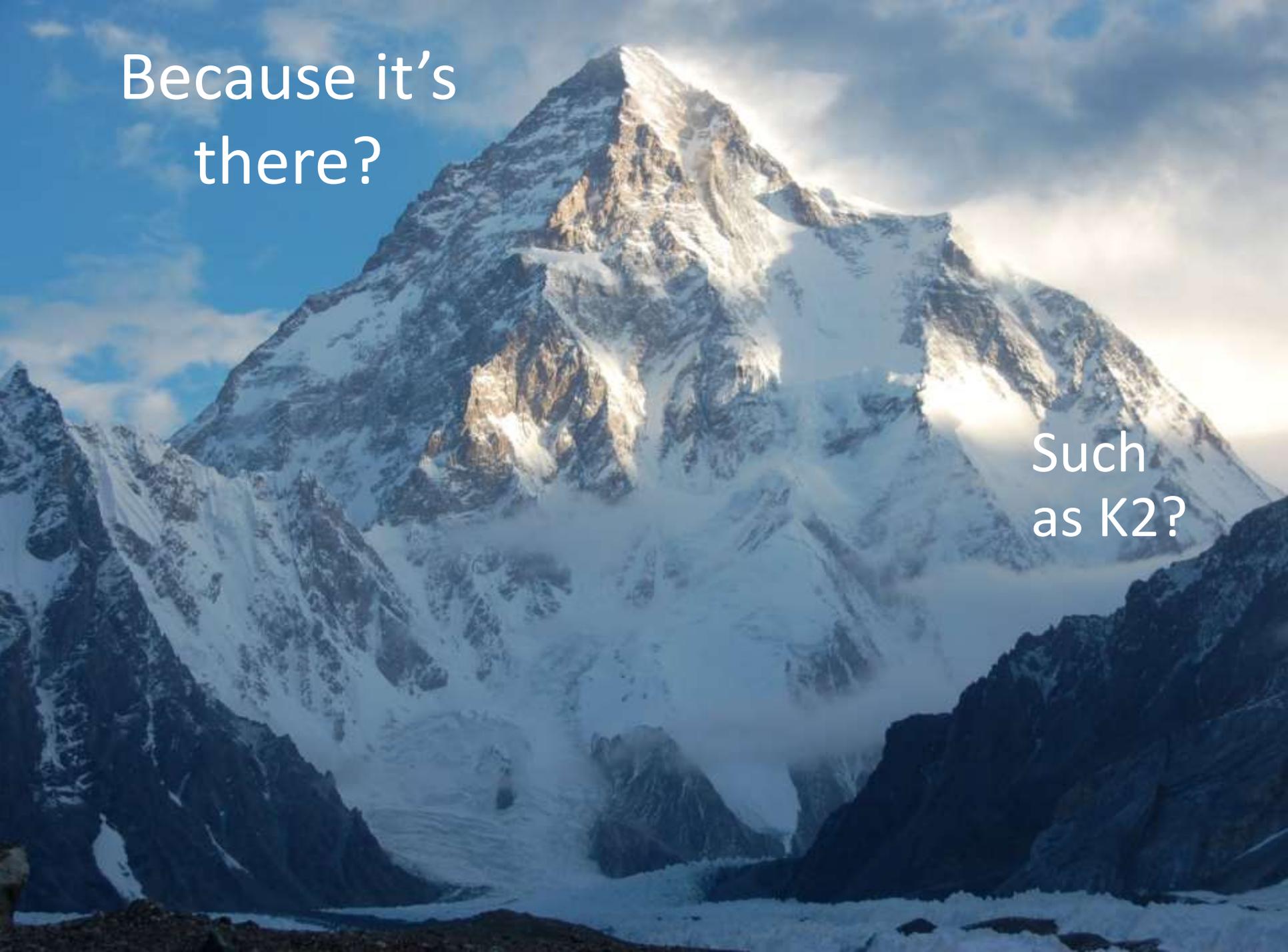


Lessons from the Mountain





Why Climb a Mountain?



Because it's
there?

Such
as K2?

To climb K2 is to make the ultimate ascent. This is the most difficult of the world's highest mountains and its steep pyramidal profile has become a symbol for achievement.

Reaching the summit of K2 will be the crowning moment after months of determined climbing, following carefully-made strategies and backed up by solid teamwork. K2 will not yield that fleeting moment for success without our total dedication and a preparedness by each climber to put himself on the line.

Even as I write this now, with the expedition a year away, I feel fear; a growing anxiety over the monumental challenge that lies ahead. That's good. If you don't know fear, then you haven't challenged yourself. And you haven't really lived. (Peter Hillary)

www.peterhillary.com/article-in-the-name-of-the-father

A People Fully Alive (John 10:10)

- To climb a mountain is to set a goal and then do everything you can to achieve it.
- It takes training, money, dedication, and a willingness to face any fears.
- Now whether it is climbing mountains or some other achievement, there is something enlivening about setting a goal and then working to make it happen.

