

## **Achieve Your goals in 3 spiritual steps**

Written by admin

Saturday, 16 July 2011 20:22 - Last Updated Monday, 12 September 2011 07:45

---

Regardless of whether you are trying to lose weight or get married or have a baby or increase sales or climb the career ladder, there are 3 simple spiritual steps that you must follow to achieve your goals.

### **The first step to achieving your goals is to write down the goal.**

Habakkuk 2:22 advises us to write down the vision and make it plain so that we may run when we read it and not dither in indecision. Therefore, write down your family aspirations, weight loss goal, sales target, career ambition or New Year resolutions.

### **The second step to achieving your goals is to pray.**

Matthew 7:7 tells us to ask and we will be given our requests. Therefore ask for your ideal spouse, child, body mass index, sales target or dream job. As you ask, remember that James 1:6-8 cautions us that we have to ask in faith because a skeptic should not suppose that he will receive anything from God. Therefore, ask in faith.

As Hebrews 11:1 informs us that faith is the substance of the things we hope to receive from God, asking in faith means asking while holding on to the essence of what you want God to give you in your heart. Therefore, if you are praying for a spouse, you have to picture yourself in your wedding attire embracing your spouse while framed in love and confetti.

If you are praying for a child, you have to conceive an image of your healthy baby nestling in your arms, cooing in delight as you stroke them tenderly. If you are praying for a healthy body mass index, you have to imagine yourself fitting into your favorite clothes of that body size.

If you are praying for a specific sales target, you have to conceptualize yourself receiving the order, signing the contract and cashing the cheques. If you are praying for your dream job, you have to see yourself doing it. See it, feel it and then ask God for it fully believing that He can give it to you.

### **The third step to achieving your goals is to work.**

James 2:26 tells us that faith without works is dead. This means that believing for something without working towards it is tantamount to nothing. Therefore, combine your spiritual work with physical work for it is in the process of working in the physical realm that the substance of the things you are hoping for in your heart, will materialize into things you can hold in your physical hands.

Dr Miriam Kinai is the author of Managing Stress with the Word of God, Rules of Relaxation, and Managing Stress for Teens, SWORD WORDS, Resolving Conflicts just like Jesus Christ & Managing Acne Naturally. <http://christianstressmanagement.com>

Article Source: <http://www.faithwriters.com> - [CHRISTIAN WRITERS](#)

## **Achieve Your goals in 3 spiritual steps**

Written by admin

Saturday, 16 July 2011 20:22 - Last Updated Monday, 12 September 2011 07:45

---

Used with permission.

For comments, write to [editor@faithfood.net](mailto:editor@faithfood.net)