

God's Secret Wisdom
The Art of Daily Living, Biblically

by

Jennifer Hope Webster

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Jennifer Hope Webster

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Dedication

God's Secret Wisdom

The Art of Daily Living, Biblically

To

Bradley Michael Webster

Morgan Nicholas Webster

And

Austin Derek Webster

And the Lord is the one who goes ahead of you; He will be with you. He will not fail you or forsake you. Do not fear, or be dismayed.

—Deuteronomy 31:8

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Contents

Acknowledgments.	3
Foreword.	4
Preface.	5
Introduction.	7
Part One: The Art of Daily Living	10
Biblical Living	11
Part Two: Eight Disciplines for Daily Living.	18
1. Spiritual Growth	19
2. Calling, Career, Finances & Chores	27
3. Hope, Vision & Creative Art	33
4. Social Outlet & Solitude.	39
5. Environmental Appreciation & Involvement	47
6. Health, Hygiene & Physical Outlet	57
7. Family & Emotional Support	65
8. Mental Growth & Education	71
Appendix.	79
Accountability & Application.	80
Closing: The “Rice Hill” Theory	84
Mission Statements.	87
Weekly Agenda	114
Related Recommended Reading List and Workbooks	136
Biblical Word Study - “Satisfied”	137

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Foreword

It occurred to me as I began looking over this text, that this was God's secret way of underscoring his message to me this winter. He seemed to be saying, "I have loved you with an everlasting love, and DON'T YOU FORGET IT! Learn to walk with Me this way, and make it a habit for every day. You are not alone." God whispered to me at a place deep within my heart as I read Jennifer's message from God's heart to hers, and now to mine—and yours.

As a busy mom, I'm tumbling through life wondering which end is up. *God's Secret Wisdom* seems to bring the focus tight so I can see the important things. Jennifer's simple layout and graphics will help you to recognize that your life is like a college course. In order to finish well, you have to plan, study and keep yourself healthy so you can keep on learning and loving until God takes you to heaven! I know you will find her message refreshingly upbeat, encouraging and extremely useful for these hassled and harried times in which we live.

Laurie Easton
Newport Beach, CA
December 2010

Preface

“I’m disorganized!”

“I can’t get my act together!”

“My inner soul is a mess!”

“My personal existence is a failure.”

SEEKING A FULLER LIFE OF SATISFACTION?

Jesus answered, “Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life.”

—John 4:13, 14

When Jesus went up on the mountain, he preached what is known as the Sermon on the Mount. In this sermon our Lord affirmed the crowd, Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

—Matthew 5:6 (NAS)

God’s secret wisdom is mirrored through the Scriptures and the conviction is sent through the Holy Spirit. They were left for us as a guide for all people to build a fuller, God-anointed life...uniquely designed with each person in mind. May this book filled with Biblical scriptures, quotes from famous authors, definitions, applications and accountability convict your heart and rock your soul.

I will praise the LORD, who counsels me; even at night my heart instructs me. I have set the LORD always before me. Because he is at my right hand, I will not be shaken. You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

—Psalm 16:7–8, 11

BOTTOM LINE: WE NEED TO MAKE THE WORD OF GOD A PRIORITY...daily.

Here is the simple plan...

- **Pray...Ask** the Lord to direct your future.
 - **Read** the eight disciplines provided on the following pages. Each contains: “Definitions,” “Motivating Quotes” and “God’s Secret Wisdom.”
 - **Visualize** and decide between a life of balance or one of chaos. Think about the charts and graphs...
 - **Project** where you want to be in life in another 10 years. **Write out** what God is saying to you...No limitations!
 - **Dream...Dream...Dream...Use** all eight areas of God’s guidelines, and write them on a worksheet provided in the Application and Accountability section of this book. Each person will and should be different.
 - **Display** your “Art of Daily Living” goals on your desk, bulletin board or nightstand. Use as a guide...Every season or year, update your goals.
 - **Apply** integrating pieces of your goals into a week’s perspective. Use a “Weekly Agenda” to plan your life. **Place** your largest time increments in first...example: school, chores or work may take six to eight hours each day.
 - **Build** a purpose or a mission statement of your own. Place these life goals on bulletin board or planner.
 - **Review** your disciplines seasonally. Upgrade, rewrite and delete completed or unwanted goals. This project is built for you in mind.
-

Introduction

BE SATISFIED!

**“The Bible is tangible for today and never outdates itself...ever!
Read the Bible entirely. Understand its truths.”**

—Jennifer Hope Webster

Be consumed by God! In this discipline, you shall be satisfied in the ups, the downs, and even in the mediocrity of the long days. The study, practice and implementation of this project, *God's Secret Wisdom: the art of daily living, Biblically*, has informed and educated my husband, family, the spiritually struggling, to leadership in the church and the outside realm helping us all through a time seeking to be satisfied. I have written notes on napkins during the lunch hour or coffee meetings passing these treasured truths to those who thirsted for life's hope. Reading the Holy Bible and writing in a prayer journal has apprised me of wisdom and answers to questions in my darkest hours. Capturing the best material I could find by studying the Old Testament through the New Testament, this book is a road that is to be traveled. Please use the disciplines of this book, study the scriptures in small groups, partner accountability, as a family, a date night or alone. Highlight your favorite passages and integrate them into the pursuit of life's dreams. Write out your short- and long-term goals to mission statements. Share your life and vision to accountability partners. Pass on its wisdom to the next generation. Be guided by it's treasures.

Since the birth of my children in 1989 and 1991, this book has advanced from scribbled notes in 2000, electronic books in 2003, to a softbound book in 2010 as the 3rd edition. This coaching project celebrates an Anniversary Edition of ten years of copyright. Thank you for your patience as so many have asked for this gift to be completed.

Below is a quote from A.W. Tozer himself (a brilliant biblical scholar, pastor, and author) written on a train from Chicago, Illinois to Texas in 1948. Arriving to the final destination, Tozer had completed his first draft. He writes in an intuitive and spiritual nature that makes me dig deep in contemplation. Secondly, he sketches words with a correlation and synopsis—"satisfied" in Christ. It guides me to believe that this book, God's Secret Wisdom is on the right track with a similar premise and goal. Although, Tozer writes in the 20th century, it suits our lives in the now, the 21st century; further confirming that the Bible is tangible for today and never outdates it...ever!

"In this hour of all but universal darkness one cheering gleam appears: Within the fold of conservative Christianity there are to be found increasing numbers of persons whose religious lives are marked by growing hunger after God Himself. They are eager for spiritual realities and will not be put off with words, nor will they be content with correct 'interpretations' of truth. They are athirst for God, and they will not be satisfied till they have drunk deep at the Fountain of Living Water.

The Bible is not an end in itself, but a means to bring men to an intimate and satisfying knowledge of God, that they may delight in His presence, may taste and know the inner sweetness of the very God Himself in the core and center of their hearts...if my fire is not large it is yet real, and there may be those who can light their candle at its flame."

—A.W. Tozer, *The Pursuit of God*,
"Apprehending God" Chicago, Illinois.
June 16, 1948

In every season of life, there are new challenges and uncertainties. In Christ, we must measure these uncertainties with a pinch of His possibility.

"Today our public worlds demand a few good people who can walk among the masses and negotiate with the powerful, but never change, never capitulate (to surrender, especially under agreed conditions) never compromise. And how will they manage that? By pursuing the spinning-wheel experience: the retreat into the silent center where time can be ordered by priorities, where the mind can be turned

to discover God’s creation, the spirit can be sharpened, and where there is quietness of Sabbath rest. This is the private world, and when given proper attention, it comes to order.”

—Gordon MacDonald, *Ordering Your Private World*, “The Spinning Wheel,” 2003 Edition

As a final note, if you are a parent or mentoring a group, one-on-one guidance is suggested. As I write this book, I mentor children in elementary, Jr. High, high school, college, and career to adults with this method. An independent youth most definitely can use this project on his or her own. So many children are already being forced into raising themselves, and by default, have to make adult choices that they are not prepared to make. This study and workbook will offer anyone a better start on life. As an adult, I did not begin using a self-accountable agenda until I was in my late twenties. It is never too late to start. God has saved me from undesirable heartache as I began learning and living a disciplined lifestyle. I must admit it was not easy to transition to accountability. This is why I have an urgency to reveal what I have learned with others.

Most significantly, this project has allowed making life decisions a more simple process. After we have considered God’s guidelines, there is “freedom” in making choices.

For a deeper study on “Being Satisfied,” see the *Being Satisfied Word Study* in the *Appendix*.

*Part One: The Art of Daily
Living*

Biblical Living

God's Secret Wisdom: The Art of Daily Living, Biblically is designed to transform the all encompassing 24 hours, 7 days a week of non-accountable hours into a plan purely guided by the biblical Scriptures. These daily disciplines, tied together with your unique personality, gifts, and purpose, will enable all mankind to **truly live** under the guidance of the Holy Spirit.

