

Personal Retreat

Overview

Your life assignment this week is to have an extended time alone with God. We call it a personal retreat. Find a quiet place in which you can be uninterrupted for at least 4 hours.

Adore God - The purpose is to slow down and listen to God. Listen to Your Heavenly Father say, *“This is my son in whom I am well pleased”* (Mt 3:17). Remember that God demonstrated His own love toward you, in that while you were a sinner (helpless, ungodly, His enemy)...Christ died for you (Rom 5:8)! Savor the reality that nothing can separate you from the love of God which is in Christ Jesus your Lord (Rom 8:39). See and believe His promise that He will be with you always (Mt 28:20). Review in your heart the Gospel of God.

Ponder your life - In the midst of this prayerful and “open-hearted” posture, bring your life before God, using the HAND as a guide. As you ponder each finger of the Key Relationship HAND, ask The Lord, *“As I abide in Jesus, what action can I pursue to better align myself with Your desire for this Key Relationship?”* Reflect also on your stewardship of each finger of the Key Resources HAND. *What action can I pursue to better align myself with Your desire for good stewardship of this Key Resource?*

Identify Action Points - As you wrap up your time, take a first pass at identifying a few action points which you sense God is impressing on your heart. (Action Points are further described below.) Have this thought in your mind: *“My abiding in Jesus over the next 4 months will fuel my obedience toward these 3 Action Points...”*



Before Your Retreat

- **Carve out 4-6 hours on your calendar** – Perhaps Saturday morning, Sunday afternoon, or taking a half day off during work. Some men get up early on Sunday morning and spend 2 hours with the Lord. Then they go to Sunday worship with their family, but return home (while their family remains for Sunday school) for another 2 hours of focused time before lunch with the family.
- **Choose a quiet place** – Find a comfortable place where you will be undistracted and uninterrupted out of your normal routine. A park, library, friend’s lake house, an empty room at church, etc.
- **What to Bring** - Bible, GRIP Guide, device, pen, personal journal if you use one
- **DO** consider fasting a meal so you are reminded of your real hunger for God. **DO** get a good night’s sleep the night before. **DO** let your family and GRIP partner know when you are planning to have this retreat so they can be prayerful. **DO** read the REFLECTION questions in advance (**Starting on page _____**), highlighting only 2-3 questions under each finger that you sense you need to really grapple with during your retreat.
- **DON’T** look at texts, emails, social media during your retreat. **DON’T** pack it too full of activity so you aren’t quiet before the Lord.

Flow for Actual Retreat

There is not one “right way” to have a personal retreat. Remember, your goal is to hear from God. A suggested agenda follows. You may end up changing the order, changing time allotments, or adding other elements. Look at it as an extended time with your best friend! The rest of the pages in this section are resources to assist you in thinking about each finger of your Key Relationships HAND and your Key Resource HAND.

Spiritual preparation (30 mins)

This is a time to remember God’s weightiness in your life. It’s a time to be really honest with him. It’s a time to express your heart. It might include Bible reading, praying, singing worship songs, confessing, etc



“Father, increase the sensitivity of my heart to hear Your Word and to obey Your will. May my life reflect what is important to Your heart and may I pursue the things that You value. Help me meditate on Your Word and pour out the desires of my heart in prayer. Grant me insight into what Action Points You have for my life this GRIP season. And motivate me by the

depth of Your love and grace. Use this time to cleanse my heart, clarify my thoughts, and heighten my sense of fellowship with You.”

Evaluate Key Relationships (90 -120 mins)

For each of the 5 fingers on the Key Relationship Hand, you will see on the following pages:

- A series of Reflection questions. (Note: These reflection questions are also included in the grip.focusedliving.com WebApp under the “Hands” button.)
- Example Action Points that you might adopt or adapt

Prayer walk (45 mins)

Why not go for a walk and continue the conversation with Jesus? Try to be aware of any anxiety or worry or stress. Cast these cares on Him. Lift up each relationship and entrust that person into God’s hands.