Goal Setting is good for us

- Proverbs 29:18
 - Without a vision – the people perish (KJV)
 - Without a revelation (or without a goal) people cast off restraint
- A vision gives us life
- A vision focus's our behaviour/attitude
- Hebrews 12:1,2 – fix your eyes on Jesus, throw off that which hinders.

Casting off restraint

- A good goal keeps us focused and stops us giving in to our inclination for the easy road and the things that are not so good for us.
- For example the goal is to lose weight, do you take the extra piece of chocolate?
- Eg. You want to make new friends, do you avoid meeting new people?
- Can you think of other examples?

"If anyone would come after me,
let him deny himself
and take up his cross and follow me."

- Matthew 16:24





Setting some goals

- We all make small goals every day
 - What to wear, what to eat, who to talk to, what work to do and in what order, what to spend

And these help us every day with our decisions

- Setting Goals for the bigger things of life is also important
 - Things about family, the careers we chose, the gifts and offerings we make, the people we associate with,

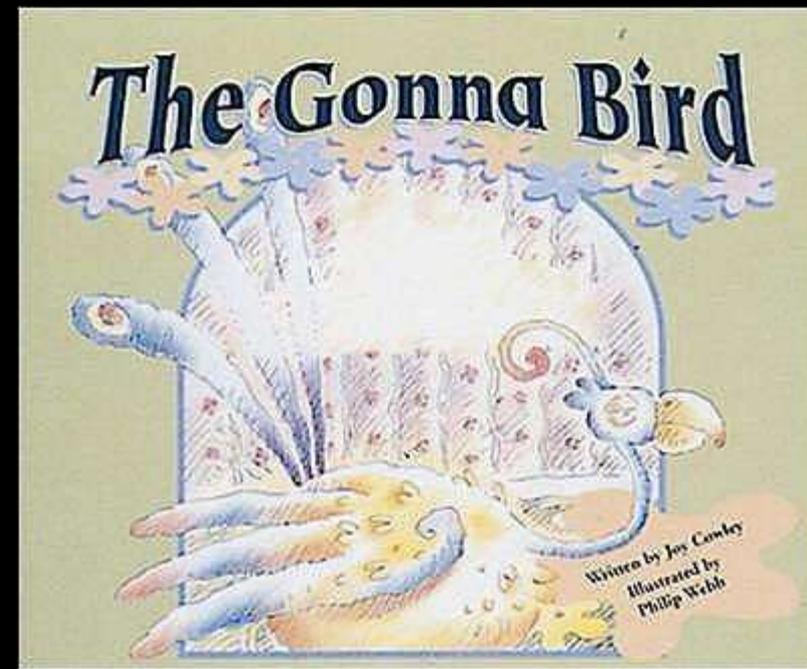
Without them we are likely to drift

Going with the flow?

- Different personalities do come into play, some like to have it all nailed down and others like to keep it flexible
- But making a goal and achieving it is one way to discover true happiness
- For example

Plans not just Dreams

- Many people have some big ideas, a great wish-list, even bucket lists, but it takes more than a wish to make it happen.
- Psalm 20:4 - May he give you the desire of your heart and make all your plans succeed



What do you want to achieve?

- God has given us all dreams and passions and the only way they are fulfilled is when they become realistic Goals in our lives. plans broken down in to little steps that we can achieve