God loves us so much that he left His Holy Spirit with us along with His Holy Word to make known to us the ways of life until the Second Coming of Jesus (Acts 2). God will then take us to our eternal home with Him in heaven. In this heavenly realm, He will wipe away every tear from their eyes. There will be no more death or mourning or crying or pain. (Revelation 21:4). In this place, we shall celebrate eternal life with our Lord.

The purpose of this project is **to pass God's Secret Wisdom for the art of daily living, Biblically to the next generation.** The whole of your life is seen as a concern to Jesus—the minute-by-minute choices of your day which chart the direction of your spiritual growth. Maintaining the art of daily living is not easy; therefore, we each need a plan of attack.

Biblical living is to be seen in **balance, not perfection.** Striving for Christ-likeness is our goal. The fruit of the Holy Spirit can freely be ours: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:16–26).

Paul states in the New Testament ...*I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me.* —Philippians 4:11-13 (NAS) (*emphasis added*).

We need to understand the Scriptures—God's Word for us—live within its boundaries, reach out and accept His blessings. *For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you.*" Jeremiah 29:11–13

Our choices have consequences and the Bible teaches that life without discipline is death. *For a man's ways are in full view of the Lord, and he examines all his paths. The evil deeds of a wicked man ensnare him; the cords of his sin hold him fast. He will die for lack of discipline, led astray by his own great folly.* Proverbs 5:21–23

Keep in mind that we live in an imperfect world. Be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then... Ephesians 6:10–14 (NCV)

God's Secret Wisdom, the Art of Daily Living, Biblically was written for daily, weekly, quarterly, seasonal and semiannual use. I have chosen to use these guidelines since 1991 when my life was extremely turbulent. It saved my life then and continues to do so today. As time progresses, I continue to learn as God teaches me. I have written this project for my two sons and all those who seek God's secret wisdom (1 Corinthians 2:6–16) for their lives. May you be blessed as I have and be filled with God's peace.

We do, however, speak a message of wisdom among the mature, but not the wisdom of this age or of the rulers of this age, who are coming to nothing. No, we speak of God's secret wisdom, a wisdom that has been hidden and that God destined for our glory before time began. None of the rulers of this age understood it, for if they had, they would not have crucified the Lord of glory. However, as it is written: "No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him." But God has revealed it to us by his Spirit. The Spirit searches all things, even the deep things of God. For who among men knows the thoughts of a man except the man's spirit within him? In the same way no one knows the thoughts of God except the Spirit of God. We have not received the spirit of the

world but the Spirit who is from God, that we may understand what God has freely given us. This is what we speak, not in words taught by human wisdom but in words taught by the Spirit, expressing spiritual truths in spiritual words.

—1 Corinthians 2:6–13

Below are Biblical reasons why living a disciplined lifestyle is necessary. Feel free to highlight the text below to note significant information that may apply to you and your personal desire to grow as a Christian.

GOD'S SECRET WISDOM

2 Timothy 1:7 (NKJV)¹

For God has not given us a spirit of fear, but of power, of love and of a sound mind.

Power = the Holy Spirit

Love = God the Father

“a sound mind” = Jesus, the Word of God

Proverbs 5:23

He will die for lack of discipline, led astray by his own great folly.

Proverbs 23:18

He who ignores discipline comes to poverty and shame, but whoever heeds correction is honored.

¹ The NIV renders “a sound mind” as “self-discipline.” When your mind is sound, it is clear and focused and stayed on Jesus, enabling you to be self-disciplined. Henry T. Blackaby, Claude V. King, gen. eds., *The Experiencing God Study Bible: The Bible for Knowing and Doing the Will of God*, NKJV, Broadman & Holman Publishers, Nashville, TN, 1994.

Proverbs 29:17

Discipline your son, and he will give you peace; he will bring delight to your soul.

Psalm 119:9–16

How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you. Praise be to you, O Lord; teach me your decrees. With my lips I recount all the laws that come from your mouth. I rejoice in following your statutes as one rejoices in great riches. I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word.

2 Timothy 3:16

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.

Hebrews 4:12–13

For the word of God is living and active. Sharper than any double edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

John 4:13–14

Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life."

Please pray this prayer... “May I never take Your Holy Bible lightly. Father, through your Holy Spirit, teach me what it is that you want me to do with my life. May I live according to Your Word, not neglecting Your Biblical Scriptures. Imbed Your Holy Word into my heart. May I never lack discipline in my daily living. Hold me accountable to do what is right. I desire to live fully in Christ Jesus. May I receive peace and bring You honor. AMEN.

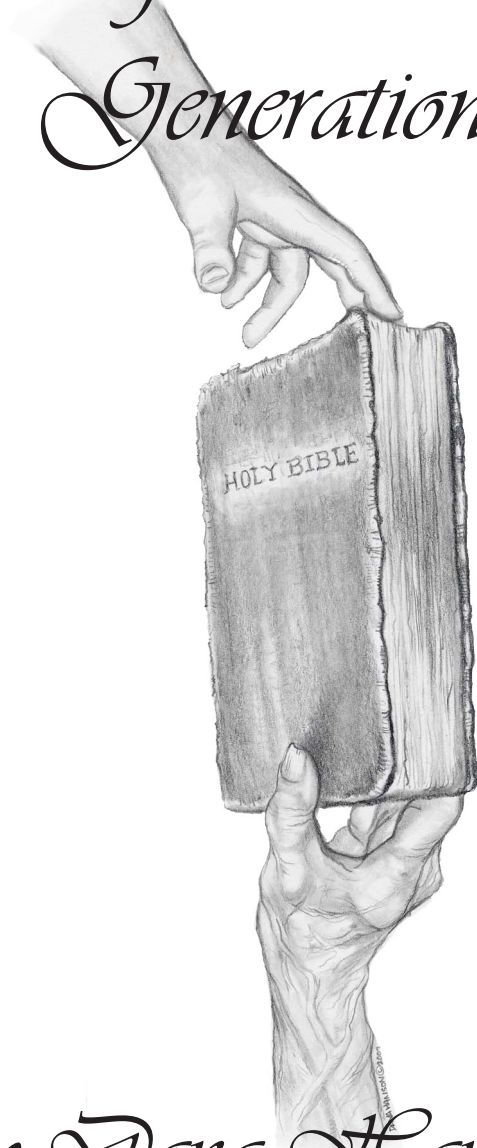
Seeking to be fully satisfied?

Are you ready to build a fuller,

God-anointed life?

Read on...

*Passing to the Next
Generation*



by Dana Hanson

We are complex beings... All areas of our life are knitted together... Understand your complexity... Consider eight areas of personal discipline...



1. Spiritual Growth
2. Calling, Career, & Finances
3. Hope, Vision, & Creative Art
4. Social Outlet, & Solitude
5. Environmental Appreciation
6. Health, Hygiene, & Physical
7. Family & Emotional Support
8. Mental Growth & Education

Goal: Try to use all eight disciplines each week

No two people are alike... Somehow we need to balance all these areas of discipline.

Come discover the secret...

Three areas of balance can be met at the same time—Health, Hygiene and Physical Outlet, Family and Emotional Support, and Mental Growth and Education...



How? walk with a friend and memorize a life verse!

6. Health, Hygiene, & Physical
7. Family & Emotional Support
8. Mental Growth & Education

Part Two: Eight Disciplines for Daily Living

Commit to the Lord whatever you do and your plans will succeed...In his heart a man plans his course, but the Lord determines his steps.

—Proverbs 16:3, 9 (NIV)

Begin the art of daily living, Biblically by reading about the eight fields of discipline, God's guidelines for living. Each human being is responsible and must give an account. These areas are not in cement. As I mature as a Christian, I have altered God's expectations of my life to fit "His lead," as I better understood His Word. We should be a people wholly unique. Yet we must remember that though many are called to God through the Scriptures, it may take an eternity to fully integrate God's precious gift of His Word to us. May the scriptures outlined in this book help each man and woman begin to understand the depth and love of God...and one's place in the universe.



-  1. Spiritual Growth
-  2. Calling, Career, & Finances
-  3. Hope, Vision, & Creative Art
-  4. Social Outlet, & Solitude
-  5. Environmental Appreciation
-  6. Health, Hygiene, & Physical
-  7. Family & Emotional Support
-  8. Mental Growth & Education



1. *Spiritual Growth*

DEFINITIONS

Christian | A person who believes in Jesus Christ and follows or tries to follow his teachings.¹ Christ’s teachings can be encapsulated in this command, *Love your neighbor as yourself*. Matthew 19:19 (I have used the term “Christian” as opposed to “Spiritual” to sharpen the focus of what I believe to be God’s intent).

Growth | The process of growing or developing; gradual development toward maturity.

MOTIVATING QUOTES

Prayer enlarges [the heart] until it is capable of containing the gift of God Himself.²

—Mother Teresa

1 Christian George T. Kurian, ed., *Nelson’s New Christian Dictionary: The Authoritative Resource on the Christian World*, Thomas Nelson, Inc., 2001, p 172.

