



## Pushing Past the Pain

The year was 1992 and it was the 400-meter finals during the Summer Olympic. There was one man that stood out, one man favored to win, one man who finished dead last and his name was Derek Redmond. Redmond had trained his entire life for this race, but he did not win the gold medal. Actually, many people could not tell you today who won the gold, but they could tell you about Derek Redmond. He was the 400-meter record holder from Great Britain and that day as he took his place at the starting line, all eyes were on him including his father who was there in the stands to cheer his son on to victory. The race started, and it appeared that Redmond took the lead early but on the back stretch, Redmond's hamstring snapped, and he fell to the ground in pain. Redmond, described the pain as being so intense that it felt like someone had shoved a knife in the back of his knee and began twisting it. As he raised his head, he saw the doctors and race officials running to his aid, but he waved them off and stood up. He had set the goal to finish the Olympic race and he was going to accomplish his goal no matter what it took.

As Redmond approached the last 100 meters he noticed his dad running out on the track. His dad put his son's arm over his shoulder and together father and son finished the 400-meter race. Most racing fans could not tell you who won the Olympic gold that year, but they could tell you about Derek Redmond. This one man and one moment of completing his goal has inspired people for over 25 years, even inspiring a Visa commercial where Morgan Freeman served as the narrator ending the commercial with these words, "He and his father finished dead last, but he and his father finished!"

## Living Like No One Else

If you want to accomplish great things in this life, then it does not merely require great ideas or great strength or great intentions. It requires you to put your goals into action and live like no one else. If you don't believe me, then consider these facts for a moment,

- 92% of people will never accomplish a New Year's Resolution<sup>1</sup>
- 93% of people cannot translate a goal into action.<sup>2</sup>
- Less than 3% of Americans have written goals, and less than 1% review and rewrite their goals on a daily basis.<sup>3</sup>

It is a fact that if you want to live a life of great success, then you have to choose to live differently than the rest of the world, you must become an individual that is willing to translate your goals into action. If

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<sup>1</sup> Downloaded from <https://www.forbes.com/sites/dandiamond/2013/01/01/just-8-of-people-achieve-their-new-years-resolutions-heres-how-they-did-it/#5432d07596b2>

<sup>2</sup> Downloaded from <https://www.entrepreneur.com/article/291912>

<sup>3</sup> Downloaded from <https://www.briantracy.com/blog/personal-success/success-through-goal-setting-part-1-of-3/>

you do this, I promise that you will stand out from the crowd. James chapter one reveals a similar principle to us as he describes the importance of putting your God inspired, faith-filled goals into action.

**James 1:22** (NLT) – But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves.

Over the years I have witnessed too many great ideas, and noble intentions come to utter ruin because there was no action behind the idea. The difference between success and failure when it comes to goals has everything to do with choosing to persevere, choosing to continue with grit even though the one obstacle after another continues to knock you down.

One researcher by the name of Angela Duckworth discovered this Biblical trend play out in the life of her students and in industry as she observed,

Angela Duckworth was teaching math when she noticed something intriguing: The most successful students weren't always the ones who displayed a natural aptitude; rather, they displayed something she came to think of as grit. Later, as a graduate student in psychology at the University of Pennsylvania, she defined the term — a combination of passion and perseverance for a singularly important goal — and created a tool to measure it: the "grit scale," which predicted outcomes like who would graduate from West Point or win the National Spelling Bee.<sup>4</sup>

Think about the most successful Christians that you have met in your life, what makes them different is that they have prevailed in accomplishing great things for the Lord because they practiced the fundamental principle of faithful perseverance. Perseverance does not come naturally to most people and it is not easy, but it brings success to those who have set their sights on their God-given goals.

## What does the Bible say about setting Goals?

Some individuals that believe that setting goals and developing a plan of action to pursue those goals is not Biblical. These same individuals emphasize that carrying out such tasks interferes with the leading of the Holy Spirit. The answer to these critics is simple:

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*The Bible emphasizes setting goals as a critical element of your walk with the Lord.*

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Developing goals for your life does not qualify as interference of the prompting of the Holy Spirit rather it is "Good Stewardship" of your life. God's Word describes several benefits of setting goals for your life.

