

# GOALS TO GROW

W O R K B O O K



CURT LANDRY<sup>®</sup>  
MINISTRIES

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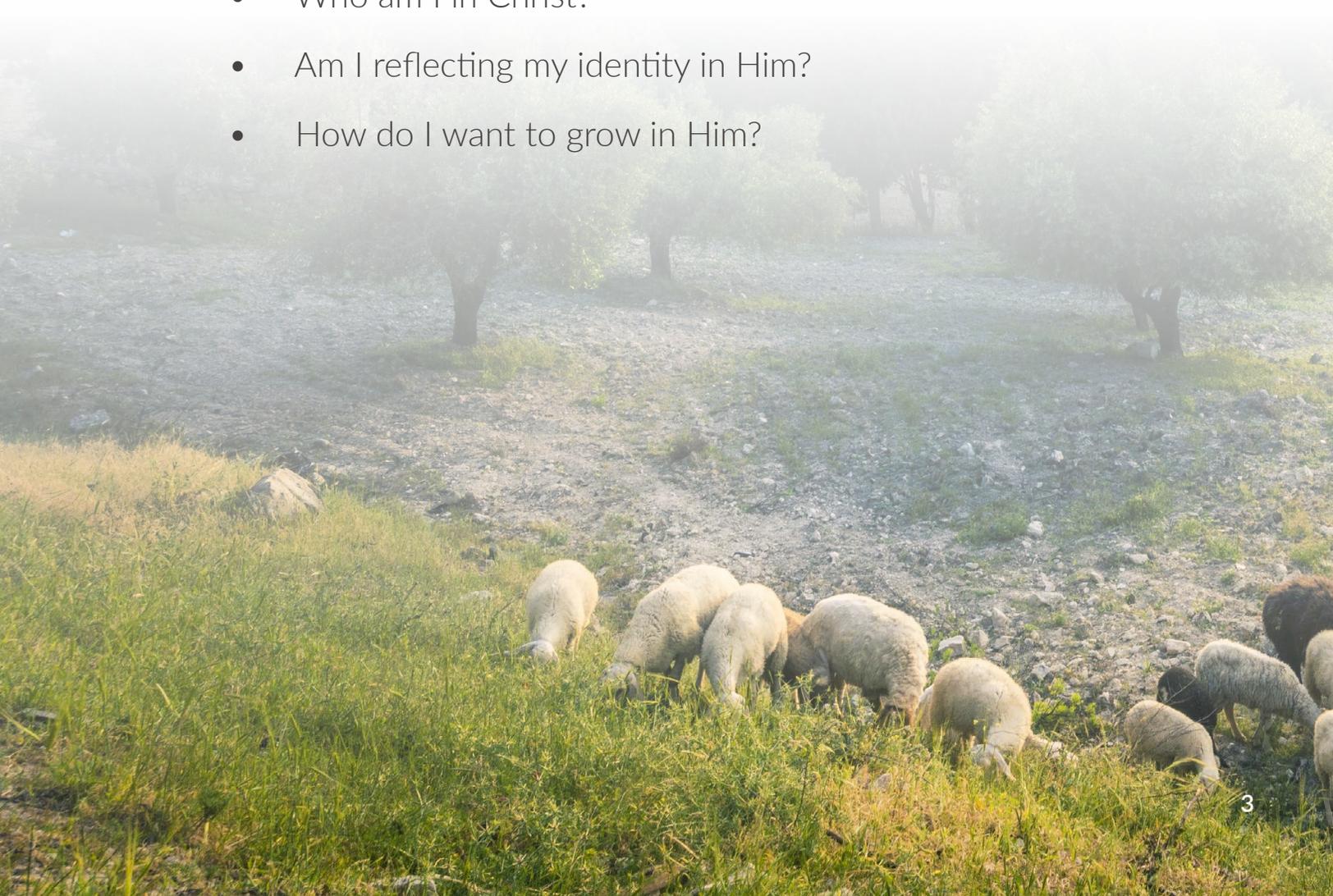
# MAZEL TOV

## (congratulations)!

Today, we take an intentional step together to apply the **A.C.T.** (**A**pply, **C**hange, **T**ransform) principle to the year ahead of us. We are resetting our spiritual clock. We need complete reliability on the Holy Spirit and trust in His faithfulness to deliver what we need on time. We need to intentionally seek His Kingdom first this year. *Doing something intentionally is much more effective than doing it by accident.*

### Ask yourself...

- Who am I in Christ?
- Am I reflecting my identity in Him?
- How do I want to grow in Him?