Evaluate Key Resources (60 – 90 mins)

Remember, sometimes our intentions to prioritize our key relationships are short circuited because we are not managing our resources well. Where are you out of balance? How can you improve your stewardship of these God-given resources?

For each of the 5 fingers on the Key Resource Hand, you will see the following:

- A series of Reflection questions. (Note: These reflection questions are also included in the grip.focusedliving.com WebApp under the “Hands” button.)
- Example Action Points – There might be one of these that you would adopt or adapt.

Record Action Points (30 mins)

You will have had many ideas during the retreat. Which one or two ideas do you sense are priorities given to you by God? These are the action points you will be pursuing during this discipleship season.

Record your action points in one place that is easily shareable with your GRIP partner. **The grip.focusedliving.com webapp is the designed for this purpose and can be helpful here.** It is SO MUCH EASIER to practice accountability with another brother when you have each other's action points in a concise form☺ Note that when using the **grip.focusedliving.com webapp**, your HAND action points are automatically shared with your GRIP partner.

Action Points

As we've said, a natural outcome of this extended time of retreating and listening to God, will be a few action points for this next season in your life. Let's explore a little further, then, the WHAT, WHY, and HOW of action points.

WHAT is an Action Point?

An Action Point is a specific way to obey God in this season of discipleship. It's almost always a specific application of a Biblical command or principle. Action points are activities that put you in a position to let God do His thing in your life. Action Points will almost always be directly related to a key relationship in your life OR the stewardship of a key resource God has given to you. So, your action point becomes the answer to this question:

In this season, as I abide in Christ, what action can I pursue to better align myself with God's desire for this Key Relationship or this Key Resource?

If God is truly the heavy-weight (glorious One) in your life, then an action point sourced in Him will carry the weight of *"I would be disobedient to God if I didn't pursue this action."* Action Points are more than "nice ideas" or wishful thinking.

Action Points usually take one of a few forms:

- **establish a new pattern** (i.e. spiritual discipline, helpful practice, etc)
- **stop an existing pattern** (i.e. sin habit, a hindrance (Heb 12:1))
- **a one-time action** (forgive, apologize, write letter, have a conversation, read a book, attend a seminar, etc)

Below is a base-line list of sample action points for each of the five Key Relationships and Key Resources.

Suggested Baseline Action Points

Key Relationships

God → Daily invest enough time alone with God, through Bible reading and prayer, until He has a good grip on my heart for the day.

Wife → Daily pray for and/or with my wife.

Children → Regularly pass on to my family what God is impressing on my heart from His Word.

Disciple → Weekly connect (face to face or via phone) with my discipleship partner for a time of Gospel reminding, mutual accountability, encouragement, and prayer.

Friend → Regularly pray for my unbelieving friend's salvation.

Key Resources

Heart - Acknowledging that God longs to commune with me in my heart, I purpose to daily ponder the Gospel and confess my sin so my heart will stay soft and pure.

Time - Acknowledging that God gave the Sabbath for rest, renewal, and realignment, each Sabbath I purpose to _____
(i.e. unhurriedly think through the priorities of the upcoming week; lead my family in 1 hour of quietness in the house; guard my family from bucket draining activities; etc)

Health - Acknowledging that my physical body is the temple of the Holy Spirit, I purpose to _____ (i.e. Get a good night's rest every night; Exercise vigorously 3X per week; drink more water; eat with my long-term health in mind; quit smoking; faithfully rehab an injury; etc)

Wealth - Acknowledging that I am a manager and not the owner of my wealth, I purpose to _____ (i.e. establish a budget and joyfully live under it; live generously; give away material things; be deliberate about getting out of debt; etc)

Vocation - In light of my God-given abilities and passions, I purpose to help meet the following need in my local church or in my community: _____

If you are new to the idea of action points, this list is a good starting place. Some men will **ADOPT** these action points as is. Others will **ADAPT** them to make them their own. Others may already have these rhythms in their life. Therefore, they will **REPLACE** these base-line action points with other unique action points they sense God is pressing on their heart.

WHY Action Points?