### *Benefit #1 – Goal Setting Prompts You to Count the Costs*

The first benefit that you should remember about goal setting is that it prepares you for obstacles that you might encounter as you pursue your God-given goals. As you begin counting the costs, then you prepare yourself for the journey so that you can more effectively be pulled into the future by your goals rather than being pulled apart by the obstacles. The Gospel of Luke describes the importance of this principle for your life as follows,

**Luke 14:28-32** – <sup>28</sup>For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it? <sup>29</sup>Otherwise, when he has laid a foundation and is not able to finish, all who see it begin to mock him, <sup>30</sup>saying, 'This man

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<sup>4</sup> Article, "Angela Duckworth on Passion, Grit and Success" Downloaded from <https://www.nytimes.com/2016/04/10/education/edlife/passion-grit-success.html>

began to build and was not able to finish.’ <sup>31</sup>Or what king, going out to encounter another king in war, will not sit down first and deliberate whether he is able with ten thousand to meet him who comes against him with twenty thousand? <sup>32</sup>And if not, while the other is yet a great way off, he sends a delegation and asks for terms of peace.

### *Benefit #2 – Goal Setting Brings Blessing*

The second benefit is found as you fix your sight on the blessing of goal setting. Goals are like a magnet, the stronger they are then the more they pull at your heart, mind, and soul. As you begin setting your goals then you will find that the pursuit of these goals will bring you into a deeper relationship with the Lord and many more blessings.

**Proverbs 21:5** (HCSB) – The plans of the diligent certainly lead to profit, but anyone who is reckless certainly becomes poor.

**“Plans”** – The Hebrew word for “Plan(s)” carries the meaning: “to think, with the purpose of planning or deciding on a course of action...” In a number of languages there are two quite distinct sets of terms for planning depending upon the purpose involved in such planning. If the planning is constructive, either for oneself or someone else, one set of terms is likely to be used, while if the planning is harmful (usually against someone else), another set of terms would be used.<sup>5</sup>

**“Profit”** – The Hebrew word for “Profit” carries the meaning: to have enough, often with the implication of even more than enough.<sup>6</sup>

### *Benefit #3 – Goal Setting Brings Clarity*

The next benefit found with goal setting is discovered when it comes to clarity. Many people find themselves drifting through life without purpose or passion. These individuals seem to live life in a cloud of confusion but as you begin setting goals for your life then you discover clarity of purpose, passion, and direction.

**Proverbs 24:27** (NLT) – Do your planning and prepare your fields before building your house.

**“Prepare”** – The Hebrew word for “Prepare” carries the meaning: “a state of being ready for action.”<sup>7</sup>

### *Benefit #4 – Goal Setting Always Commits the Primer and Plan to the Lord*

The fourth benefit of goal setting can only be found in the Christian walk. There has always been one central determining factor that decides success or failure of any goal, that determining factor is the “Hand of the Lord.” I learned many years ago that in order for any goal or plan to have success then it had to be committed to the Lord. As you do this then the Lord will guide, lead, direct, and even change course so that He gains the glory.

**Proverbs 16:3** – Commit your work to the Lord, and your plans will be established.

<sup>5</sup> Johannes P. Louw and Eugene Albert Nida, [Greek-English Lexicon of the New Testament: Based on Semantic Domains](#) (New York: United Bible Societies, 1996), 356.

<sup>6</sup> Ibid, 558.

<sup>7</sup> Ibid, 682.

**“Commit”** – The Hebrew word for “Commit” carries the meaning: “to believe in something or someone to the extent of placing reliance or trust in or on.”<sup>8</sup>

### *Benefit #5 –Goal Setting Spurs on Perseverance*

The fifth benefit is found in the principle of perseverance. Studies have shown that if you write down your goals, then you are 42% more likely to accomplish these goals. Writing down your goals and reviewing them on a daily basis fosters the principle of perseverance because these goals serve as a catalyst each day to pull you through the trials of the moment. The Apostle Paul describes this principle in these words,

**Philippians 3:14** – <sup>13</sup>Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, <sup>14</sup>I press on toward the goal for the prize of the upward call of God in Christ Jesus.

### *Benefit #6 –Goal Setting Brings Correct Discernment and Direction*

The final benefit of goal setting is discovered in the form of discernment and direction. As you begin setting goals for your life that honor the Lord and remain consistent with His Word then you will discover that God will grant you discernment and direction for your life. The same principle is described in the book of James,

**James 4:13-15** – <sup>13</sup>Come now, you who say, “Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit” — <sup>14</sup>yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. <sup>15</sup>Instead you ought to say, “If the Lord wills, we will live and do this or that.”

## **Conclusion**

As you begin setting goals you want to make sure that you always think big and move quickly. God will guide, lead, and direct as you follow the goals He is directing you to pursue. Study these Biblical basics when it comes to goal setting to help keep you on track in passionately pursuing God’s plan for your life. Begin making your first goal today by choosing to make goal setting the top priority for this week.

**What is the top goal you need to establish this week?**

Share your thoughts and answers with me on facebook, twitter, or email!

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<sup>8</sup> Ibid., 375.