GOAL SETTING

S

SPECIFIC

M

MEASURABLE

A

ATTAINABLE

R

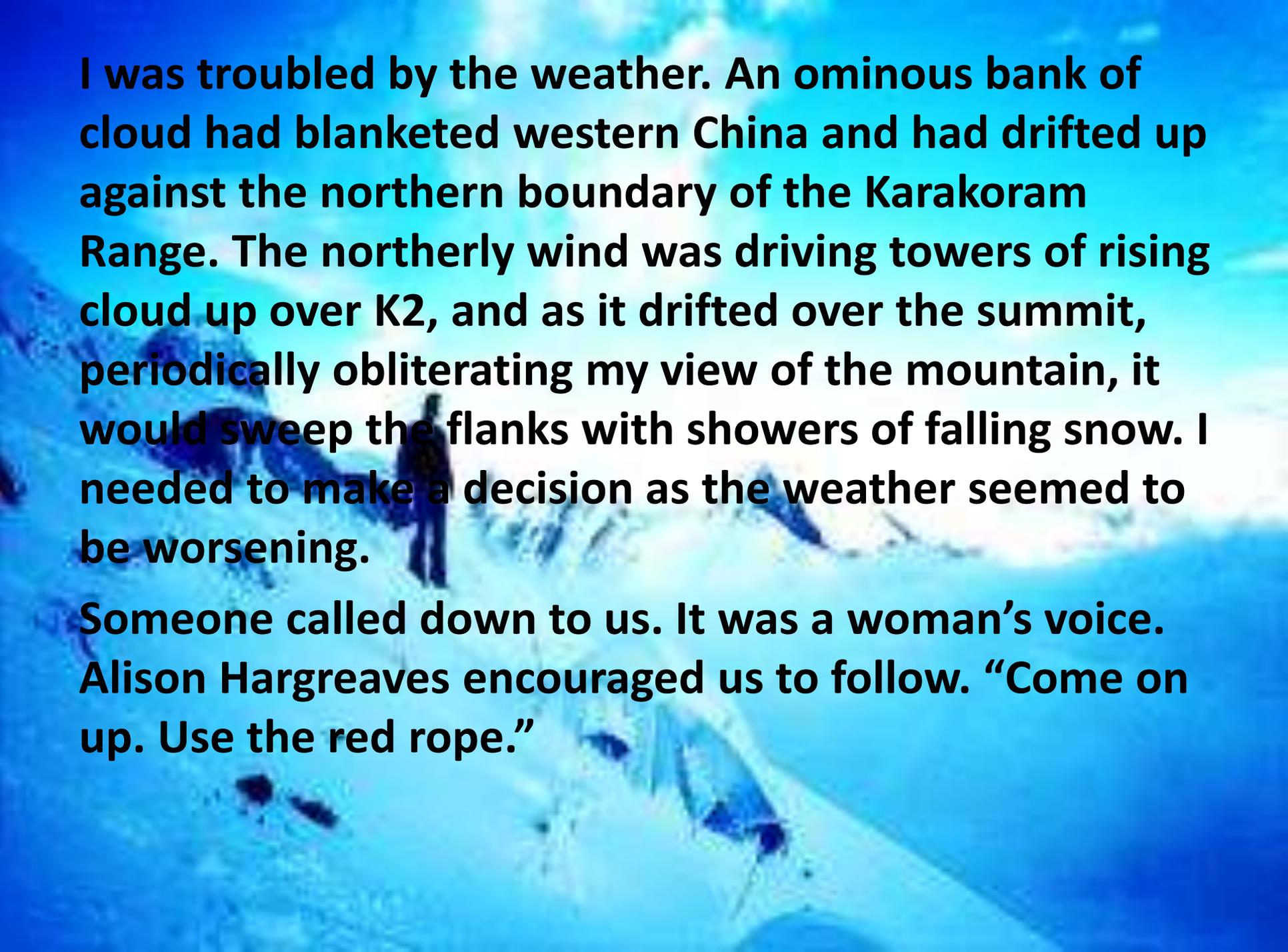
RELEVANT

T

TIME-BOUND

- Many resources available to help
- Eg David Riddell

If it doesn't
challenge you,
it won't
change you.



I was troubled by the weather. An ominous bank of cloud had blanketed western China and had drifted up against the northern boundary of the Karakoram Range. The northerly wind was driving towers of rising cloud up over K2, and as it drifted over the summit, periodically obliterating my view of the mountain, it would sweep the flanks with showers of falling snow. I needed to make a decision as the weather seemed to be worsening.

Someone called down to us. It was a woman's voice. Alison Hargreaves encouraged us to follow. "Come on up. Use the red rope."

Ten minutes later I had made up my mind. I tried logically to assess the situation but in my altitude-debilitated condition, nothing seemed clear-cut and with the others continuing above, I wondered if they knew something I didn't. After all, going up meant you had a chance of reaching the summit of K2, whereas going back down was failure.

A little voice spoke softly and clearly within me. Sometimes it whispers and is too often ignored, however, that intuitive part of our intellect is remarkable in its capacity to assess an overall feeling for situations, predicaments and relationships. My intuition said go down; go down now.

I gave Jeff my radio and set off down into the thickening cloud and promptly became lost on what was to be a frightening and very lonely descent.

www.peterhillary.com/article-in-the-name-of-the-father

Submit your goals to a bigger Goal

- Peter made a big choice and sometimes we need to do the same because the Goals we have set are actually working against something more important.
- Our work, desire for comfort, our hobbies, our pursuits may actually be destroying our relationships with spouse/family/church and even our relationship with God
- Jesus warns us about gaining the world and losing our soul (Luke 9:25)

What is your big Goal?

- Its worth taking some time to consider this.
- What is most important and why you think this is so?



Make plans - submit to God

- James 4:13-15 Come now, you who say, "Today or tomorrow we will go to such and such a city, and spend a year there and engage in business and make a profit. "Yet you do not know what your life will be like tomorrow. You are just a vapour that appears for a little while and then vanishes away. Instead, you ought to say, "If the Lord wills, we will live and also do this or that."