Where does our “doing” fit in to our spiritual life? God deeply desires for us to press on to maturity, looking more and more like Jesus (1Tim 4:15; Rom 8:29; Phil 2:12-13; 3:13,14; Heb 6:1; 12:1). We have a part in this transformation towards Christlikeness. We have some work to do. Dallas Willard has written, “*Grace is not opposed to effort, it’s opposed to earning.*” Our “doing”, our effort, is pleasing to God when it is an outflow of our deep desiring of Him. Action Points are an expression of obedience fueled by a new desire in us.

Passivity has been a plague on men since Adam. It’s part of our fleshly DNA. The act of identifying tangible actions and pursuing them with a desire that God gives, is a path to owning our spiritual life. Action points force us to focus and to depend on God for his strength.

Now, let’s be careful. God is NOT out to overwhelm you with a long todo list. That’s what religion is all about – doing a list of things in the flesh and thinking that God is pleased. He’s not impressed with your long list. And your heart isn’t joyful when your “doing” is sourced in your flesh. You’ll either quickly become frustrated by your lack of progress or you will see some early success and become prideful. Pursuing action points in the flesh never works. **Ultimately, true fruit in our spiritual life comes only from one source: abiding in Jesus** (John 15:1-17, Luke 10:38-42).

Because so many of us are recovering Pharisees, we will highly recommend that you focus on **no more than 3 action points** over this season of discipleship and experience the sensation of depending on God for success.

HOW to Write an Action Point?

When formulating action points, try to make them SMART*

SMART Action Points*

Specific – not fuzzy

Measurable – you know when you are done

Attainable – possible to do

Relevant - meaningful

Time Limited – can show progress between meetings

*Adapted from *The Coach Model*, by Keith Webb, 2012, p. 110.

Our grip.focusedliving.com WebApp is specifically designed for you to record and share you action points with your GRIP partner. The App allows you to concentrate on a few “Active” Action Points, while










classifying other Action Points as “Inactive.” (As men, we can only focus on a couple action points at a time. This feature allows you to keep action points “on deck” for when you complete others and make room for these new ones.)

Ready to Retreat?

Now that you have a sense of what a personal retreat might look like, it’s time for you to go for it! Again, you have freedom to customize your retreat so that it is most meaningful to you. The twenty pages that follow give you a way to think about your Key Relationships and your Key Resources, discussing them with the Lord and journaling some notes. Remember to read through the reflection questions for each “finger” **in advance** of your actual retreat and choose just 1-2 questions you sense you really need to reflect on during your retreat.

Key Relationship: God

Reflection – Take some time to reflect on your love relationship with your Father God. Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord.

-  **God's perspective** -- Jesus and the Holy Spirit are interceding for me (Rom 8:26, 34) with the Father. As I picture myself eavesdropping on that intercession, what specifics do I hear?
-  **Gospel** - Have I experienced the Gospel, or have I just been exposed to the Gospel? Have I dug deep into the treasure chest of the Gospel? Do I live life affected and motivated by His grace?
-  **Identity** – Do I think of myself the way God thinks of me? Am I a Master's man surrendered to Christ, or a Moral man focused on my works and good deeds?
-  **Repentance** – Is my heart overwhelmed with His holiness? Do I go beyond just confessing sin and truly repent? Is my heart soft toward God?
-  **Character Transformation** - When squeezed by adversity, does the fruit of the Spirit come out in my attitudes, words and actions? What fruit is missing? Where is there a big gap between my outside persona and my inside reality and motivations?
-  **Disciplines** - Is my attitude toward spiritual discipline one of duty or delight? Is my diet of God's Word the right one for me right now? Do I have a prayer life? Am I looking for answers to the prayers I pray? How do I spiritually prepare for each day? When I finish my times alone with God, does God have a good grip on my heart?
-  **Led by Spirit** - Do I daily experience “keeping in step with the Spirit”? How often do I think about God during the day?
-  **Obedience** – Do I respond to God's Word with a love-motivated obedience? Am I committed to God's will, God's way? What are some goals I have in my walk with God over the next six months?
-  **Faith** – Do I trust God to come through for me? Am I experiencing His delivering grace? His sustaining grace?