## **Let's get reset!**

December and January are often, times of New Year's resolutions. However, case studies have shown that most goals, or changes, 'fail' by early February, with only 8% maintained long-term.

## **Why is that?**

Resolutions are simply ideas, or a vision, for something different—something better. If you want the fruit of the resolution and transformation, you have to A.C.T.—you have to apply the Word, make the changes, and the result is a transformation!



## UNDERSTAND THESE KEY PRINCIPLES BEFORE YOU START:

### Principle 1: Seek His Kingdom and Righteousness First

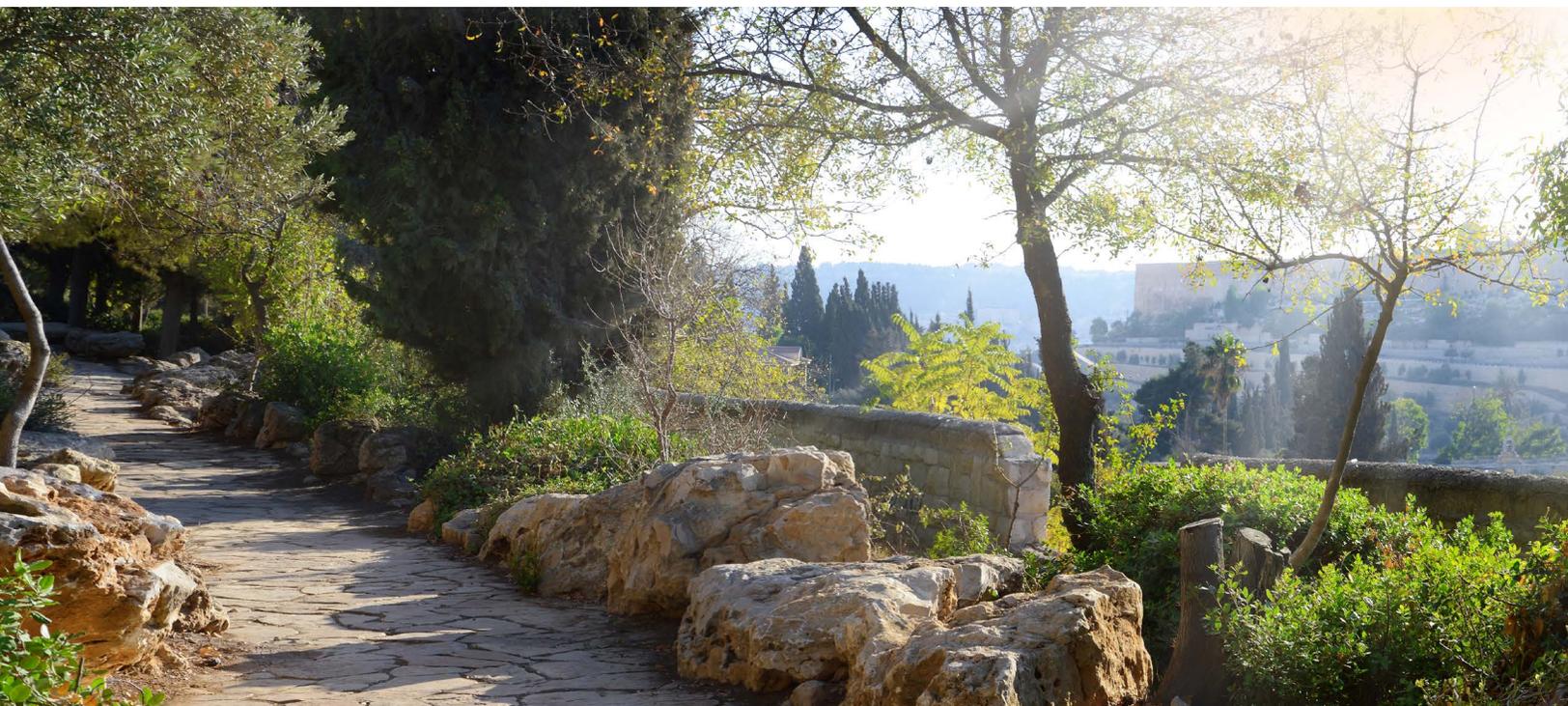
Matthew 6:33-34 says, *“But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”*

