

Now, think of the alternative if you do not work effectively toward the goals you've just written. What would you do instead of working toward some worthwhile goals? Would you neglect your health or relationships or your faith? Don't dismiss this too quickly. Think about the ramifications of not making goals for yourself and working towards those goals. Write your thoughts here.

Thursday, January 19

The message concluded with four observations that will be helpful throughout the rest of this Message Series. First, time is not on our side and your future you tends to be an exaggerated version of your current you. Certainly, time can work against us if we do not use it wisely; however, what do you think about the implied risk of becoming an exaggerated version of the current you? Would that be a good thing? Do you have some concerns, considering your assessment of your life today? Think about these observations and write your reflections about them here.

Friday, January 20

The third and fourth observations are change is possible and ongoing consistency is much more important than short-term intensity. The problem with intensity is that it is not sustainable, whether you are working out with weights to build up your muscles or you're in an "intense" or "hot and heavy" relationship. Relationships can be very exciting in the beginning, but if your expectation is that you will maintain that excitement forever, you risk burning out in the relationships and becoming disillusioned and disappointed with your partner and yourself. What do you think about the statement, "Change is possible?" Why is change so difficult? Is it difficult for you to consistently pursue a worthwhile goal? Ponder these questions and record your reflections here.

Message Notes – January 15, 2023

You in X Years – The Life You Get Stuck With *

- I. Pastor Levi Lusko writes, "When it comes to the New Year and all of our planning for change and all our hopes for transformation, the problem is oftentimes we think too _____."
 - A. Most of us underestimate what we can do in the _____-term and overestimate what we can do in the _____-term.
 - B. The trouble is, so many of us have tragically short _____.
 - C. Pastor Lusko writes that stick-with-it-ness is evaporating with each _____ generation.
 - D. To be fair this is a trend that has long been the reality in _____.
- II. The _____ of this message is The Life you Get Stuck With.
 - A. The Apostle Paul warns in our scripture lesson from Romans about getting _____ in life.
 - B. You can do quite a bit within a given _____ frame is you give yourself – or _____.
 1. What could you do in _____ years?
 2. There are _____ possibilities also.
 3. This series of message is about making good _____.

*Romans 13:8-14 and Psalm 39

4. Don't miss this word of caution: The ways you _____ become, eventually, the ways you are _____.

III. There are four _____ I want to share with you.

A. First, _____ is not on your side.

B. Second, the future you tends to be an _____ version of current you.

C. Third, _____ is possible.

D. Finally, ongoing _____ is much more important than short-term _____.

E. The life you get stuck with is the life you _____.
So _____ it a good one!

Daily Devotional Guide

The following is a daily devotional and study guide meant to enhance your understanding of the message and grow as a Christian.

It is offered for your personal reflection or to share with others.

Monday, January 16

Pastor Levi Lusko of Fresh Life Church in Kalispell, Montana, writes, "When it comes to the New Year and all of our planning for change and all our hopes for transformation, the problem is oftentimes we think too small." Lusko shares the observance of his mentor that most of us underestimate what we can do in the long-term and overestimate what we can do in the short-term. We limit our thinking and we want instant success. We set a goal to lose ten pounds in three weeks and are surprised and discouraged when we don't make that goal a reality. Setting realistic goals

over a longer period of time allows us to take one step at a time and focus on the end game rather than fast and often short-term success. What do you think? Do you tend to go for the quick success only to have that success last a few months, perhaps a few years? Contemplate these thoughts and write your reflection here.

Tuesday, January 17

Read Romans 13:8-14. This is a beautiful scripture that begins with the admonition to love other as we love ourselves. Paul then warns us that we need to not procrastinate or loiter around but rather spend our time wisely, wake up and get out into the world. And why? To share the love of God with others!

This scripture is about focus and not getting bogged down with the day to day grind of our lives but look beyond each day to a great eternity with our heavenly father. Our focus needs to be consistent and our plan clear. There is little room for hope and wishes; they are no substitute for a well thought out plan. Do you have a tendency to procrastinate? Do you find yourself not being able to meet your goals week to week, month to month and possibly year to year? What is your horizon for a change you'd like to see in your life? What's realistic? How clear are the steps you need to take toward your goals? Meditate on these questions and write your thoughts here, praying for God's guidance and wisdom.

Wednesday, January 18

Look at your thoughts from yesterday's devotion. Did you write down a horizon for something you want to accomplish within the next year or two – or perhaps five years? Think of the examples Pastor Jack gave for a one or two year horizon – to learn a new language, earn a degree or certification that would benefit you. What would you like to do within the horizon you have in mind? Write some ideas here.