Journal your insights and convictions:

Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.

(Create your own or adapt one of these)



Daily invest enough time alone with God, through Bible reading and prayer, until He has a good grip on my heart for the day.



Present myself to God in prayer for 3 minutes at the beginning of each day.



Identify and memorize 6 Bible verses related to

_____ that will provide God's truth to combat the lies I find myself believing. Rehearse daily and when I am under attack.



Key Relationship: Family-Like / Wife

Reflection – Take some time to reflect on your close family relationship. (If married, reflect on your **relationship with your wife**.) Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord.

- 👉 **Self-Awareness** - What's it like for this person to live on the other side of me? Does the current health of this relationship accurately reflect what I say that I truly value?
- 👉 **Character** - Do I manifest the New Man qualities of compassion, kindness, humility, gentleness, patience, forgiveness, and love in this relationship? (Col 3:12-14; Eph 4:2-3,25-32; 1Pet 4:8; 1Cor 13:4-8)
- 👉 **Love** - How am I regularly taking the initiative, acting sacrificially, and meeting the real needs in this person's life? (Eph 5:25; 1John 4:10; 1Pet 4:8). What sacrificial "deposits" do I need to make into my wife's emotional "bucket"? Am I loving my wife like Christ loved the Church? Do I tell her verbally and show her through actions? (Eph 5:25; 1John 4:10; 1Pet 4:8). Am I quick to honor my wife in public? (1Pet 3:7)
- 👉 **Spiritual leadership** – How am I doing at leading my wife spiritually? Do I pray with and for her consistently? Am I passing on what God is showing me during my time alone with Him? How am I helping her come to and grow in Christ? (Eph 5:23-27; 1Pet 3:8)
- 👉 **Intimacy** - Do I know what is on this person's heart in this season of life? i.e. dreams, desires, hopes, headaches. How would I rate the physical, emotional, recreational intimacy in my marriage?
- 👉 **Communication** - Am I creating the environment where safe, clear and meaningful communication can happen? Am I aware of and communicating in her love language (acts of service, gift giving, physical touch, quality time, words of affirmation)?
- 👉 **Core Issues** - What problems are we currently experiencing? What's the core of each of those problems? What would Jesus do?
- 👉 **Servant's Heart** – Am I a servant leader? Does my service come from an overflowing heart? (Ps 100:2; Rom 7:6; Gal 5:6, 13)

Journal your insights and convictions:

Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.

(Create your own or adapt one of these)



Daily pray for and/or with my wife.



Serve my wife daily by _____



Set aside and guard time each week for us to share and listen to each other's hearts.



Evaluate our relationship (i.e. go to counselor, marriage seminar, read book together) and implement two things I learn



Key Relationship: Family-Like / Kids

Reflection – Take some time to reflect on your close family relationship. (If a parent, reflect on your **relationship with your kids**.) Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord.



Self-awareness - What's it like for this person to live on the other side of me?



Heart Connection – Do I have a mutual heart connection with this person? Am I a good listener? How often do I verbally express my love for, delight with, and pride in? How should I be praying for this relationship? (Mark 1:11; Ps 127; 2Cor 7:4,16)



Lead/Raise up – Do I have a 3-generation, 100-year vision for raising my kids? Am I living my life in such a way as to recognize that my priorities, decisions, actions, words, attitudes and relationships are making an impact for generations to come? Where have I delegated to my wife, youth pastor, teacher or coach something about my children's growth for which I am primarily responsible? (Ps 78:4-8; Eph 6:4; Deut 6:1-9; Job 1:1-5; Mal 4:6; Prov 22:16)



Discipline – Do I communicate truth and grace as I discipline? Do I recognize that “*rules without relationship lead to rebellion and resentment?*” Josh McDowell (John 1:14; Heb 12:6-11; Prov 13:24)



Spiritual training – Would my kids honestly say that I am the most godly man they know? Do I desire for my kids to have the life I have in Christ? Do I regularly pass on what God is showing me in a way that's meaningful to them? Is conversation about God a normal occurrence in my home? What practical things must I do to help my kids make their faith their own? (Josh 24:15; Jud 2:10-14)



Character formation – If character is more caught than taught, what am I modeling? How am I limiting the world's influence on my children? (James 1:27b) Do I really understand where my children are socially, emotionally and spiritually? Is there anything I have learned from my past or present life which I need to teach them?