"If anyone would come after me,
let him deny himself
and take up his cross and follow me."

- Matthew 16:24



2016 – a year of Achievement

- Find your passion
- Discover you
- Start a a ministry
- Get to know new people
- Study
- Change jobs
- Travel
- Build your marriage

**IF YOU
WERE WAITING
FOR A SIGN**

THIS IS IT

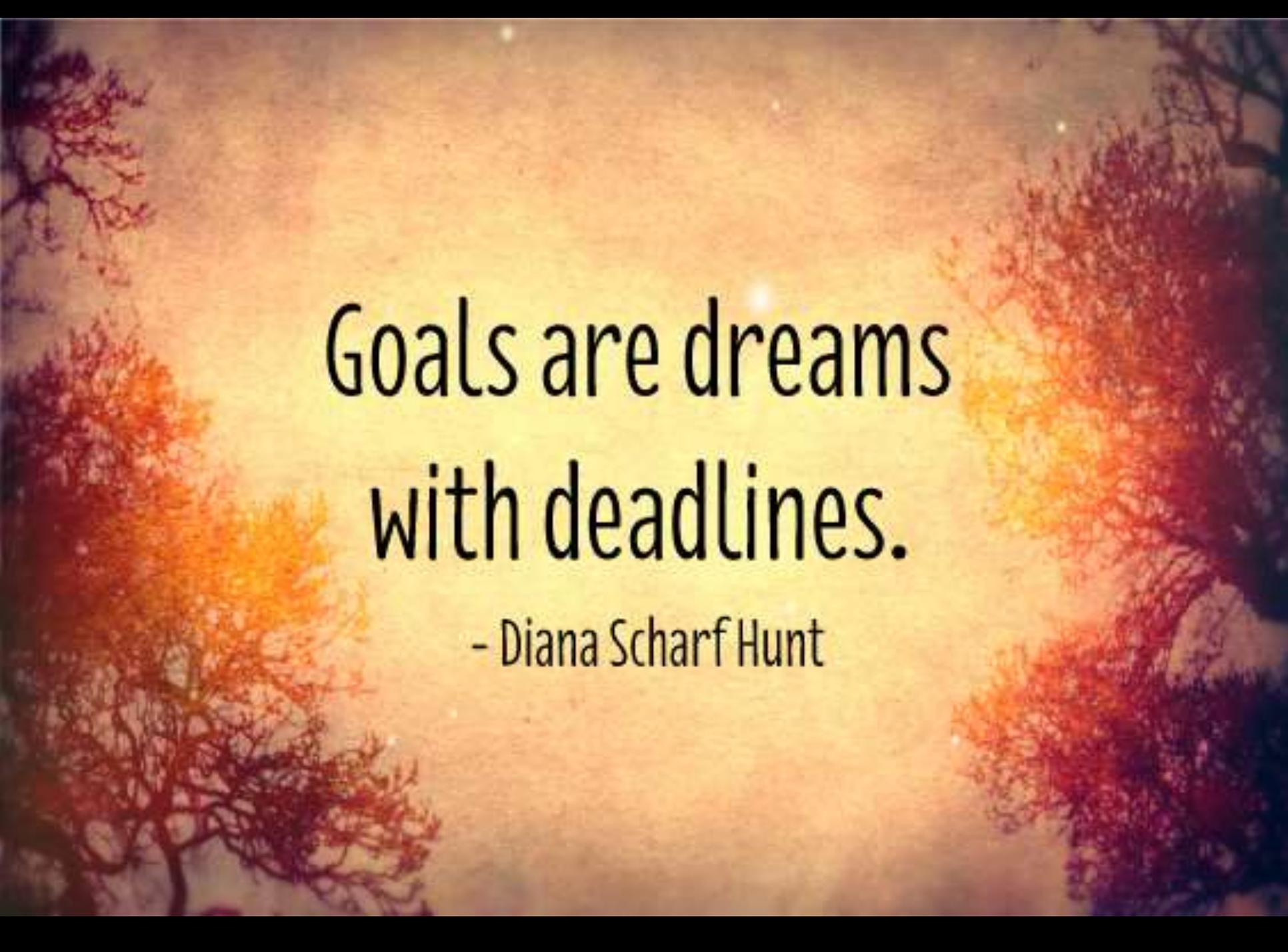
Some Church Goals for this year

- Alpha marriage
- Parenting toolbox
- Children and youth ministry team leader
- Family body building events
- Personal prayer and counsel
- Update Website and communication tools

So what now?

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.

Col 3:17



Goals are dreams
with deadlines.

- Diana Scharf Hunt

*"Obstacles are things a person sees when
he takes his eyes off his goal."*

~ E. Joseph Cossman