2 *IN MY OWN WORDS (The Words of Mother Teresa)* compiled by Jose Luis Gonzales-Balado, 12/04/2002.

Forgive us our sins as we forgive those that sin against us.

—Matthew 6:12

There is no slightest suggestion that we are offered forgiveness on any other terms. It is made perfectly clear that if we do not forgive, we shall not be forgiven. I can look at some of the things I have done with horror and loathing. So apparently I am allowed to loathe and hate some of the things my enemies do. I remember Christian teachers telling me long ago that I must hate a bad man's actions, but not hate the bad man...hate the sin but not the sinner.³

—C. S. Lewis

God's great concern for us primarily is not our happiness but our holiness.⁴

—Dr. David Martyn Lloyd-Jones

All suffering has significance.⁵

—Dr. David Martyn Lloyd-Jones

Similarly, the apostle Peter cried on the Day of Pentecost: *Repent, and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins; and you shall receive the gift of the Holy Spirit* (Acts 2:38). Thus Peter assured all who would repent and believe, and give public evidence of their penitent faith in Jesus by being baptized in his name that they would receive from two free gifts, namely the forgiveness of their sins and the gift of the Holy Spirit.⁶

—John R.W. Stott

3 C. S. Lewis, *Mere Christianity*, pp.104-105.

4 Dr. David Martyn Lloyd-Jones, *Spiritual Depression: its causes and cure*, p. 235. In reference to Hebrews 12:5-11.

5 *Ibid.*, p. 240

6 John R.W. Stott, *Baptism and Fullness*, p. 25.

Faith is dead to doubt, dumb to discouragement, blind to impossibilities.⁷

—The Daily Walk, July 24, 2000

GOD'S SECRET WISDOM

Hebrews 4:12–13

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

Psalm 40:1–2, 35

I waited patiently for the Lord; he turned to me and heard my cry.

He lifted me out of the slimy pit, out of the mud and mire;

He set my feet on a rock...He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the Lord.

Blessed is the man who makes the Lord his trust, who does not look to the proud, to those who turn aside to false gods. Many, O Lord my God, are the wonders you have done. The things you planned for us no one can recount to you; were I to speak and tell of them, they would be too many to declare.

Psalm 119:9–16

How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you. Praise be to you, O LORD; teach me your decrees. With my lips I recount all the laws that come from your mouth. I rejoice in following your statutes as one rejoices in great riches. I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word.

Matthew 28:18–20

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Isaiah 30:20–21

Although the Lord gives you the bread of adversity and the water of affliction, your teachers will be hidden no more; with your own eyes you will see them. Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

Isaiah 1:18–20

"Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool. If you are willing and obedient, you will eat the best from the land; but if you resist and rebel, you will be devoured by the sword." For the mouth of the Lord has spoken.

1 Peter 1:3–9

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade—kept in heaven for you, who through faith are shielded by God’s power until the coming of the salvation that is ready to be revealed in the last time. In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls.

1 Peter 1:18

For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your forefathers

Acts 2:41–47

Those who accepted his message were baptized, and about three thousand were added to their number that day.

They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer. Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles. All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

2 Timothy 3:16–17

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.

Revelation 3:15–17

I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth. You say, “I am rich; I have acquired wealth and do not need a thing” But you do not realize that you are wretched, pitiful, poor, blind and naked.

Revelation 3:19–21

Those whom I love I rebuke and discipline. So be earnest, and repent. Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me. To him who overcomes, I will give the right to sit with me on my throne, just as I overcame and sat down with my Father on his throne.

James 5:17–20

Elijah was a man just like us. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. Again he prayed, and the heavens gave rain, and the earth produced its crops. My brothers, if one of you should wander from the truth and someone should bring him back, remember this: Whoever turns a sinner from the error of his way will save him from death and cover over a multitude of sins.

1 Peter 4:2

As a result, he does not live the rest of his earthly life for evil human desires, but rather for the will of God.

2 Peter 2:4–10

For if God did not spare angels when they sinned, but sent them to hell, putting them into gloomy dungeons to be held for judgment; if he did not spare the ancient world when he brought the flood on its ungodly people, but protected Noah, a preacher of righteousness, and seven others; if he condemned the cities of Sodom and Gomorrah by burning them to ashes, and made them an example of what is going to happen to the ungodly; and if he rescued Lot, a righteous man, who was distressed by the filthy lives of lawless men (for that righteous man, living among them day after day, was tormented in his righteous soul by the lawless deeds he saw and heard)—if this is so, then the Lord knows how to rescue godly men from trials and to hold the unrighteous for the day of judgment, while continuing their punishment. This is especially true of those who follow the corrupt desire of the sinful nature and despise authority.

Revelation 4:8

Day and night they never stop saying: “Holy, holy, holy is the Lord God Almighty, who was, and is, and is to come.”

1 Thessalonians 4:12–17

Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope. We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him. According to the Lord’s own word, we tell you that we who are still alive, who are left till the coming of the Lord, will certainly not precede those who have fallen asleep. For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and

the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever.

1 Peter 5:6–11

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power forever and ever. Amen.

YOUR TURN...

Pray...Write out what God is asking you to do. You may write your note here, or use the Worksheet for Long or Short Term Goals. (All worksheets can be found in the chapter, "Accountability and Application").



2. Calling, Career, Finances & Chores

DEFINITIONS

Calling | an inner urge toward some profession or activity.

Career | a profession or occupation which one trains for and pursues as a life work.

Finances | the managing or science of managing money.

Chores | a small routine task, as a housekeeper or farmer.

MOTIVATING QUOTES

Christ has no body now on earth but yours; yours are the only hands with which He can do His work, yours are the only feet with which He can go about the world, yours are the only eyes through which His compassion can shine forth upon a troubled world. Christ has no body on earth but yours.¹

–St. Teresa of Avila

Authentic success is having time enough to pursue personal pursuits that bring you pleasure, time enough to make the loving gestures for your family you long to do, time enough to care for your home, tend your garden, nurture your soul...Authentic success is knowing that if today were your last day on earth, you could leave without regret. Authentic success is feeling focused and serene when you work, not fragmented...It's discovering and calling forth your gifts and offering them to the world to help heal its ravaged heart...Authentic heart is not just money in the bank but a contented heart and peace of mind.²

–Sarah Ban Breathnach

When I tithe, I experience more financial serenity than when I don't. The money seems to stretch further or my expenses diminish. When I tithe I'm able to save more with ease, and new moneymaking opportunities arrive, often unsolicited. The floodgates of heaven do shower me with blessings.³

–Sarah Ban Breathnach

Lack of resources is not our problem. It is lack of resourcefulness.

–Billy Ray Cox

1 St. Teresa of Avila.

2 Sarah Ban Breathnach, *Simple Abundance: A Daybook of Comfort and Joy*, September 15.

3 Ibid. October 29.

GOD'S SECRET WISDOM

Proverbs 30:7-9

Two things I ask of you, O LORD; do not refuse me before I die: Keep falsehood and lies far from me; give me neither poverty nor riches, but give me only my daily bread. Otherwise, I may have too much and disown you and say, "Who is the LORD" Or I may become poor and steal, and so dishonor the name of my God.

Proverbs 3:9-10

Honor the LORD with your wealth, with the first fruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine.

2 Thessalonians 1:11

With this in mind, we constantly pray for you, that our God may count you worthy of his calling, and that by his power he may fulfill every good purpose of yours and every act prompted by your faith.

1 Corinthians 7:7

I wish that all men were as I am. But each man has his own gift from God; one has this gift, another has that.

Psalm 20:4

May he give you the desire of your heart and make all your plans succeed.

Romans 14:12

So then, each of us will give an account of himself to God.

Proverbs 22:1, 4, 7, 29

A good name is more desirable than great riches; to be esteemed is better than silver or gold...Humility and the fear of the LORD bring wealth and honor and life... The rich rule over the poor, and the borrower is servant to the lender...Do you see a man skilled in his work? He will serve before kings; he will not serve before obscure men.

Proverbs 24:33–34

A little sleep, a little slumber, a little folding of the hands to rest—and poverty will come on you like a bandit and scarcity like an armed man.

Luke 16:10–12

Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches? And if you have not been trustworthy with someone else's property, who will give you property of your own?

Ecclesiastes 11:6

Sow your seed in the morning, and at evening let not your hands be idle, for you do not know which will succeed, whether this or that, or whether both will do equally well.

Matthew 25:21

His master replied, "Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!"

Matthew 24:45

Who then is the faithful and wise servant, whom the master has put in charge of the servants in his household to give them their food at the proper time?

Ezekiel 18:7-8

He does not oppress anyone, but returns what he took in pledge for a loan. He does not commit robbery but gives his food to the hungry and provides clothing for the naked. He does not lend at usury or take excessive interest. He withholds his hand from doing wrong and judges fairly between man and man.

Ecclesiastes 5:10, 12

Whoever loves money never has money enough; whoever loves wealth is never satisfied with his income. This too is meaningless. The sleep of a laborer is sweet, whether he eats little or much, but the abundance of a rich man permits him no sleep.