Skills – What skills do I need to better train my kids? (Manners, work ethic, staying sexually pure, finances, decision making, etc)


Journal your insights and convictions:

Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.

(Create your own or adapt one of these)

 **Regularly pass on to my family what God is impressing on my heart from His Word.**

 Find a way to enter my kids world in order to understand their thinking and their heart

 Write or update a personalized “legacy letter” to each of my children to be opened upon my death.





Key Relationship: Believing Man

Reflection – Take some time to reflect on your relationship with another Christian brother (i.e. your GRIP partner). Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord.

👉 **Benefits** – What positive outcomes have I experienced from past man-to-man relationships? What things would I like to repeat? What would I change? How might God change me as I invest in another man? What would success look after this season of investment?

👉 **Qualities/Skills** – What qualities have I most appreciated about the people who have discipled/invested in me? In what areas do I need further equipping to be a successful disciple/mentor? Do I qualify as a FATR man (Faithful, Available, Teachable, Reproducible)? Where's the evidence?




👉 **Priority** – In what tangible ways can I demonstrate my commitment to the spiritual success of my Christian brother? What will it cost me to make room in my life for this discipleship relationship? When I envision meeting with my brother on a regular basis, what impressions come to my mind? How does it make me feel to know I am a priority to someone else?

👉 **Possible Barriers** – What has kept me in the past from going ALL IN with a discipleship relationship? What fears or attitudes would keep me from being transparent with this man?

Journal your insights and convictions:

Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.

(Create your own or adapt one of these)

-  **Weekly connect (face to face or via phone) with my discipleship partner for a time of Gospel reminding, mutual accountability, encouragement, and prayer.**
-  Daily pray for my Christian brother's action points, that he would gain traction and momentum.
-  Take a prayer walk once a month for the next 5 months with my GRIP partner.



Key Relationship: Unbelieving Friend

Reflection – Take some time to reflect on **your relationship with the unbelieving friend** you'd most like to see come to Christ. Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord.

- ✎ **Testimony** – Does my life convey Jesus Christ as my supreme treasure? Is the Gospel fresh to my soul today, compelling me to share it with others?
- ✎ **Person** – Who has God sovereignly placed in my life who needs to hear and have an opportunity to respond to the Good News? If I can't name one, am I committed to asking God in prayer to open my eyes to the people around me? What steps can I take to engage an unbelieving person?
- ✎ **Priority** – How will I make room in my life to journey with this person? What will I say “no” to in order to say “yes” to this person?
- ✎ **Life of Overflow** - Does my walk with God cause others to thirst after Him? Do I start each day aware that I am God's ambassador representing Him as a blessing in my sphere of influence/culture?
- ✎ **Verbal Witness** - Am I quick to give God credit for the things he has done in my life? What God stories have been written in my life recently?
- ✎ **Barriers** - What has prevented me in the past from making evangelism a priority? What wrong thinking do I currently have about evangelism?
- ✎ **Equipping** – As I consider the process of leading another person to Christ, where do I need help? (Prayer, Care, Share)?

Journal your insights and convictions:

Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.

(Create your own or adapt one of these)



Regularly pray for my unbelieving friend's salvation.



Identify my next step in walking my friend through the process of accepting or rejecting Christ. Then, take that next step. (i.e. engage, have a meal with, listen, meet a need, share a testimony, ask questions, invite to a wired event, pray with, share Gospel...)








Write out my testimony and practice sharing it with my GRIP partner.



Key Resources: My Heart




Reflection – Take some time to reflect on the **stewardship of your heart**. Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord. Does my careless stewardship in this area negatively impact one or more of the key relationships God has sovereignly given me?

