

# 21 Spiritual Goal Examples to Grow in 2023

Let's look at some intentional actions one can take in order to grow internally and live life with a better sense of purpose. But first, let's look at the definition of a spiritual goal.

## What is a Spiritual Goal?

Spiritual goals are any intentions that you have related to discovering your purpose and living a meaningful life. Setting a spiritual goal helps you connect to your spiritual side and gain clarity on the purpose of your life.

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Want to set goals you can actually achieve?

Well, now that we've defined spiritual goals, let's dive into the examples...

## 21 Spiritual Goal Examples to Help You Grow in 2023

### 1. Spread Kindness

Look for ways that you can help serve your community, especially by [taking actions that promise no reward](#), such as helping someone who has their hands full or holding the door open for the person behind you.

## 2. Practice Gratitude [Colossians 3:17](#)

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

[There are so many ways that you can practice gratitude](#) – and, [according to Forbes](#), **being grateful is quite possibly the topmost spiritual practice**. Having gratitude helps us recognize value, dignity, and worthiness in everything, so you may actually consider it to be a remedy for many forms of suffering. Because of this, [some have said](#) that simply practicing gratitude can be its own form of spirituality.

## 3. Take a Leap of Faith [James 2: 17-18](#) [17](#)

In the same way, faith by itself, if it is not accompanied by action, is dead.

[18](#) But someone will say, “You have faith; I have deeds.” Show me your faith without deeds, and I will show you my faith by my deeds.

Spiritual growth requires taking a leap of faith every once in a while – regardless of what “faith” means to you. For example, rather than staying up late worrying about an upcoming event at work that you’re scheduled to host, try to relax a bit and let your plan of execution evolve on its own. **Take a leap of faith and believe that you will be provided with the resources you need to succeed** –

## 4. Cultivate Solitude

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

– *Psalm 23:4*

There are several ways in which you can do this, whether it's taking [10 minutes to meditate](#) after each meal or choosing one day per week to be completely screen-free. "Solitude makes us tougher toward ourselves and tenderer toward others; in both ways it improves our character."

Spend some time doing self-reflection and allowing your thoughts to come and go. During this sense of calm, you may find answers to important questions in your life.

## 5. Spread Love Everywhere You Go 1<sup>st</sup> John 4:7-8

7 Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.

8 Whoever does not love does not know God, because God is lov

"Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting."

people who can spread love are confident in their coping skills, which allows them to move past fear into a place of love and understanding. **Differences in opinion become interesting instead of feeling threatening.** Those who spread love look outward for new resources, information, and problem-solving strategies, and

it's these people who will solve the problems of others who have a propensity for hate.

**6. Get Your Priorities Straight** Jesus said, "Seek first the kingdom of God and his righteousness, and all these things will be added to you" ([Matthew 6:33](#)). We are called to set our priorities in line with God's priorities. When we do that, we will find that everything else falls into place. God will bless us with wisdom and guidance as we seek to follow him. The Bible has a lot to say about setting priorities. When we keep God first in our lives and use our time wisely, everything else falls into place. And when we focus on eternity, it helps us to put things into perspective and prioritize accordingly.

You will bring more peace, happiness, and self-reward into your life if you live in line with your values. Identify the things in your life that are important and the things that aren't.

**7. Meditate on a Daily Basis Phillipians 4: 11-13** *Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me. Also Psalm 1:2 meditate day and night.*

Meditation and spirituality really work together. Being in tune and feeling a connection with something bigger than yourself—or a higher realm of some sort— can be achieved by meditating. [When you meditate on a regular basis](#), you won't only be giving yourself an opportunity to gain clarity, you will also be able to work toward connecting with your highest self.

**8. Make Your Own Choices** [Proverbs 3:5-6](#)

Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

You have to exercise your freedom to choose your attitudes and your actions. You have as much control over feeling frustration as you do acceptance. You can choose love over hate and forgiveness over seeking revenge. You can choose to [learn and grow from your mistakes](#) or to give up. Keep in mind that a crisis can bring out the best or worst in anyone, and that choice is up to you.

## **9. Show Empathy to Others** [1 Corinthians 12:26](#)

If one member suffers, all suffer together; if one member is honored, all rejoice together

Living with a sense of empathy means being able to consciously relate to others with your own life experiences. This creates a new level of patience and compassion toward other people [that may lead to more helping behaviors](#) to relieve other people's suffering.

## **10. Practice Tolerance** [Matthew 7:1](#)

"Judge not, that you be not judged.

Another part of having empathy is practicing tolerance for others. To be more tolerant, put yourself in their shoes to try to understand another point of view. You can also practice tolerance by asking another person to explain their beliefs or perspective. Try to look at your similarities with others rather than your differences—chances are, you have more in common than not.

## **11. Go on a Mission Trip**

Going on a mission trip is a very good way to grow spiritually, especially if you take lessons home with you that change your everyday way of life. Going on a mission trip will help take you

out of your comfort zone and allow you to be a part of something that is bigger than yourself. It will also help you make a difference to people in a way that you may never truly understand.

