multiply it.

So, as we take stock of our resources and plan our paradigm must shift from preserving the one kilo cake by just cutting it in different ways or more dangerously by just eating into the cake. We need to look at increasing it into a two-kilo cake of resources.

For Christians of course as we plan the first resource to use among the five FIRST resources is the Holy Spirit. The same person who gave King David the blueprint for building the temple.

Let's invite the Holy Spirit and be guided by God's word as we look for clarity in these uncertain days and plan, because in the end we know, *"Many are the plans in a person's heart, but it is the Lord's purpose that prevails."*

May God bless us as we take stock of our resources, and invest them wisely for the unknown future.

I. BEGIN BY REVIEWING THE CURRENT SITUATION

We should sit down and review the impact this pandemic has had on the resources at our disposal to get a good handle on it.

2. DECIDE ON WHAT NEEDS TO CHANGE

Very clearly today mere "preservation is not enough"; we need to multiply it.

3. INVOLVE GOD WHEN IDENTIFYING AND SETTING GOALS

We must remember that: Many are the plans in a person's heart, but it is the Lord's purpose that prevails.

DISCUSSION QUESTIONS

1. What are the five F.I.R.S.T resources that you possess in abundance and/or lack?
2. What key resources do you think need to be multiplied?
3. Are you ready to plan and decide on a strategy to increase your F.I.R.S.T resources?

CONNECT WITH US

- Ask questions: bystillwaters.always@gmail.com
- YouTube: <https://www.youtube.com/c/JaywantMichael>