-  **Motives** - Am I going through the motions when it comes to my spiritual life? Do I care more about what others think than living with God as my Audience of One? Am I tempted to make myself look better than I really am? Do I overwork because I feel disqualified due to past sin?
-  **Sin/Temptation** – Have I actively avoided opportunities that tempt me? Have I exposed myself to illicit material, people, thoughts? Have I succumbed in any way to pornography or any other sexual immorality? Do I experience the desire to be holy and pure? Have I allowed any good thing to become an idol in my life? Where am I giving satan a foothold (Eph 4:27).
-  **Stress** – What, if anything is stressing me out right now? Do I find myself sighing a lot? Am I trusting God’s sovereign provision and protection for my life? Do I cast my cares on God and experience His peace? (Phil 4:6-7; 1Pet 5:8)
-  **Disappointment** – Am I discouraged because I have not yet accomplished a certain goal or achieved a long held dream. Have I entrusted my ambitions to God?
-  **Hurts** – Am I aware of a root of bitterness from past hurts growing in my heart? Do I have self-protective tendencies that prevent me from truly giving myself to others?

Journal your insights and convictions:

Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.

(Create your own or adapt one of these)

-  **Acknowledging that God longs to commune with me in my heart, I purpose to daily ponder the Gospel and confess my sin so my heart will stay soft and pure.**
-  Seek the help of a Christian counselor to process past wounds or current besetting sin habits.
-  Once a day, get in touch with my heart by taking a short walk and name my worries, concerns, frustrations, roots of bitterness, etc in God's presence.



Key Resources: My Time

Reflection – Take some time to reflect on the **stewardship of your time**. Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord. Does my careless stewardship in this area negatively impact one or more of the key relationships God has sovereignly given me?

👉 **Calendar** – Does my calendar reflect what I say I value? Where do I see relationships on my calendar? Do I expect too much from my weekends? How would I spend my time if the Lord were in charge of it? What priority is conspicuously absent from my calendar?

👉 **Priorities** – When filling our life, we must put the important “big rocks” in the bucket before adding the less important “little rocks, gravel, and sand.” What “big rocks” are being neglected because my life is filled with the lesser priorities of gravel and sand? Where do I need to say “no” in order to say “yes” to the best?

👉 **Season of Life** – In what season of life am I? What time commitments should I be giving myself to in this season of life?

👉 **Margin** – Marginless living is satan’s victory. Does God get a busy signal when He calls me? Do I feel guilty when I relax? Do I enjoy unscheduled “moments” in my day?

👉 **Sabbath** – Is God pleased with how I spend the Sabbath? Do words like “refreshment”, “soul rest”, “unhurried” characterize my family on Sundays?

👉 **Interruptions** – When interruptions occur, do I view them as blocked goals or providential tests? Can I smile at them, or am I irritated and resentful?

Journal your insights and convictions:

Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.

(Create your own or adapt one of these)



Acknowledging that God gave the Sabbath for rest, renewal, and realignment, each Sabbath I purpose to _____

(i.e. unhurriedly think through the priorities of the upcoming week; lead my family in 1 hour of quietness in the house; guard my family from bucket draining activities; etc)



Fill out a “Week at a Glance” form and see if what I say I value really shows up on my schedule each week. Make adjustments.










For every new opportunity that comes my way in the next 6 months, say “NO” to something before saying “YES” to the new opportunity.



Key Resources: My Health

Reflection – Take some time to reflect on the **stewardship of your health**. Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord. Does my careless stewardship in this area negatively impact one or more of the key relationships God has sovereignly given me?

-  **Physical** – In what ways does my physical health limit my energetic investment in relationships? Do my overall habits point to a healthy future?
-  **Emotional** – Do I frequently describe myself with words like “exhausted” “overwhelmed” or “depleted”? Am I a delight to be around? What activities sooth my soul? When asked “How’s it going?” do I respond with a negative tone or positively?
-  **Mental** – What “noise” keeps me from hearing the Lord and others? Do I set aside time to think clearly? Do I set my mind on the things of the Lord or am I distracted by the world?
-  **Social** – What current relationships are bucket-filling for me? Which ones drain me? (families, couples, individuals)
-  **Diet** – On a scale of 1 to 10, how is my nutrition? (Krispy Kream vs. organic garden). What one change to my diet must I make?
-  **Exercise** - Am I exercising at least 3X per week for 30 minutes? Has working out and building my body become an idol?
-  **Rest** – What would need to change for me to sleep 8 hours each night? Do I feel guilty when I relax?

