

Rooted Moms Podcast | Ep. 05: How to Set and Keep Spiritual Growth Goals for the New Year

With Katie Gibson

Key Takeaways:

- Spiritual growth goals can be anything that you are working towards to help you grow closer to God and His Word. We used the ideas of praying more, joining a small group, reading the Bible, stepping out in obedience to something God has called you too, etc.
- Spiritual growth goals are important because they help us get back on track in our relationship with God. It's so easy to become distracted with what's right in front of us and making a plan keeps us focused on the future.
- Spiritual goals help us become proactive versus reactive.
- Rest is a crucial part of the growing process.
- We can identify spiritual growth goals by inviting God in on the process. This can look like praying, getting quiet, fasting, journaling, etc.
- Steps to set and keep our spiritual growth goals:
 1. Write the vision
 2. Make a plan
 3. Identify resources
 4. Don't do it alone!
- The overall goal of spiritual growth goals is to glorify God, not ourselves. It's impossible to fail at our spiritual growth goals unless you quit completely. Every day is a new day with Jesus!

Scripture References:

- 2 Peter 3:18 NIV - "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen"

- John 10:10 NIV - "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."
- Philippians 1:6 NIV - "being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."
- Proverbs 16:3 AMP - "Commit your works to the Lord [submit and trust them to Him], and your plans will succeed [if you respond to His will and guidance]."
- Proverbs 16:9 NIV - "In their hearts humans plan their course, but the LORD establishes their steps."
- Proverbs 24:16 NIV - "for though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes."
- Proverbs 29:18 NIV - "Where there is no revelation, people cast off restraint.."

Resource Recommendations:

- ["Dream Come True: A Practical Guide to Pursue the Adventures God Has for You" by Jenny Randle](#)
- Free eBook "Grow: 10 simple ways to deepen your faith" available at www.katiegibsonwrites.com (subscribe on homepage)
- Awaken: 10 days of Prayer & Fasting www.rootedmoms.com/awaken
- Free reading plans + online groups www.rootedmoms.com/grow