**Matthew 6:33 is where you start.** This is to be your focus. The key to growing and being successful in the spirit this coming year—having all you need to answer the call—must be tied to seeking His Kingdom first. Untie the mindset that your performance will get you where you need to go.

## Principle 2: Remember Who Gives You Power

Deuteronomy 8:18-20 says, *“And you shall remember the Lord your God, for it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day. Then it shall be, if you by any means forget the Lord your God, and follow other gods, and serve them and worship them, I testify against you this day that you shall surely perish. As the nations which the Lord destroys before you, so you shall perish, because you would not be obedient to the voice of the Lord your God.”*

**Deuteronomy 8:18-20 comes next.** He gives you what you need when you seek His Kingdom and righteousness first. Never forget that the Lord gives you the ability and the wealth to do what you need to do. He does this to establish His covenant with you.



### **Principle 3: Allow Him to Establish His Covenant with You**

The Lord wants to establish a One New Man covenant, and there must be a testimony. This is what the year ahead is about, building up a testimony of God's covenant with you.

**Ephesians 4:13 is a description of the covenant.** It says, *"...till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ..."* He is creating unity as the One New Man.

### **Principle 4: Walk in the Fruit of the Spirit**

The fruit of the Spirit is evidence of the covenant. When you walk in the Spirit, the enemy can't bring an accusation against you that will stick.

**Galatians 5:22-23 says,** *"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law."*

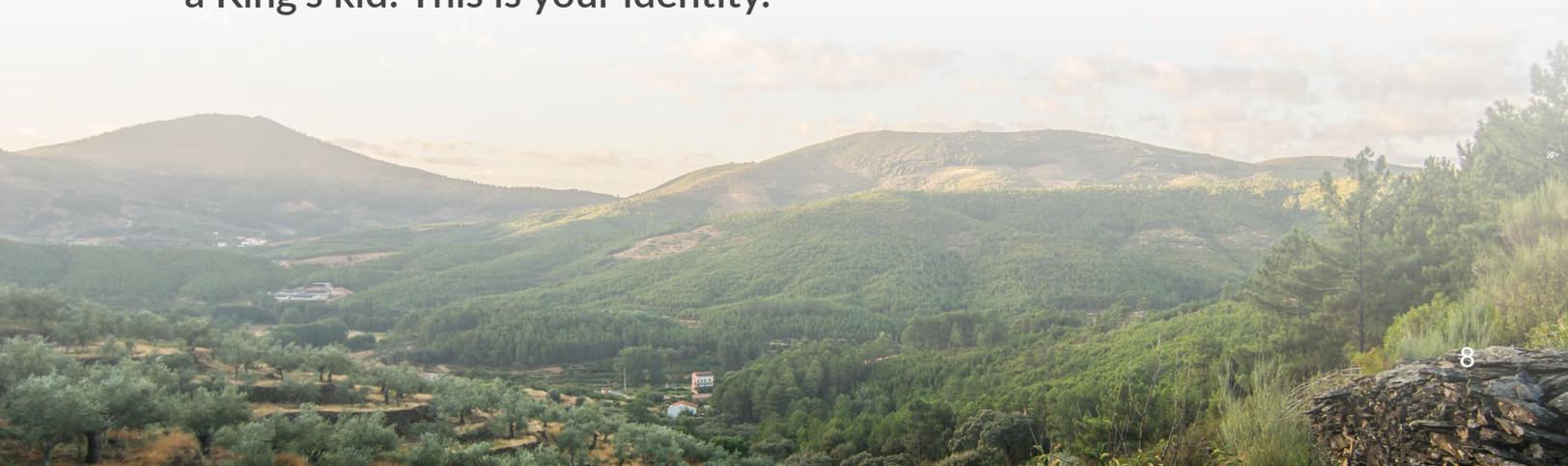
## Principle 5: Know You Are Able with the Power of God, and You Are More Than a Conqueror

**Philippians 4:13** says, *“I can do all things through Christ who strengthens me.”*

**Romans 8:37-39** says, *“Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.”*

In the year ahead, you must cut off the lie that you have lack or will lose. The war has already been won. Operate out of a victor, not a victim, mindset.