Journal your insights and convictions below:

Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.

(Create your own or adapt one of these)



Acknowledging that my physical body is the temple of the Holy Spirit, I purpose to _____ (i.e. Get a good night's rest every night; Exercise vigorously 3X per week; drink more water; eat with my long-term health in mind; quit smoking; faithfully rehab an injury; schedule a physical; etc)



Identify a “bucket-filling” activity for my mental and emotional health and establish this in my calendar.



Key Resources: My Wealth

Reflection – Take some time to reflect on the **stewardship of your wealth**. Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord. Does my careless stewardship in this area negatively impact one or more of the key relationships God has sovereignly given me?

✎ **Money** – Do I joyfully live within my means? In what ways do I find my security in money? Am I content with God’s provision?

✎ **Material Stuff** – What evidence is there that my stuff owns me? How much energy do I expend taking care of or organizing my stuff? Do I hold onto the things of this world lightly or tightly?

✎ **Save** – What is my plan for saving for the future and for unexpected expenses? Is it working?

✎ **Tithe** – Do I live generously toward God and others? Am I tithing faithfully to God? How can I improve my discipline of giving?

✎ **Budget** – Do I have, (and live by), a budget? What is my plan for getting out from under the weight of debt? Are my spouse and I on the same page when it comes to the family budget, saving, and giving?

✎ **Clutter** – Where is physical clutter currently complicating my family’s life? What can I give away?

Journal your insights and convictions:

Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.

(Create your own or adapt one of these)



Acknowledging that I am a manager and not the owner of my wealth, I purpose to _____ (i.e. establish a budget and joyfully live under it; live generously; be deliberate about getting out of debt; unclutter my house and give things away; etc)



Sign up and faithfully attend a Financial course (i.e. Dave Ramsey)





Significantly increase my monthly financial support to a missionary I already support or support a new missionary.





Key Resources: My Vocation


Reflection – Take some time to reflect on the **stewardship of your vocation**. Read through the following questions. Highlight **2-3 questions** which really capture your attention. Now, reread only those 2-3 questions and quietly let the Spirit search your heart (Ps 139:23-24). Consider what the Spirit exposes and be honest before your Lord. Does my careless stewardship in this area negatively impact one or more of the key relationships God has sovereignly given me?


 **Job/Vocation** - Do I have a job? Is it a good fit? Am I using my gifts and talents? If I have low job satisfaction, what do I attribute this to? How is God sanctifying me through my job. Do I understand that being satisfied with God will help me to be satisfied with my job?

 **Gifting** – What things come easily and naturally for me? What am I really good at? What ability has God entrusted to me that could be a blessing to others?

 **Ministry** – Do I see my job as a way to glorify God with my excellence? Do the people at my work gravitate toward me or away from me?

 **Serving** – Am I using my spiritual gifts and calling during this season? Am I doing a few things well, or am I overcommitted and operating in the flesh? How is my servant attitude? Would others classify me as “part of the problem” or “part of the solution”? Is God my audience of One?

 **Volunteering** - Am I involved in my community so I can spread the aroma of Christ? Wherever volunteer, am I dependable and reliable?

 **Retirement** – What’s my plan for transitioning from my main career? Have I sought God’s input? Have I written down my definition of what it looks like for me to finish this life well?

Journal your insights and convictions:

Father, in light of this time together, I sense Your hands are gripping my heart to live out the following action point(s) in the power of the Holy Spirit.

(Create your own or adapt one of these)



In light of my God-given abilities and passions, I purpose to help meet the following need in my local church or in my community: _____



As I seek to glorify God with excellence in my work, I will improve my current skills by _____ (i.e. seeking a mentor in my company or industry; taking a course; reading a book; etc)



I know that I am blessed to be a blessing. Over the next four months, I want to bless my work colleagues by _____