Ecclesiastes 11:1-2

Cast your bread upon the waters, for after many days you will find it again. Give portions to seven, yes to eight, for you do not know what disaster may come upon the land.

Romans 13:2

Consequently, he who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves.

Romans 13:8

Let no debt remain outstanding, except the continuing debt to love one another, for he who loves his fellowman has fulfilled the law.

Luke 11:42

Woe to you Pharisees, because you give God a tenth of your mint, rue and all other kinds of garden herbs, but you neglect justice and the love of God. You should have practiced the latter without leaving the former undone.

YOUR TURN...

Pray...Write out what God is asking you to do. You may write your note here, or use the Worksheet for Long or Short Term Goals. (All worksheets can be found in the chapter, "Accountability and Application").



3. *Hope, Vision & Creative Art*

DEFINITIONS

Hope | a feeling that what is wanted is likely to happen; desire accompanied by expectation; the one thing that one has hope for.

Vision | mental images; the ability to perceive something not actually visible, as through mental acuteness or keen foresight.

Creative | creating or able to create; having or showing imagination and artistic or intellectual inventiveness.

Art | human ability to make things; creativity of man as distinguished from the world of nature; skill; craftsmanship; creative work; a making or doing of things that display form, beauty, and unusual perception.

MOTIVATING QUOTES

Worse than being blind would be to be able to see but not have any vision.

–Helen Keller

No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land or opened a new heaven to the human spirit.

–Helen Keller

If you need to focus your concentration, listening to Mozart can increase your clarity – which is why it's the recommended accompaniment for exam cramming as well as creative brainstorming. Given the fact that Mozart was a genius, it's not surprising that his arrangement of musical notes affect our brain positively. Piano nocturnes romantic, resonant, ruminative compositions for solo piano are a virtual musical pharmacy.¹

–Sarah Ban Breathnach

Dream lofty dreams, and as you dream, so shall you become. Your vision is the promise of what you shall one day be.²

–New American Standard Bible

GOD'S SECRET WISDOM

Proverbs 29:18

Where there is no vision, the people are unrestrained, but happy is he who keeps the law (NAS)

1 Sarah Ban Breathnach, *Simple Abundance: A Daybook of Comfort and Joy*, August 23.

2 New American Standard Bible, The Open Bible Edition, Thomas Nelson Publishers, 1979

Jeremiah 29:11

“For I know the plans that I have for you,” declares the Lord, “plans for welfare and not for calamity to give you a future and a hope.”

Psalm 119:105

Your word is a lamp to my feet and a light to my path.

Ephesians 1:17–19

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe. That power is like the working of his mighty strength,

1 Thessalonians 4:13–18

Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope. We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him. According to the Lord’s own word, we tell you that we who are still alive, who are left till the coming of the Lord, will certainly not precede those who have fallen asleep. For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. Therefore encourage each other with these words.

Genesis 1:1–31

In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. And God said, "Let there be light," and there was light. God saw that the light was good, and he separated the light from the darkness. God called the light "day," and the darkness he called "night." And there was evening, and there was morning—the first day. And God said, "Let there be an expanse between the waters to separate water from water." So God made the expanse and separated the water under the expanse from the water above it. And it was so.

God called the expanse "sky." And there was evening, and there was morning—the second day. And God said, "Let the water under the sky be gathered to one place, and let dry ground appear." And it was so. God called the dry ground "land," and the gathered waters he called "seas." And God saw that it was good. Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." And it was so. The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds. And God saw that it was good.

And there was evening, and there was morning—the third day. And God said, "Let there be lights in the expanse of the sky to separate the day from the night, and let them serve as signs to mark seasons and days and years, and let them be lights in the expanse of the sky to give light on the earth." And it was so. God made two great lights—the greater light to govern the day and the lesser light to govern the night. He also made the stars. God set them in the expanse of the sky to give light on the earth, to govern the day and the night, and to separate light from darkness. And God saw that it was good. And there was evening, and there was morning—the fourth day.

And God said, "Let the water teem with living creatures, and let birds fly above the earth across the expanse of the sky." So God created the great creatures of the sea and every living and moving thing with which the water teems, according to their kinds, and every winged bird according to its kind. And God saw that it was good. God blessed them and said, "Be fruitful and increase in number and fill the

water in the seas, and let the birds increase on the earth.” And there was evening, and there was morning the fifth day.

And God said, “Let the land produce living creatures according to their kinds: livestock, creatures that move along the ground, and wild animals, each according to its kind.” And it was so. God made the wild animals according to their kinds, the livestock according to their kinds, and all the creatures that move along the ground according to their kinds. And God saw that it was good. Then God said, “Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground.” So God created man in his own image, in the image of God he created him; male and female he created them. God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground.” Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground—everything that has the breath of life in it—I give every green plant for food.” And it was so. God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

John 20:29

Blessed are those who have not seen and yet have believed.

YOUR TURN...

Pray...Write out what God is asking you to do. You may write your note here, or use the Worksheet for Long or Short Term Goals. (All worksheets can be found in the chapter, "*Accountability and Application*").



4. *Social Outlet & Solitude*

DEFINITIONS

Social | getting along with others; living or associating in groups or communities; -n. an informal gathering of people for recreation or remoteness.

Outlet | a passage or vent for letting something out; a means of expression.

Solitude | a state of being solitary or alone; seclusion, isolation, or remoteness.

MOTIVATING QUOTES

If you go out looking for friends, they're pretty scarce. If you go out to be a friend, you'll find them everywhere.¹

—Kevin Baerg

¹ Kevin Baerg, *Created for Excellence*, p. 183.

The road to a friend's house is never long.

—Danish Proverb

God still comes where He can find someone quiet enough to listen
and alone enough to heed.²

—The Daily Walk

GOD'S SECRET WISDOM

Acts 2:42–47

They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles. All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

James 3:3–6

When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell.

Romans 14:19

Let us therefore make every effort to do what leads to peace and to mutual edification.

Romans 13:1

Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God.

Colossians 3:5–11

Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator. Here there is no Greek or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

Luke 14:12–14

Then Jesus said to his host, “When you give a luncheon or dinner, do not invite your friends, your brothers or relatives, or your rich neighbors; if you do, they may invite you back and so you will be repaid. But when you give a banquet, invite the poor, the crippled, the lame, the blind, and you will be blessed. Although they cannot repay you, you will be repaid at the resurrection of the righteous.”

Colossians 4:5–6

Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

Proverbs 22:11

He who loves a pure heart and whose speech is gracious will have the king for his friend.

1 Corinthians 5:13

God will judge those outside. Expel the wicked man from among you.

1 John 1:7

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

Proverbs 31:8–9

Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.

Psalm 1:1

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.

1 Peter 4:9–10

Offer hospitality to one another without grumbling. Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms.

Ezekiel 18:7–8

He does not oppress anyone, but returns what he took in pledge for a loan. He does not commit robbery but gives his food to the hungry and provides clothing for the naked. He does not lend at usury or take excessive interest. He withholds his hand from doing wrong and judges fairly between man and man.

Genesis 2:1–3

Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Psalms 116:7

Be at rest once more, O my soul, for the LORD has been good to you.

Psalms 23:1–5

The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake. 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. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

Matthew 14:13

When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns.

Matthew 14:22–23

Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone,

Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Ecclesiastes 3:1–8

There is a time for everything, and a season for every activity under heaven: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace.

YOUR TURN...

Pray...Write out what God is asking you to do. You may write your note here, or use the Worksheet for Long or Short Term Goals. (All worksheets can be found in the chapter, "*Accountability and Application*").



5. *Environmental Appreciation & Involvement*

DEFINITIONS

Environmental | all of the conditions, circumstances, etc. that surround and influence life on earth, including atmospheric conditions, food chains, and the water cycle.

Appreciation | grateful recognition, as of favor; sensitive awareness or enjoyment; judgment or evaluation.

Involve | to relate or to affect; to make busy; employ; occupy.

MOTIVATING QUOTES

The real problem of the Christian life comes where people do not usually look for it. It comes the very moment you wake up in the morning. All your wishes and hopes for the day rush at you like

wild animals. And the first job of each morning consists simply of shoving them all back; in listening to that other voice taking that other point of view letting that larger, stronger, quieter life come flowing in, and so on, all day, standing back from all your natural fussings and frettings; coming in out of the wind.¹

—C. S. Lewis

Bloom where you're planted.