**You’ve been given an inheritance. You are a king and priest. You are a King’s kid! This is your identity.**





## **ALIGN AND RESET YOUR MIND AND HEART**

Now that you understand the key principles to growing in the coming year, you can align your mind to them and reset your goals, so you are positioned for success.

It is then that you will see the Lord manifest Malachi 3 and 4. You will start to...

- Sow according to biblical principles (see Malachi 3)
- See the Lord restore faith and family according to His design (see Malachi 4)
- Be in fellowship according to Isaiah 56:7, His house will be called a house of prayer for all nations

## YOUR PERSONAL STRATEGY FOR HIS KINGDOM:

Read these questions. Write down your answers. Attach verses that speak to your answers, giving you a foundation of truth to operate from. Pray into your answers and decree them as the Spirit leads...

1. What do I need to shift my mind away from so that I am seeking His Kingdom first?

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2. What are practical ways for me to remember that it is the Lord who gives me power?

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3. What are 3 things I can do to sow into the lives of others this year? How can I give?

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4. What are 3 things you can **do as a FAMILY** this year? Include things you can do as a family, with your spouse, children, grandparents, etc. that focus on seeking His Kingdom and fostering those relationships. Also, include things as they relate to your church family or are community-focused.

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5. What are 3 things I want to avoid this year? What situations or activities typically pull you away from being Kingdom-focused?

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6. What things are deemed a priority, or MOST important, this year? These are the things/commitments/relationships worth sacrificing for.

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7. What things are deemed LEAST important and not a priority? These are the things/commitments you should let go of.

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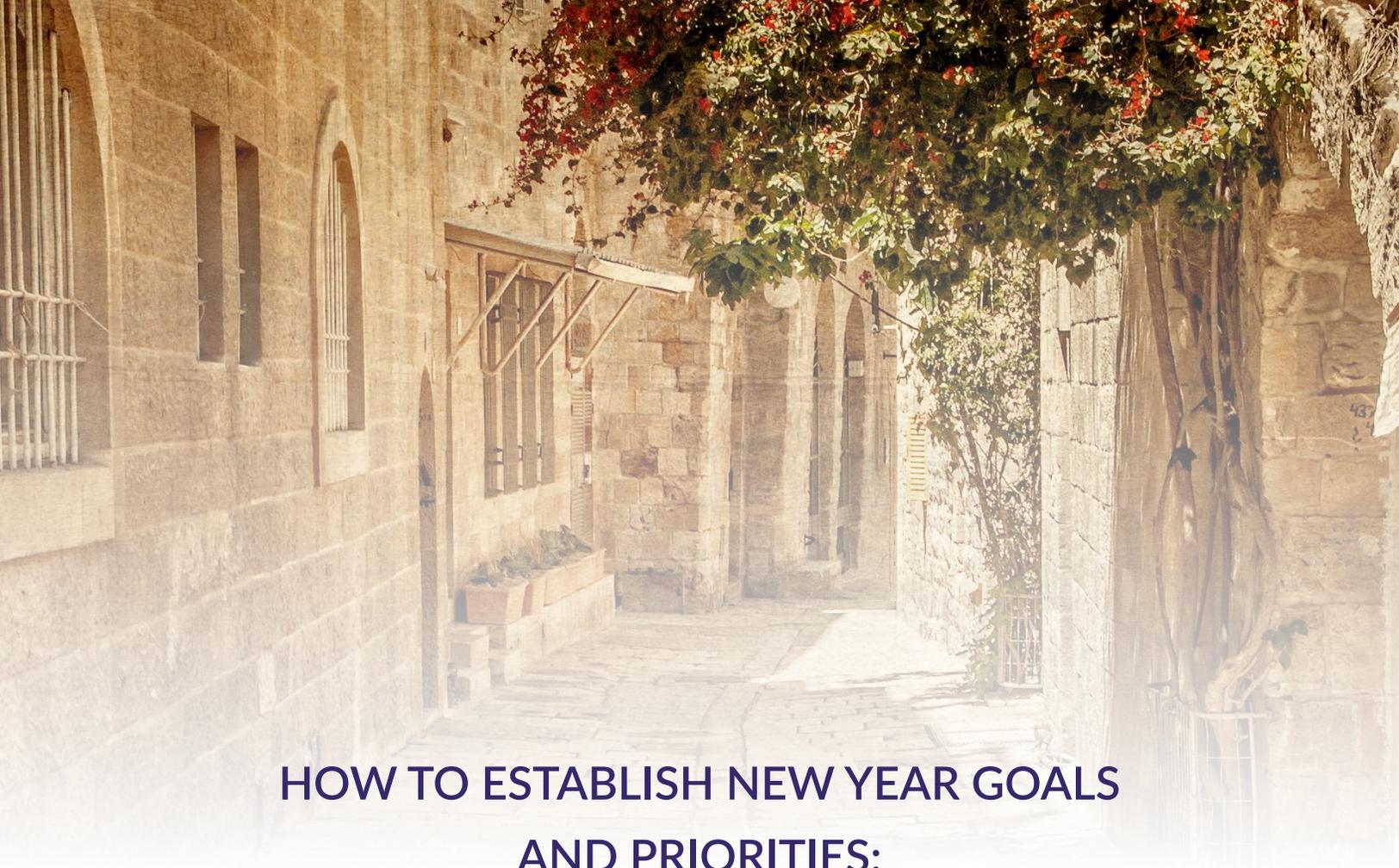
## NEXT STEPS:

- **Get Intentional**
- **Identify 2-3 Goals**
- **Identify Your Priorities**

**Get Intentional:** Getting intentional takes time. If you desire to get the most out of the new year, you must choose to intentionally seek His Kingdom first, living by the principle of Matthew 6:33-34.

**Identify 2-3 Goals:** Print this workbook and grab your Bible. Invest the time to pray and seek the Lord for what goals He has for you next year. This is a spiritual and physical exercise—these two things go hand-in-hand. If you are looking for spiritual fruit in this new year, it will require spiritual and physical discipline.

**Identify Your Priorities:** Get specific. Take the time to identify the priorities that will grow your goals. Be honest with yourself about what you want AND *what you do not want*. Do this as an individual and with your spouse and family.



## HOW TO ESTABLISH NEW YEAR GOALS AND PRIORITIES:

It is easy to get lost in the busyness of life and lose sight of your priorities. It is also easy to make excuses. With each goal, make sure and include a few points:

**A:** Apply specific and measurable goals—if your goal is to be more dedicated in your prayer and devotions, be specific—i.e., “spend the first 20 minutes of every morning with the Lord.” (This is what you are going to do—your **application.**)

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**C:** Change the thoughts that are roadblocks. As mentioned in principle 5 at the beginning of the workbook, you must cancel the lack and victim mindset. You are a King’s kid! Include a hindrance to your goal and how to overcome it—i.e., “I am always running late in the morning, so I need to get up earlier, which means I need to go to bed 15 minutes earlier every night.” Therefore, the change might be less T.V. or social media. (This is what you are going to **change**.)

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**T:** Envision the transformation. Include the ‘fruit’ of your goal. Why do you want something? i.e., “I want to hear the voice of the Lord more clearly in my day-to-day life.” (This is your **transformation** or the fruit of your application, execution, and dedication to change.)

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## 5 PRIMARY GOALS FOR THE NEW YEAR:

As individuals, we were created mind, body, soul, and spirit. Therefore, it is important to have goals that resonate with the various areas of our being. Your goals are, in fact, **your** goals, but we would encourage you to bring those goals before the Lord and make sure that they align with His best for you.

Outside of that, we would encourage you to make sure that your goals are not overwhelming and *are* achievable. And, for the purpose of this exercise, you might include these 5 areas of your life...

