

1. ESTABLISH BIBLICALLY BASED CONVICTIONS THAT GUIDE YOUR LIFE

- Time in the word & prayer
- Find out who you are in Christ
- Grow in your theology
- Grow in your understanding of God

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.
(2 Timothy 3:16-17)

2. HAVE A PLAN FOR YOUR SPIRITUAL AND PHYSICAL CARE

- Word & prayer
- Read
- Exercise

Bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.
(1 Timothy 4:8)

3. PLAN AND THEN PLAN TO ADJUST

- Planing your life starts by knowing your season of life
- Consider the downside to whatever plan you make
- To execute your plan figure out what might be removed from your life [engaged with family = no social media, not missing any family events]
- Good to make a plan - but understand your plan might need to be tweak
- Always remember who is in charge
- Hold your plans loosely
 - Saves you from bitterness
 - SaveS you from being devastated if it goes a different way

The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty.
(Proverbs 21:5)

Commit your work to the Lord, and your plans will be established.
(Proverbs 16:3)

The heart of man plans his way, but the Lord establishes his steps.
(Proverbs 16:9)

Example: Mary the Mother of Jesus - "I am a servant of the Lord"

4. REGULARLY REVIEW AND ASSESS YOUR LIFE

- a. How you're doing spiritual [how is my relationship with the Lord]
- b. How you're relating to others [how are my relationship]
- c. Your parenting [how are my kids doing]
- d. Your marriage [communication, intimacy, friendship]
- e. What drains you & what energizes you
- f. Your habits:
 - i. Speech
 - ii. Spending
 - iii. Viewing
 - iv. Phone & social
 - v. Lifestyle
 - i. Does my lifestyle match my personal conviction?
 - ii. Does it match my financial income ?
 - iii. Do I have a healthy balance between work, rest, doing things I enjoy ?

5. HAVE REALISTIC EXPECTATIONS OF THE PEOPLE AROUND YOU AND SHARE THOSE EXPECTATIONS

- Makes you less frustrated & decreases conflict
- Communicate expectations to the people in your life & ask if those are realistic
- If you have kids = make sure your expectations of them are realistic for their age

6. MAKE MAJOR DECISIONS SLOWLY

a. Seek counsel [mentor, coach]

b. Questions at three levels:

- Will this honour & please God?
- Will this decisions be loving to my neighbour [kids, friends, husband or wife, people next door]?
- What affect will this decision have on my spiritually and practically?

Without counsel plans fail, but with many advisers they succeed.

(Proverbs 15:22)

7. WHEN IT COMES TO MONEY: GIVE SOME, SPEND SOME, SAVE SOME

- Plan large expenses
- Pay yourself [if all your income ends up going back out the door - you've made nothing]
- Put cap on spending in specific areas
 - Groceries
 - Gas
 - Eating out
 - Recreation & leisure [clothes]

8. ESTABLISH A FEEDBACK LOOP AND ALWAYS REMAINE TEACHABLE

- If people sense they can't speak into your life they will withdraw
- You will also become less aware of your blindspots
- Lack of teachability is pride "God opposes the proud but he gives grace to the humble"

REQUESTED TOPICS

1. MANAGING THE HOME

- a. Establish a rhythm
- b. Make sure there is shared responsibility
- c. If you have children in the home define what discipline, discipleship, & care looks like
- d. Establish a weekly meeting [Review your month & preview upcoming month]
- e. Establish your family values [will help in making decisions in the future]
- f. Be ready & prepared to make any shifts in habits to keep your home healthy [Going to bed at the same time, etc]
- g. Have some type of way to track upcoming events
- h. Establish in a month how many extended family things, and special family events you will do
- i. Make life at home fun

2. COMMUNICATION IN MARRIAGE

- a. Learn how the other person communicates & where you are weak in communication
- b. Be honest [Ephesians 4:15, 25]
- c. Don't ask any question you are not prepared to receive an honest answer too.
- d. Discern what needs to be said each moment & how much needs to be said
- e. Address things immediately, though you don't have to resolve it all then and there. [Ephesians 4:26-27]
- f. Attack the Problem, not the person [Ephesians 4:29-30]
- g. Respond biblically [Ephesians 4:31-32]
- h. Listen to understand, not just to respond [Proverbs 18:13]

3. DISCERNING GOD'S CALLING AND CAREER

- a. Prayer
- b. Reviewing your passion [Jason Blyth enjoys cooking]
- c. Does the career path align with other goals in life [kim's example from Kinark]
- d. Seek counselling from trusted voices
 - Ask them to share what your strength & weakness are
 - Ask them if they think it's a wise direction
 - Ask them where they think you need to grow for it to become a reality for you
- e. Research the field your considering
 - Find out how long it might take to get into the field
 - Talk to people currently in the field

RESOURCES

1. Kevin DeYoung - Just Do Something
2. Andreas Kostenberger - God Marriage & family & Equipping them for Life
3. Gordon Neufeld - Hold on to Your Kids
4. Anthony Selvaggio - Proverbs Driven Life
5. Daniel Dorini - Work
6. Kevin DeYoung - Crazy Busy