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## **12. Join a Bible Study**

If you express your spirituality through religion, join a Bible study or another organized group who can work with you on translating ancient texts into our modern times. Even as your group reads the same words, hearing others' interpretations or how they're impacted by the stories and lessons can help you grow.

## **14. Practice Self-Care**

[Engaging in self-care](#) allows you to nurture your sense of connection and meaning in your life. It is just as important to nourish your soul with spirit as it is your body with water and food. Engaging in self-care will help you live a more balanced life.

## **15. Get Clear on Your Beliefs**

What do you *actually* believe? I'm not asking what your family believes or what most of your community believes. What do *you* believe? What collection of truths, guides, and observances lead you to feeling a sense of peace? The following beliefs are central to almost all Christian faith groups.

### **God the Father**

- There is only one God (1 Corinthians 8:5-6; Galatians 4:8-9).
- God is omniscient, meaning he "knows all things" (Acts 15:18; 1 John 3:20).

- God is omnipotent, meaning he is "all-powerful" (Psalm 115:3; Revelation 19:6).
- God is omnipresent, meaning he is "present everywhere" (Jeremiah 23:23, 24; Psalm 139).

## The Trinity

### Jesus Christ the Son

- Jesus Christ is God (John 1:1, 14, 10:30–33, 20:28; Colossians 2:9; Philippians 2:5–8; Hebrews 1:8).
- Jesus was born of a virgin (Matthew 1:18; Luke 1:26–35).
- Jesus Christ became a man (Philippians 2:1–11).
- Jesus is fully God and fully man (Colossians 2:9; 1 Timothy 2:5; Hebrews 4:15; 2 Corinthians 5:21).
- Jesus Christ is perfect and sinless (1 Peter 2:22; Hebrews 4:15).
- Jesus is the only way to God the Father (John 14:6; Matthew 11:27; Luke 10:22).

### The Holy Spirit

- God is Spirit (John 4:24).
- The Holy Spirit is God (Acts 5:3–4; 1 Corinthians 2:11–12; 2 Corinthians 13:14).

### God's Plan of Salvation

- Jesus Christ died for the sins of each and every person in the world (1 John 2:2; 2 Corinthians 5:14; 1 Peter 2:24).
- Believers are saved by grace; Salvation cannot be earned by human efforts or good works (Ephesians 2:8–9).

## 16. Write a 2023 Journal

Once you're clear on your beliefs, it's important to keep track of how you're adhering to them in your daily life.

Set aside time every day for intentional reflection and writing so you can assess where you've been and where you're going. You could find these reflective moments of journaling actually challenge the beliefs you once felt so sure about.

## **17. Practice Mindfulness**

Mindfulness is a secular tool that can give more meaning to your spiritual path. Practicing mindfulness involves living in the moment and observing your own human experience through all five of your senses. There are many spiritual benefits to living mindfully, such as:

- It gives you the ability to handle adversity in a relaxed and effective way
- It opens doors to help you authentically understand yourself
- It increases your mental stability
- You will develop a renewed sense of gratitude
- You become more cognizant of the miracles surrounding you and recognize that everything in your life is intrinsically mystical
- It reminds you to allow everything to just be how it is
- You will have more inner peace because of your decreased need to react to external conditions

## **19. Promote Peace**

A spiritually attuned life is one filled with both inner and outer peace. Therefore, an advantageous goal is to identify ways to make your relationships, thoughts, and actions more peaceful.

What are the sources of conflict in your life? Work to ease tensions in these areas to advance your spiritual growth.

This doesn't mean you should accept poor treatment, it simply means you should avoid unnecessary negativity and set firm boundaries on the things you will and will not tolerate.

## **20. Observe the Interconnectedness of All Things**

A large part of your spiritual life necessitates looking inwards, but it's equally important to look at your surroundings and realize you don't live in isolation. You are, in fact, dependent on other people and things in your life.

Everything is interconnected in ways that are often not seen or appreciated. Oxygen, food, a sense of enjoyment Even your computer screen (or smartphone) is an extension of human life, as it's made by resources that people rely on.

You're connected to people, materials, and supplies in a significant way that touches your life and the lives of other people.

## **21. Restore Another Person's Spirit**

Make some time to help a person in dire need of support in some way. Help to heal a wounded heart, extend grace to someone who needs a break, or help someone put the pieces back together of

their shattered dream. Help someone else on their spiritual journey.

## **Final Thoughts on Spiritual Goals for 2023**

At the end of the day, your spiritual goals are up to you to determine. But these examples are a good place to start to nurture or begin to practice a more spiritual life. Hopefully this has given you some good ideas that will send you in the right direction.

Remember to re-evaluate your spiritual goals every so often to see your progress and determine how far you are from reaching them. Your spiritual journey may last a lifetime, as it may continue to evolve with new life experiences. Change won't happen overnight, but by making small changes such as those listed in this article, you can work up to reaching the spiritual goals that you establish.