**1. SPIRITUAL GOAL** (A goal that has to do with your spiritual life and your relationship with God):

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Date I will complete this by: \_\_\_\_\_.

*Setting a date versus an arbitrary end-of-year goal will help you remain accountable. We recommend a quarterly check-in, asking yourself, “Where am I gaining traction, and where have I fallen behind?”*

**2. PHYSICAL GOAL** (A goal that has to do with something in the natural—your health, your family, your home, your career, etc.):

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Date I will complete this by: \_\_\_\_\_.

*You cannot neglect the physical aspect of your life while setting goals. This goal should help you achieve the other goals you set in place.*

**3. FINANCIAL GOAL** (A goal for giving or savings):

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Date I will complete this by: \_\_\_\_\_.

*If you want to give more in the new year, you need to plan and save accordingly. If you are going to commit to giving an offering during the Feasts of the Lord, you should plan to start saving monthly to make that goal a reality.*

**4. JOY GOAL** (A goal for something that brings you joy—an investment of time, a trip, a project):

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Date I will complete this by: \_\_\_\_\_.

*Invest in something that brings you joy, and don't always wait for 'next year.' Make this the year you do something that brings you joy and something you have been dreaming of!*

**5. OTHER GOALS** (A personal goal that you would like to achieve that is not listed above):

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Date I will complete this by: \_\_\_\_\_.

In order to meet the above goals, you must discipline yourself to budget your time, your finances, and your emotional and mental energy.

Align your time by resetting your clock according to God's calendar. The best way to do that is to honor the day of rest, Shabbat, each week. Then celebrate the Feasts of the Lord in your home or corporately.



**\*\*\* SAVE THE DATES! \*\*\***

## **FEAST DATES and CHECKLISTS for 2023:**

**Passover:** Wednesday, April 5th – Thursday, April 13th

**Shavuot:** Thursday, May 25th – Saturday, May 27th

**Rosh Hashanah:** Friday, September 15th – Sunday, September 17th

**Yom Kippur:** Sunday, September 24th – Monday, September 25th

**Sukkot:** Friday, September 29th – Friday, October 6th



## FEASTS FAST FACTS and CHECKLISTS:

Passover: Wednesday, April 5th—Thursday, April 13th

*Date check: March 29th—Do you have your Passover Seder supplies?  
Have you downloaded or ordered your Haggadah?*

### FAST FACTS:

- **First of the Spring Feasts** and the beginning of a spiritual New Year.
- **Pilgrim feast** (one of the three feasts when the men of Israel journeyed to Jerusalem to celebrate and present an offering in the Temple). This is a feast when we bring a harvest gift to the Lord.
- **Celebrate by hosting a Seder** (ceremonial Passover meal) customarily on the first night of Passover. This year we will be live streaming from our home to yours on Friday, April 5th, so mark your calendars to join us that evening.



Here are a few things to help you prepare:

### SEDER PREP-LIST:



- **Use the QR code to order your copy of the Haggadah.**
- **Matzah**—Unleavened Bread (available in most grocery stores or online).
- **Maror**—Horseradish (one teaspoon per person is ample).
- **Charoset**—A mixture of apple, nuts, wine, and cinnamon... or chunky applesauce will do. (enough for a heaping table spoon per person).
- **Karpas**—Parsley (enough for everyone to have a sprig).
- **Salt Water**—A mixture of water and a little salt (enough for people to dip their parsley into).
- **Grape Juice or Wine**—Your preference (enough for each person to have 4 sips. You will also need 4 small cups or glasses per person).

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*Note: It is also traditional/symbolic to have a roasted lamb shank bone and a boiled egg on the table.*



## Shavuot: Thursday, May 25th—Saturday, May 27th

### FAST FACTS:

- **Shavuot** coincides with Pentecost, but they are two different celebrations. Shavuot is a harvest festival celebrating the giving of the Torah (instruction) from God to Moses, and Pentecost remembers the impartation of the Holy Spirit in the Upper Room. Therefore, this is a special day to set aside time to seek the Lord for instruction and a fresh infilling of the Holy Spirit.
- **Pilgrim feast** (one of the three feasts when the men of Israel journeyed to Jerusalem to celebrate and present an offering in the Temple). This is a feast when we bring a harvest gift to the Lord.
- **Common tradition** is to read through the book of Ruth with your family. Ruth is often considered to be the pioneer of all who ‘choose’ or convert to Judaism—accepting the Torah, just as Jews accepted the Torah at Mount Sinai. Ruth 1:16-17 has traditionally been understood as a conversion statement.