—Mary Engelbreit

Gardening has become an unexpected instrument of grace, for I've discovered hours of inner peace on my knees, digging in the dirt. Here is the one place I don't think about work or worry about whatever it is that I can't control. The complete absorption, the sacrament of the present moment I experience when planting or weeding brings exquisite contentment. My mind is stilled and my heart expands. Now I know why the Great Creator intended for women (& men) to flourish in a garden.²

—Sarah Ban Breathnach

We must start by understanding that we may well find ourselves in a position in which our faith is going to be tried. Storms and trials are allowed by God. If we are living the Christian life, or trying to live the Christian life, at the moment, on the assumption that it means just come to Christ and you will never have any more worry in the whole of your life, we are harboring a terrible fallacy. In fact it is a delusion and it is not true. Our faith will be tried, and James goes so far as to say: Count it all joy when ye fall into divers temptations (trials) (James 1:2, KJV). God permits storms, He permits difficulties... We must learn and realize that God does not take His people and lead them into some Elysium (a place of bliss and happiness) in which they are protected from all 'slings and arrows of outrageous fortune.

1 C.S. Lewis, *Mere Christianity*.

2 Sarah Ban Breathnach, *Simple Abundance: A Daybook of Comfort and Joy*, June 19.

“In the world”, says our Lord, “ye shall have tribulation but be of good cheer; I have overcome the world” (John 16:33, KJV).³

—Dr. Martyn Lloyd-Jones

When we follow our instincts to leave the city for a weekend in the country, garden in the early morning, opt for a picnic in the park instead of a restaurant lunch, hang up a bird feeder, visit a zoo, or adopt a stray animal, we are responding positively to physiological and psychological urges to connect for survival.⁴

—Sarah Ban Breathnach

Storms make trees take deeper roots.

—Claude McDonald

GOD'S SECRET WISDOM

Isaiah 40:8

The grass withers and the flowers fall, but the word of our God stands forever.

Psalm 24:1

The earth is the Lord's, and everything in it, the world, and all who live in it; for He founded it upon the seas and established it upon the waters.

3 Dr. Martyn Lloyd-Jones, *Spiritual Depression*, p. 140.

4 Sarah Ban Breathnach, *Simple Abundance: A Daybook of Comfort and Joy*, September 15.

Jeremiah 31:35

This is what the LORD says, he who appoints the sun to shine by day, who decrees the moon and stars to shine by night, who stirs up the sea so that its waves roareth LORD Almighty is his name.

Jeremiah 31:12–14

“They will come and shout for joy on the heights of Zion; they will rejoice in the bounty of the LORD—the grain, the new wine and the oil, the young of the flocks and herds. They will be like a well-watered garden, and they will sorrow no more. Then maidens will dance and be glad, young men and old as well. I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow. I will satisfy the priests with abundance, and my people will be filled with my bounty,” declares the LORD.

Jeremiah 17:7–8

But blessed is the man who trusts in the LORD, whose confidence is in him. He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.

John 15:5–8

I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.

Psalm 23:1–6

The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, He restores my soul. He guides me in paths of righteousness for his name's sake. 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. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

Job 38:4–18

Where were you when I laid the earth's foundation? Tell me, if you understand. Who marked off its dimensions? Surely you know! Who stretched a measuring line across it? On what were its footings set, or who laid its cornerstone while the morning stars sang together and all the angels shouted for joy? Who shut up the sea behind doors when it burst forth from the womb, when I made the clouds its garment and wrapped it in thick darkness, when I fixed limits for it and set its doors and bars in place, when I said, "This far you may come and no farther; here is where your proud waves halt"? Have you ever given orders to the morning, or shown the dawn its place, that it might take the earth by the edges and shake the wicked out of it? The earth takes shape like clay under a seal; its features stand out like those of a garment. The wicked are denied their light, and their upraised arm is broken. Have you journeyed to the springs of the sea or walked in the recesses of the deep? Have the gates of death been shown to you? Have you seen the gates of the shadow of death? Have you comprehended the vast expanses of the earth? Tell me, if you know all this.

Malachi 3:8–12

"Will a man rob God? Yet you rob me. But you ask, How do we rob you? In tithes and offerings. You are under a curse—the whole nation of you—because you are robbing me. Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the LORD Almighty, "and see if I will not throw

open the floodgates of heaven and pour out so much blessing that you will not have room enough for it. I will prevent pests from devouring your crops, and the vines in your fields will not cast their fruit," says the LORD Almighty. "Then all the nations will call you blessed, for yours will be a delightful land," says the LORD Almighty.

Romans 8:28–39

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

What, then, shall we say in response to this? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who is he that condemns? Christ Jesus, who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; We are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

John 10:3–11

The watchman opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice.

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. I am the good shepherd. The good shepherd lays down his life for the sheep.

Genesis 3:17

To Adam he said, "Because you listened to your wife and ate from the tree about which I commanded you, 'You must not eat of it,' Cursed is the ground because of you; through painful toil you will eat of it all the days of your life. It will produce thorns and thistles for you, and you will eat the plants of the field. By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return."

Revelation 21:1–27

Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea. I saw the Holy City, the New Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband.

And I heard a loud voice from the throne saying, "Now the dwelling of God is with men, and he will live with them. They will be his people, and God himself will be with them and be their God. He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away." He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true." He said to me: "It is done. I am the Alpha and the Omega, the Beginning and the End. To him who is thirsty I will give to drink without cost from the spring of the water of life. He who overcomes will inherit all this, and I will be his God and he will be my son. But the cowardly, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters and all liars—their place will be in the fiery lake of burning sulfur. This is the second death."

One of the seven angels who had the seven bowls full of the seven last plagues came and said to me, "Come, I will show you the bride, the wife of the Lamb." And he carried me away in the Spirit to a mountain great and high, and showed me the Holy City, Jerusalem, coming down out of heaven from God. It shone with the glory of God, and its brilliance was like that of a very precious jewel, like a jasper, clear as crystal. It had a great, high wall with twelve gates, and with twelve angels at the gates. On the gates were written the names of the twelve tribes of

Israel. There were three gates on the east, three on the north, three on the south and three on the west. The wall of the city had twelve foundations, and on them were the names of the twelve apostles of the Lamb. The angel who talked with me had a measuring rod of gold to measure the city, its gates and its walls. The city was laid out like a square, as long as it was wide. He measured the city with the rod and found it to be 12,000 stadia in length, and as wide and high as it is long. He measured its wall and it was 144 cubits thick, by man's measurement, which the angel was using. The wall was made of jasper, and the city of pure gold, as pure as glass. The foundations of the city walls were decorated with every kind of precious stone. The first foundation was jasper, the second sapphire, the third chalcedony, the fourth emerald, the fifth sardonyx, the sixth carnelian, the seventh chrysolite, the eighth beryl, the ninth topaz, the tenth chrysoptase, the eleventh jacinth, and the twelfth amethyst. The twelve gates were twelve pearls, each gate made of a single pearl. The great street of the city was of pure gold, like transparent glass. I did not see a temple in the city, because the Lord God Almighty and the Lamb are its temple. The city does not need the sun or the moon to shine on it, for the glory of God gives it light, and the Lamb is its lamp. The nations will walk by its light, and the kings of the earth will bring their splendor into it. On no day will its gates ever be shut, for there will be no night there. The glory and honor of the nations will be brought into it. Nothing impure will ever enter it, nor will anyone who does what is shameful or deceitful, but only those whose names are written in the Lamb's book of life.

Ezekiel 34:25–31

I will make a covenant of peace with them and rid the land of wild beasts so that they may live in the desert and sleep in the forests in safety. I will bless them and the places surrounding my hill. I will send down showers in season; there will be showers of blessing. The trees of the field will yield their fruit and the ground will yield its crops; the people will be secure in their land. They will know that I am the LORD, when I break the bars of their yoke and rescue them from the hands of those who enslaved them. They will no longer be plundered by the nations, nor will wild animals devour them. They will live in safety, and no one will make them afraid. I will provide for them a land renowned for its crops, and they will no longer be victims of famine in the land or bear the scorn of the nations. Then they will know that I, the LORD their God, am with them and that they, the

house of Israel, are my people, declares the Sovereign LORD. You my sheep, the sheep of my pasture, are people, and I am your God, declares the Sovereign LORD.

Daniel 2:20–23

Praise be to the name of God for ever and ever; wisdom and power are his. He changes times and seasons; he sets up kings and deposes them. He gives wisdom to the wise and knowledge to the discerning. He reveals deep and hidden things; he knows what lies in darkness, and light dwells with him. I thank and praise you, O God of my fathers: You have given me wisdom and power, you have made known to me what we asked of you, you have made known to us the dream of the king.

Luke 15:4–7

Suppose one of you has a hundred sheep and loses one of them. Does he not leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbors together and says, "Rejoice with me; I have found my lost sheep." I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.

James 1:27

Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

YOUR TURN...

Pray...Write out what God is asking you to do. You may write your note here, or use the Worksheet for Long or Short Term Goals. (All worksheets can be found in the chapter, "*Accountability and Application*").



6. *Health, Hygiene & Physical Outlet*

DEFINITIONS

Health | physical and mental well-being; freedom from disease, pain, or defect; normalcy of physical and mental functions; soundness.

Hygiene | system of principles for the preservation of health and prevention of disease; sanitary practices; cleanliness.

Physical | of the body as opposed to the mind. (Physical exercise)

Outlet | a passage or vent for letting something out; a means of expression.

