

WIN THE DAY: TOMORROW STARTS TODAY

Part 1: How to Reach Your Goals

WEEK OF FEBRUARY 7, 2021

80% of New Year's resolutions fail by mid-January. We don't want to give up on our goals, though—they're worth it. We just have to start unlocking the power of "one day at a time."

MESSAGE NOTES AND HIGHLIGHTS

- Based on the book *Win the Day* by Mark Batterson
 - 80% of New Year's resolutions fail by mid-January.
 - **Ephesians 2:10** - For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.
 - A goal is just a dream with a deadline. A dream with no deadline is just a wish.
 - Sir William Osler - "Learn to live in day-tight compartments." (In other words, learn to live one day at a time.)
 - Yesterday is history. Tomorrow is a mystery. Our job is to win the day.
 - Can you do it for a day? If you can do it for a day, you're gonna be okay.
 - Spiritual growth isn't gained by accident or overnight. It's cultivated on purpose and over time.
 - 24-hour rule: Celebrate the wins, learn from the losses, move on.
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DISCUSSION QUESTIONS

1. Did you set any resolutions or goals for the new year? Did any of them fail already? Are you still going strong on any?
2. Do you see any value in setting a deadline for yourself (with goals, at work, etc.)?
3. How good are you at taking things one day at a time? Do you ever dwell too much on yesterday, or too much on what could or might happen tomorrow?
4. "Can you do it for a day?" Have you ever adopted this mentality as you tried to reach a goal? Do you think it could help you?
5. What's a big goal or dream you have? What's a good deadline to set for it? What might you need to start doing each day to work toward it?