## Rosh Hashanah: Friday, September 15th—Sunday, September 17th

### FAST FACTS:

- **First of the Fall Feasts** and marks the beginning of the Hebrew New Year.
- **The 10 days between Rosh Hashanah and Yom Kippur are known as the 10 Days of Awe and are a time of deep introspection.** It is a time where we correct wrongs, make amends, seek forgiveness and spiritual alignment, and prepare our hearts and spirits for the holiest day of the year—the Day of Atonement (Yom Kippur).

These 10 days are a time of personal preparation for the New Year.

At Rosh Hashanah, we hear the awakening blast—when each of our books in Heaven is opened. At Yom Kippur, the books are sealed.

- If you are hosting a Rosh Hashanah celebration meal at your home, it is customary to begin with **apples dipped in honey**, representing the sweetness of a new year. And you would greet your guests with **“Shana Tovah!”** meaning **“To a good year!”**



## Yom Kippur: Sunday, September 24th –Monday, September 25th

### FAST FACTS:

- Traditionally, the **holiest day of the year**.
- Yom Kippur—Day of Atonement—is a **25-hour fast** from Erev (evening of) Yom Kippur, to sundown the following day. For 2023, we will fast and seek the Lord from the evening of September 15th until sundown on September 17th. For people who feel they cannot do a complete fast due to physical limitations, we recommend fasting from something like T.V. or social media.
- As an individual or family, you can **take communion as part of repentance**, t'shuvah, on Erev Yom Kippur to begin your fast. And then set aside dedicated time to read the Word, meditate on scripture, or listen to worship music and seek the Father's heart. After the 25-hour period, you can break the fast with a celebratory meal and begin to make plans for Sukkot!





## Sukkot: Friday, September 29th—Friday, October 6th

*Date check: September 22th— Do you have your Sukkah supplies?*

### FAST FACTS:

- Sukkot, commonly referred to as the **Feast of Tabernacles**, is a seven-night festival that commemorates the Israelites' journey in the desert. There they lived in tents, without a homeland, yet God was faithful to keep them. Bringing them to their Promised Land.

In modern times, families commemorate this time by building temporary shelters called sukkahs, as the Israelites would have done in the wilderness. We take part in this physical act to remind our hearts where we have come from and God's faithfulness in our journey

- **Spiritually we take this time to renew our covenant with God** and close out the Fall Feast season with a spiritual and physical alignment check for the New Year.
- **Physically, you can celebrate by building a sukkah** (<https://www.curtlandry.com/how-to-build-a-sukkah/>), or by simply hosting family and friends, eating outside under the stars, and honoring God's faithfulness to you.
- **Pilgrim feast** (one of the three feasts when the men of Israel journeyed to Jerusalem to celebrate and present an offering in the Temple). This is a feast when we bring a harvest gift to the Lord.



## ADDITIONAL ITEMS TO ENHANCE YOUR

### Feast Experience:

- Shabbat candles or menorah
- Communion elements: Kiddish cup of wine or juice and challah bread or crackers
- Tallit or scarf
- Anointing Oil
- Shofar

### For more information on...

- The Feasts of the Lord
- Why Christians celebrate the Feasts of the Lord
- How to prepare your home and your heart for these special 'moeds' (divine appointments)
- How to incorporate each element listed into the Feast of the Lord



Use this QR Code to find more detailed instructions on the Feasts of the Lord and other key resources.

# I AM COMMITTING TO GROW AND SEEK HIS KINGDOM FIRST!

G: To Set My Goals

R: To Own My Reality

O: To Take Hold of Opportunities

W: To Take Steps on My Way Forward

*“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.”—2 Corinthians 5:17*

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