MOTIVATING QUOTES

The first wealth is health.

—Ralph Waldo Emerson

At the end of life we will not be judges by how many diplomas we have received, how much money we have made, how many great things we have done. We will be judged by, “I was hungry and you gave me to eat, I was naked and you clothed me. I was homeless and you took me in.”¹

—Mother Teresa

Every illness, from cold to cancer, has a life-affirming for us if we are willing to be taught.²

—Sarah Ban Breathnach

GOD'S SECRET WISDOM

Psalm 139:13–18

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, O God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you.

1 Mother Teresa, *Words to Love By*, Walker and Co., 435 Hudson St., NY, NY 10014, 1983.

2 Sarah Ban Breathnach, *Simple Abundance: A Daybook of Comfort and Joy*, November 25.

Matthew 9:12–13

On hearing this, Jesus said, “It is not the healthy who need a doctor, but the sick. But go and learn what this means: ‘I desire mercy, not sacrifice.’ For I have not come to call the righteous, but sinners.”

Psalm 18:34

He trains my hands for battle; my arms can bend a bow of bronze.

1 Corinthians 3:16

Don’t you know that you yourselves are God’s temple and that God’s Spirit lives in you?

1 Corinthians 6:18–20

Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

1 Corinthians 6:13

“Food for the stomach and the stomach for food”—but God will destroy them both. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.

Romans 12:1

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

Romans 13:14

Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature.

1 Corinthians 10:31

So whether you eat or drink or whatever you do, do it all for the glory of God.

Matthew 14:13–118

When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. When Jesus landed and saw a large crowd, he had compassion on them and healed their sick. As evening approached, the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away, so they can go to the villages and buy themselves some food."

Jesus replied, "They do not need to go away. You give them something to eat." "We have here only five loaves of bread and two fish," they answered. "Bring them here to me," he said.

Matthew 15:34–36

"How many loaves do you have?" Jesus asked. "Seven," they replied, "and a few small fish." He told the crowd to sit down on the ground. Then he took the seven loaves and the fish, and when he had given thanks, he broke them and gave them to the disciples, and they in turn to the people.

Matthew 15:30–31

Great crowds came to him, bringing the lame, the blind, the crippled, the mute and many others, and laid them at his feet; and he healed them. The people were amazed when they saw the mute speaking, the crippled made well, the lame walking and the blind seeing. And they praised the God of Israel.

Luke 12:22–31

Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest? Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith! And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well.”

Jeremiah 30:17

“But I will restore you to health and heal your wounds,” declares the LORD, “because you are called an outcast, Zion for whom no one cares.”

Psalms 103:2

Praise the LORD, O my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases.

Ezekiel 37:1–14

The hand of the LORD was upon me, and he brought me out by the Spirit of the LORD and set me in the middle of a valley; it was full of bones. He led me back and forth among them, and I saw a great many bones on the floor of the valley, bones that were very dry. He asked me, "Son of man, can these bones live?" I said, "O Sovereign LORD, you alone know." Then he said to me, "Prophecy to these bones and say to them, 'Dry bones, hear the word of the LORD! This is what the Sovereign LORD says to these bones: I will make breath enter you, and you will come to life. I will attach tendons to you and make flesh come upon you and cover you with skin; I will put breath in you, and you will come to life. Then you will know that I am the LORD.' " So I prophesied as I was commanded. And as I was prophesying, there was a noise, a rattling sound, and the bones came together, bone to bone. I looked, and tendons and flesh appeared on them and skin covered them, but there was no breath in them. Then he said to me, "Prophecy to the breath; prophecy, son of man, and say to it, 'This is what the Sovereign LORD says: Come from the four winds, O breath, and breathe into these slain, that they may live.' I will put my Spirit in you and you will live, and I will settle you in your own land. Then you will know that I the LORD have spoken, and I have done it, declares the LORD."

Isaiah 40:6–8

A voice says, "Cry out." And I said, "What shall I cry?" "All men are like grass, and all their glory is like the flowers of the field. The grass withers and the flowers fall, because the breath of the LORD blows on them. Surely the people are grass. The grass withers and the flowers fall, but the word of our God stands forever."

Ephesians 5:6–8

Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. Therefore do not be partners with them. For you were once darkness, but now you are light in the Lord. Live as children of light.

James 5:13–14

Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise. Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord.

YOUR TURN...

Pray...Write out what God is asking you to do. You may write your note here, or use the Worksheet for Long or Short Term Goals. (All worksheets can be found in the chapter, “*Accountability and Application*”).



7. *Family & Emotional Support*

DEFINITIONS

Family | all the people living in the same house; a social unit consisting of parents and the children they rear; a tribe or clan.

Emotion | strong feeling; excitement; any specific feeling, as love, hate, fear, anger, etc.

Support | to carry or bear the weight of; to give courage or faith to; help; comfort; uphold.

MOTIVATING QUOTES

One of the things the Enemy of our soul likes to do is to get into the middle of God-ordained relationships and cause them to misfire, miscommunicate, short-circuit, fracture, or disconnect. The more a

family can be splintered apart, the weaker and more ineffectual they become and the more the Enemy has control of their lives. The way to avoid this is through prayer, whether it be with children, parents, stepparents, brothers, sisters, grandparents, aunts, uncles, cousins, husband, or wife, there will be far fewer instances of strained or severed relationships.¹

—Stormie Omartian

In its purest form, prayer is conversation. Communion. Connection. Intimacy. Prayer is the dialect of Divinity. Prayer is actually the authentic conversation because you don't have to hold back; you can say whatever needs to be said, exactly the way you want to express it, when you want to express it. You won't be judged. You won't risk losing love; instead, by praying you will increase your awareness of it. You won't have to phrase your words carefully lest there be misunderstandings, because you can't be misunderstood. Even if you don't know what you want or need, Spirit knows what you're about to say, ask, beg, scream, or praise before you utter a syllable.²

—Sarah Ban Breathnach

Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one.

—Jane Howard

GOD'S SECRET WISDOM

Proverbs 27:17

As iron sharpens iron, so one man sharpens another.

1 Stormie Omartian, *The Power of a Praying Parent*, Harvest House Publishers, Oregon, 1995, p. 68.

2 Sarah Ban Breathnach, *Simple Abundance: A Daybook of Comfort and Joy*, November 25.

Ecclesiastes 4:9–10

Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Deuteronomy 6:1–9

These are the commands, decrees and laws the Lord your God directed me to teach you to observe...so that you, your children and their children after them may fear the Lord your God as long as you live by keeping all his decrees and commands that I give you, and so that you may enjoy long life. Hear, O Israel, and be careful to obey so that it may go well with you and that you may increase greatly...Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and your gates.

Isaiah 30:18–21

Yet the Lord longs to be gracious to you; he rises to show you compassion. For the Lord is a God of justice. Blesses are all who wait for him! O people of Zion, who live in Jerusalem, you will weep no more. How gracious he will be when you cry for help! As soon as he hears, he will answer you. Although the Lord give you the bread of adversity and the water of affliction, your teachers will be hidden no more; with your own eyes you will see them. Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

Colossians 3:18–21

Wives, submit to your husbands, as is fitting in the Lord. Husbands, love your wives and do not be harsh with them. Children, obey your parents in everything, for this pleases the Lord. Fathers, do not embitter your children, or they will become discouraged.

Jeremiah 32:27

I am the LORD, the God of all mankind. Is anything too hard for me?

James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

Psalms 56:8

You keep track of all my sorrows. You have collected all my tears in Your bottle. You have recorded each one in Your book. (NLT)

Proverbs 27:9

Perfume and incense bring joy to the heart, and the pleasantness of one's friend springs from his earnest counsel.

Proverbs 12:26

A righteous man is cautious in friendship, but the way of the wicked leads them astray.

Titus 2:1–8

You must teach what is in accord with sound doctrine. Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance. Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God. Similarly, encourage the young men to be self-controlled. In everything set them an example by doing what is good. In your teaching show integrity, seriousness and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us.

1 John 2:11

But whoever hates his brother is in the darkness and walks around in the darkness; he does not know where he is going, because the darkness has blinded him.

Proverbs 5:18–19

May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer may her breasts satisfy you always, may you ever be captivated by her love.

Malachi 2:16

“I hate divorce,” says the LORD God of Israel, “and I hate a man’s covering himself with violence as well as with his garment,” says the LORD Almighty. So guard yourself in your spirit, and do not break faith.

Matthew 11:28–30

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

YOUR TURN...

Pray...Write out what God is asking you to do. You may write your note here, or use the Worksheet for Long or Short Term Goals. (All worksheets can be found in the chapter, “*Accountability and Application*”).



8. *Mental Growth & Education*

DEFINITIONS

Mental | of or for the mind or intellect.

Growth | the process of growing or developing; a gradual development toward maturity.

Education | the process of training and developing the knowledge, skill, mind, character, etc., esp. by formal schooling; teaching; training.

MOTIVATING QUOTES

I am a part of all that I have read.

