



## Going 4 a Goal – (Konect Seies)

### Welcome (10 mins)

Going round the group in turn, give each person a total of 1 or 2 minutes to answer all of these questions:

'If I had £10,000 I would...'

'If I had my own house I would...'

'When I have a job I want to...'

'If I could change one relationship in my life it would be...'

'If I were Prime minister for a day I would...'

### Worship (20 mins)

Put on some music and encourage people to write out a Top 10 of what Jesus achieved in his life. Give people enough time to do this well, and then get people to share back what they put and why.

At the end of this, read out Colossians 3:17:

*'And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.'*

Then encourage everyone to pray some one-line prayers thanking Jesus for what he did.

### Word (40 mins)

Say: sometimes wishing things could be different can make us feel very powerless. We get in touch with deep longings without feeling we can do much about it. However, it doesn't have to stay like that.

Ask the group:

1. How do you get to school/work in the morning? (bus, walk...?)
2. What do they do before they get that mode of transport (have breakfast, a shower...?)

Keep asking what they do before that until they say they get out of bed. EVERY JOURNEY STARTS SOMEWHERE! Sometimes we dream of achieving amazing things but we need to take a simple step to get us started.

Get group members to all read out Philippians 3:12-16 at the same time! Then read it again (one person) in a different version. What do they think about this passage?

Discuss: what should we 'forget' about our past?  
What should we build on from our past?



Get people to close their eyes. Then ask them to think of an achievement they are proud of. It could be very simple – it is not a competition!

Ask people to write about it – at the top of the paper they need to write what the achievement was. Then they should write down the obstacles they overcame, the steps they took, how they felt. What made them feel like giving up? What kept them going?

Reflecting on our past experience is one of the most important ways we learn!

### **Witness (20 mins)**

Look at the mission statement of your cell – how are you getting on? Pray for friends by name again – write your names on pieces of paper and put them in the middle on a table around a candle or another symbolic object. Then with some music on, have lots of other bits of paper + pens around and encourage people to write other peoples names and put those bits of paper near to the candle.

### **Notes**

Aim: Motivate people in the things they do and want to achieve. PRESS ON!

### **SETTING A GOAL**

'If you aim for nothing you are sure to hit it every time.' Encourage people to close their eyes and think of something they would like to achieve in the next 2 months.

WHAT are they going to achieve? HOW are they going to do it? WHEN will they do it by?

One tool for helping set goals is: S M A R T

S: Specific

M: Measurable

A: Achievable

R: Realistic

T: Time-related

You need to revisit this in 2 months time!

Pray in small groups of 2 or 3 for courage, strength and faith to do the goal that is set.

Re-read Philippians 3:12 and speak it over each other. Get people to say it to each other: *'Press on to take a hold of that for which Christ Jesus took a hold of you!'*

# Cell Plan