—John Kieran

The man who does not read good books has no advantage over the man who can't read them.¹

—The Daily Walk

Solomon teaches that people will not find meaning in life in knowledge, money, pleasure, work, or popularity. True satisfaction comes from knowing that what we are doing is part of God's purpose for our lives. This book (Ecclesiastes) is a book that can help free us from our scramble for power, approval, money, and draw us closer to God.²

—Life Application Bible Commentary

Only begin and then the mind grows heated; only begin and the task will be completed.

—Goethe

The Christian is heavenly-minded. His great interest should be there and not here...We are suddenly awakened to the fact that we are only pilgrims in this world, and we are made to think of heaven and of eternity.³

—Dr. Martin Lloyd-Jones

GOD'S SECRET WISDOM

Amos 4:13

He who forms the mountains, creates the wind, and reveals his thoughts to man, he who turns dawn to darkness, and treads the high places of the earth—the LORD God Almighty is his name.

1 May 22, 2000, *The Daily Walk*, The World Bible Society.

2 *Life Applications Bible, NIV*, Tyndale House Publishers, Commentary, p. 1134.

3 Dr. Martin Lloyd-Jones, *Spiritual Depression*, p. 245.

Proverbs 23:23

Buy the truth and do not sell it; get wisdom, discipline and understanding

Proverbs 24:3–4

By wisdom a house is built, and through understanding it is established; 4through knowledge its rooms are filled with rare and beautiful treasures.

Proverbs 5:23

He will die for lack of discipline, led astray by his own great folly.

Proverbs 10:21

The lips of the righteous nourish many, but fools die for lack of judgment.

Proverbs 24:5–6

A wise man has great power, and a man of knowledge increases strength; for waging war you need guidance, and for victory many advisers.

John 8:31–32

To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."

Proverbs 4:5–9

Get wisdom, get understanding; do not forget my words or swerve from them. Do not forsake wisdom, and she will protect you; love her, and she will watch over you. Wisdom is supreme; therefore get wisdom. Though it cost all you have, get understanding. Esteem her, and she will exalt you; embrace her, and she will honor you. She will set a garland of grace on your head and present you with a crown of splendor.

1 Peter 1:13

Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed.

Hebrews 8:10

This is the covenant I will make with the house of Israel After that time, declares the Lord. I will put my laws in their minds and write them on their hearts. I will be their God, and they will be my people.

Colossians 3:2

Set your minds on things above, not on earthly things.

Philippians 3:19

Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things.

2 Corinthians 13:11

Finally, brothers, good-by. Aim for perfection, listen to my appeal, be of one mind, live in peace. And the God of love and peace will be with you.

2 Corinthians 4:4

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God.

1 Corinthians 2:9

However, as it is written: "No eye has seen, No ear has heard, No mind has conceived what God has prepared for those who love him."

Romans 12:2

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 7:25

Thanks be to God—through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin.

Romans 1:28

Furthermore, since they did not think it worthwhile to retain the knowledge of God, he gave them over to a depraved mind, to do what ought not to be done.

Acts 4:32

All the believers were one in heart and mind. No one claimed that any of his possessions was his own, but they shared everything they had.

Luke 24:45

Then he opened their minds so they could understand the Scriptures.

Matthew 22

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind."

Isaiah 26:3

You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

Psalms 7:9

O righteous God, who searches minds and hearts, bring to an end the violence of the wicked and make the righteous secure.

1 Chronicles 28:9

And you, my son Solomon, acknowledge the God of your father, and serve him with wholehearted devotion and with a willing mind, for the LORD searches every heart and understands every motive behind the thoughts. If you seek him, he will be found by you; but if you forsake him, he will reject you forever.

YOUR TURN...

Pray...Write out what God is asking you to do. You may write your note here, or use the Worksheet for Long or Short Term Goals. (All worksheets can be found in the chapter, "*Accountability and Application*").

*Where will you be
in the next ten years?*

*Let the following pages on
"Accountability and Application"
be your guide...*

Appendix

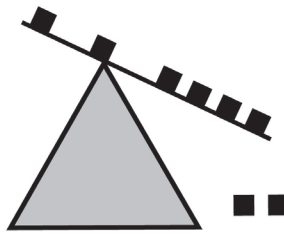
I will praise the LORD, who counsels me; even at night my heart instructs me. I have set the LORD always before me. Because he is at my right hand, I will not be shaken. You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

—Psalm 16:7–8, 11

ACCOUNTABILITY & APPLICATION

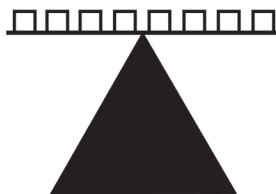
Attached are opportunities for personal or small group accountability and application. Take a glance through the attached materials that have been put together for organization of scheduling for daily, weekly, quarterly, seasonal, semi-annual, short and long-term goals. Give some thought to how this may enhance your life. Change is to be encouraged, especially if it can boost the quality and outcome of a person's life.

Unbalanced Lifestyle



This unbalanced lifestyle does not use the eight fields in one's agenda. Chaos leads to a loss of control...an emotional rollercoaster. One can't define why there is a sense of dissatisfaction.

Balanced Lifestyle



This satisfied and balanced lifestyle uses all eight fields on one week. Life isn't perfect, but one senses that God is in control of the details of this life. This person seeks the scriptures while attempting to apply them to life. Life begins to fill with love, joy, peace, patience, kindness...

Which lifestyle do you seek? Where are you today?

What prevents you from seeking the accountable week that you need and want? What one area do you wish to begin your journey in? Take a moment to pray and talk with God...

Examples of Eight Disciplines

1. Spiritual Growth

Read a chapter a day in the Bible, journal prayer time, fellowship with others, be baptized, go on a mission trip, test your faith, evangelize someone, practice purity.

2. Calling/Career/Finances/Chores

Discover your gifts, tithe to your church, budget your account, plan savings, plan retirement, create a chore chart, made a job commitment, advance your skills, organize desk, toss junk, order home, delegate what you cannot do.

3. Hope/Vision/Creative Art

Remember Heaven, play an instrument, paint, work with hands, listen to music, contemplate future, read and write poetry, build a playhouse, remodel home, plan memorable holiday.

4. Social Outlet/Solitude

Meet over coffee, walk on the beach, count the stars, smell the flowers, pet a dog, join a cause, join a group, help a charity in need, design a “non-profit” organization to help others, take a bubble bath.

5. Environmental Appreciation/Involvement

Create a garden, clean the beach, plan a campout, plant a tree, recycle home items, donate your goods, support proper environmental concerns, see the wonders of the world, get involved, adopt a pet, enjoy God’s creation.

6. Health/Hygiene/Physical Outlet

Shower daily, get eight hours of sleep, exercise three to four days a week, play a sport, drink extra water, eat a balanced diet with fruits and veggies, get a physical exam, get a dental exam while brushing and flossing daily, watch your weight, get a haircut.

7. Family/Emotional Support

Sit down together at dinner time, go for walks, mentor children, pray over your family, encourage, cry with, seek good counsel, play and have fun, go on a date, plan a trip and go, create memorable events, get involved in a small accountability group.

8. Mental Growth/Education

Read all the time, get a degree or trade, join a club, seek good counsel, do your homework, memorize scripture, keep a journal, go on field trips, visit discussion groups, research a subject of passion, get a mentor, visit a museum of history and art, attend the theatre.

*Rice
Hill
Theory*

CLOSING: THE “RICE HILL” THEORY

It is good to have an end to journey toward; but it is the journey that matters in the end.

It is proper and fitting to share with you about my “Rice Hill” Theory. Each day for four years I dreamt, wrote, designed, studied and passionately pursued *Chat with God, Prayer Journal*.

As a matter of fact, it has taken me over ten years to complete *God's Secret Wisdom*. Every day I would bring “my daily rice tithe” to God, collecting a single grain each day. One grain of rice became a pile, until the pile became an actual hill—the “Rice Hill.” (i.e. your dreams and efforts are realized when you attain the goal God set out for you to achieve. It's always one step at a time—in faith.) “The end result is more than just shared vision. The process changes us. It changes our relationships with others who are part of it. It transforms the quality of our lives in fundamental ways.” —Stephen R. Covey, *First Things First*, Simon & Schuster, 1994, page 222.

With this thought, take one day at a time...and begin with the end in mind —Stephen R. Covey. Never lose sight of your perspective goals ...This is our hope. If you are reading this project and are struggling to get through the day, know that this is where I began ten years ago—on a quest to know God and make him known. My quest to live out a life of accountability and application brings me here talking with you today. Pastor and author Rick Warren has this to say about taking one day at a time in faith, from his book, *The Purpose Driven Life: What on Earth Am I Here For?*

“It took Noah 120 years to build the ark. I imagine he faced many discouraging days. With no sign of rain year after year, he was ruthlessly criticized as a ‘crazy man who thinks God speaks to him.’ I imagine Noah's children were often embarrassed by the giant ship being built in their front yard. Yet Noah kept on trusting God.

God smiles when we obey Him wholeheartedly. Saving the animal population from a worldwide flood required great attention to logistics and details. Everything had to be done just as God prescribed it. God didn't say, ‘Build any old boat you'd like, Noah.’ He gave very detailed instructions as to the size, shape and materials of the ark as well as the different numbers of

animals to be brought on board. The Bible tells us Noah's response: So Noah did everything exactly as God had commanded him."

Rick also warns us of the perils of the trendy mind-set of our popular culture:

"The most damaging aspect of contemporary living is short-term thinking. To make the most of your life, you must keep the vision of eternity continually in your mind and the value of it in your heart. There's far more to life than just here and now! Today is the visible tip of the iceberg. Eternity is all the rest you don't see underneath the surface."

Blessings for much success with *God's Secret Wisdom, the Art of Daily Living, Biblically!* Know that I am praying for you.

Sincerely,
Jennifer Hope Webster
Author, Writer, Teacher & Mentor

President, Founder & CEO of
ChatwithGod.org Ministries

*Mission
Statements*

MISSION STATEMENTS

Why do you exist?

What is your purpose here?

Most books I've read request that we stand at the end of our lives and reflect backwards. What do you want to be remembered for? Your values will determine your answer. You need to look at what drives you—your purpose. There is something to be said for looking forward with the end in sight. Think—where do I want to be in, say, ten years? Developing a mission statement is by far one of the most difficult tasks I have undertaken. I write...and I always go back and update and change what I have written. I've appreciated viewing what others have written. Feel free to use any or all the phrases below.

Family Mission Statement

The mission of our family is to create a nurturing place of faith, order, truth, love, happiness, safety, relaxation, and to provide opportunity for each person to become maturely independent and effectively interdependent in order to serve worthy purposes in our calling to Jesus Christ. To know God, celebrate his presence, and to make Him known.

Marriage Mission Statement

The mission of our marriage is to lift this relationship to one of our highest priorities, being committed solely to one another. We are committed to be active in the church, home, social activities, athletics, and family life in raising our children together. We want to be friends and live fully in love all of our life. And we want to encourage each other in our gifts and to be prayer partners in all situations...to know God, celebrate His presence, and make Him known...affirming Christ in each other.

My Personal Mission Statement

To know my heavenly Father, celebrate life with Him, and to make Him known. To keep my life in balance, in alignment, as instituted by God and his calling on my life by following these personal disciplines:

- Spiritual Growth
- Calling-Career-Finances-Chores
- Hope-Vision-Creative Art
- Health-Hygiene-Physical Outlet
- Solitude-Social Outlet
- Mental Growth-Education
- Family-Emotional Support
- Environmental Appreciation & Involvement

The goal of my journey with Jesus is to behold and reflect the fruits of the Holy Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Your Turn...

My Mission Statement

1. Where will I be in 10 years?
 2. What will my career/calling be?
 3. What will be my physical & emotional condition?
 4. Will I be married? Have children?
 5. Will I travel or study at a college, university, or trade school?
 6. Will I be committed to a social, political, or environmental issue?
-

7. In the midst of a busy schedule, will I make time for creative art, completing a dream, or maintaining hope for heaven?
 8. What will my home, car, financial account be valued at? Style?
 9. Will there be a tithe to a church, and/or offering to a non-profit organization?
 10. Will I have faith in God? What will I be to support this belief?
 11. Current age plus 10 years _____. What will you be like?
 12. “Begin with the end in mind” —Stephen R. Covey. Keep your goals before you!
 13. Age today: _____
-

Worksheets
for
Short- and
Long-term
Goals

WORKSHEET FOR SHORT-TERM GOALS

Date: _____ Dream... What do you picture your life to be?
Fill in only the goals that will be started this week.

1. Spiritual Growth: _____

2. Calling, Career, Finances & Chores: _____

3. Hope, Vision & Creative Art: _____

4. Social Outlet & Solitude: _____

5. Environmental Appreciation & Involvement: _____

6. Health, Hygiene & Physical Outlet: _____

7. Family & Emotional Support: _____

8. Mental Growth & Education: _____

WORKSHEET FOR LONG-TERM GOALS

Date: _____ Dream... What do you picture your life to be after this season? Fill in all your goals for this season. Winter Spring Summer Fall (circle one)

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2. Calling, Career, Finances & Chores: _____

3. Hope, Vision & Creative Art: _____

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*Weekly
Agenda*

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YOUR TURN...Schedule your week!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
6-9a	6-9a	6-9a	6-9a
9a-12p	9a-12p	9a-12p	9a-12p
12-3p	12-3p	12-3p	12-3p
3-6p	3-6p	3-6p	3-6p
6-10p	6-10p	6-10p	6-10p

Place your largest time/priority commitments in your schedule. Use all eight disciplines in each week...Check disciplines off as you use them!

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9a-12p	9a-12p	9a-12p	
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3-6p	3-6p	3-6p	
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Eight Disciplines

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12-3p	12-3p	12-3p	12-3p
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3-6p	3-6p	3-6p	3-6p
6-10p	6-10p	6-10p	6-10p

Place your largest time/priority commitments in your schedule. Use all eight disciplines in each week...Check disciplines off as you use them!

THURSDAY	FRIDAY	SATURDAY	NOTES
6-9a	6-9a	6-9a	
9a-12p	9a-12p	9a-12p	
12-3p	12-3p	12-3p	
3-6p	3-6p	3-6p	
6-10p	6-10p	6-10p	



Eight Disciplines

- Spiritual Growth
- Social Outlet & Soligude
- Environmental Appreciation & Involvement
- Family & Emotional Support
- Mental Growth & Education
- Health, Hygiene & Physical Outlet
- Hope, Vision & Creative Art
- Calling, Career, Finances & Chores

RELATED RECOMMENDED READING LIST AND WORKBOOKS

Celebration of Discipline: The Path to Spiritual Growth, by Richard J. Foster, Harper Collins Publishers, 1998

Chat with God: Prayer Journal, by Jennifer Hope Webster, 2009 (multiple languages available)

Chat with God: Prayer Journey, by Jennifer Hope Webster, 2010

Choices: For Women Who Long to Discover Life's Best, by Mary Farrar

Created for Excellence, by Kevin Baerg

Experiencing God: Knowing and Doing the Will of God, by Henry T. Blackaby and Claude V. King (Workbook)

First Things First, by Stephen Covey, Simon & Schuster, 1994

Living on the Ragged Edge, by Charles Swindoll

Mere Christianity, C.S. Lewis Macmillan Publishing Co., Inc., 1952

Ordering Your Private World, by Gordon MacDonald, Nelson Books, 2003

Prayer Journal: the Spiritual Journey...that Lasts for Eternity, by Jennifer Hope Webster (Available in multiple languages)

The 7 Habits of Highly Effective People, by Stephen Covey

The Life You've Always Wanted, by John Ortberg

The Power of A Praying Parent, Stormie Omartian, Harvest House Publishers, 1995

The Pursuit of God: The Human Thirst for the Divine, A.W. Tozer, Christian Publications, Inc. , 1993

The Purpose Driven Life: What on Earth Am I Here For? by Rick Warren, Zondervan, 2002

BIBLICAL WORD STUDY - “SATISFIED”

Here is a self-study on the word “Satisfied” that I have been researching for several years in my daily devotion—a pursuit that has been driving me to seek and discover quality of life in the Biblical text. There are over 40+ Biblical references to the word “satisfy,” in various forms, that illustrate clearly of how God richly loves us! And for you, I pray the excellence of your personal and spiritual life will soar as you seek Christ and His teaching in the Holy Bible to be satisfied. Just take one step a day. This is all. One step is 365 steps in a year. Even in my slowest and lowest years, a sound discipline to pursue God, as Tozer writes, will overflow as “streams of living water.” Enjoy the study on “Satisfied”...and the disciplines of this book.

“For I satisfy the weary ones and refresh everyone who languishes.” At this I awoke and looked, and my sleep was pleasant to me.

—Jeremiah 31:25–26

Psalms 63:5 Proverbs 18:20

Psalms 65:4 Proverbs 19:23

Psalms 81:16 Proverbs 20:13

Psalms 91:16 Isaiah 55:1-3

Deuteronomy 11:15 Isaiah 58:11

Deuteronomy 14:29 Isaiah 66:11,12

Deuteronomy 31:20 Jeremiah 31:14

Matthew 2:11 Psalm 17:14–15

Luke 6:21 Psalm 81:16

Mark 15:15 Psalm 103:5

Mark 8:7-8 Psalm 104:13

Mark 6:42 Psalm 104:28

Proverbs 14:14 Psalm 107:9

Jeremiah 50:19 Psalm 145:16

Joel 2:19 Psalm 147:14

Ruth 2:1–17 Proverbs 13:25

Isaiah 66:11 Matthew 15:37

Psalm 22:26 Proverbs 14:14

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

—Matthew 5:6

