

PRAYER SHEET

1. Write down the name of a mom/woman that you are thankful for. What qualities about this woman do you look up to and/or admire?

2. Briefly write down a memory of a time when they specifically impacted you (ex. a conversation you had with them, something they did for you, something they modelled, etc.)

3. Focus on the memory until you feel appreciation for what happened. Write down how you felt in the memory and how you feel now while focusing on the memory. Include bodily sensations (*warm, full, energized, relaxed, peaceful, etc...*) and emotions (*joy, happy, free, together, calm, peaceful, etc*).

4. Write down why this memory is so meaningful.

5. Write short prayer of thanks to God.

6. Write an e-mail or old fashioned note of encouragement to this person this week.

Staying Focused on the Race

So let's keep focused on that goal, those of us who want everything God has for us. If any of you have something else in mind, something less than total commitment, God will clear your blurred vision - you'll see it yet! Now that we're on the right track, let's stay on it. Stick with me, friends. Keep track of those you see running this same course, headed for this same goal. There are many out there taking other paths, choosing other goals, and trying to get you to go along with them. I've warned you of them many times; sadly, I'm having to do it again. All they want is easy street. They hate Christ's Cross.

But easy street is a dead-end street. Those who live there make their bellies their gods; belches are their praise; all they can think of is their appetites. But there's far more to life for us. We're citizens of high heaven! We're waiting the arrival of the Savior, the Master, Jesus Christ, who will transform our earthy bodies into glorious bodies like his own. He'll make us beautiful and whole with the same powerful skill by which he is putting everything as it should be, under and around him.

Philippians 3:15-21 MSG

Jesus Walks on Water

Immediately after this, Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home. After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.

Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves. About three o'clock in the morning Jesus came toward them, walking on the water. When the disciples saw him walking on the water, they were terrified. In their fear, they cried out, "It's a ghost!"

But Jesus spoke to them at once. "Don't be afraid," he said. "Take courage. I am here!" Then Peter called to him, "Lord, if it's really you, tell me to come to you, walking on the water." "Yes, come," Jesus said.

So Peter went over the side of the boat and walked on the water toward Jesus. But when he saw the strong wind and the waves, he was terrified and began to sink. "Save me, Lord!" he shouted.

Jesus immediately reached out and grabbed him. "You have so little faith," Jesus said. "Why did you doubt me?"

When they climbed back into the boat, the wind stopped. Then the disciples worshiped him. "You really are the Son of God!" they exclaimed.

Matthew 14:22-33 (NLT)

A. Keeping Focused

Takes a disciplined life

"Be very careful then, how you live - not as unwise but as wise, making the most of every opportunity..." Eph 5:15-16

Sharing: Think of something hard you've accomplished.

Something that took time, energy and perseverance to complete. Briefly describe what this was and how you achieved it. Use feeling words to describe how you felt as you were working towards the goal, include any obstacles you had to overcome along the way and then how it felt to have achieved the goal.

B. 7 Key Areas to Stay Focused in

1. _____ :

2. _____ :

3. _____ :

4. _____ :

5. _____ :

6. _____ :

7. _____ :

***** THESE BIG ROCKS MUST GO IN FIRST! *****

C. A Focused Life is not a Balanced Life

We need to regularly take time to let God show us what season we are in and what our priorities should be in that season.

D. Self-perception

Rate how you feel you are doing right now in the 7 core areas of your life. If you did your activity log you can refer back to it to see how you spent your time.

- If you are giving consistent time and focus to an area and it's working well for you, score it at a higher rating.
- If you know you are not consistent in an area and are not getting the results you'd like then give it a lower rating.

Belief	10	20	30	40	50	60	70	80	90	100
Body	10	20	30	40	50	60	70	80	90	100
Beloved	10	20	30	40	50	60	70	80	90	100
Budget	10	20	30	40	50	60	70	80	90	100
Be renewed	10	20	30	40	50	60	70	80	90	100
Business	10	20	30	40	50	60	70	80	90	100
Best Friends	10	20	30	40	50	60	70	80	90	100

E. Reality - See reality questionnaire starting on the following page.

For each question give a rating of 1 (no), 5 (sometimes), or 10 (yes). Add up your score for each area and put that number in the box. Compare this to your self-perception score.

F. God's Perspective

1. Pray and ask God to show you which areas of your life are doing well right now and why.
2. Next ask Him to show you which area you need to focus on right now so that you stay in the race. What goal can you set in this area to make that happen?

Belief	
Body	
Beloved	
Budget	
Be renewed	
Business	
Best Friends	

G. Schedule It

If you don't write it down, it's less likely to happen!

WHEN will you do this and how can your table hold you accountable?

REALITY QUESTIONNAIRE

BELIEF



- I have a rewarding life beyond my work
- I have something to look forward to virtually every day
- I live by God's principals not my rules or preferences of everybody else
- I share my needs & desires regularly with God and trust him to take care of them
- I spend focused time with God each day to have an intimate relationship with him
- I involve myself with activities that help others in the way God desires me to
- I involve myself in activities and interests that build my relationship with God
- I generally have God's healthy perspective on life and experience his strength in most situations
- I celebrate my uniqueness and depend on God to play my strengths and acknowledge my weaknesses
- I take time to reconnect with God my source of significance on a regular basis

BODY



- I consistently have evenings and weekends off and take holidays regularly
- I get the recommended amount of sleep
- I am aware of any health issues and am addressing them
- I have seen the dentist in the last six months
- I have had a complete physical examination within the last three years
- My cholesterol and blood pressures are at healthy levels
- I have had a complete eye examination within the past two years
- My weight is within the ideal range for my height and frame
- I exercise at least three times a week
- I maintain a healthy and balanced eating regimen

BELOVED



- I set aside special time with my covenant relationships (spouse, children, family, friends who are like family) each week
- I spend quantity and quality time with my important relationships
- I don't begrudge time I spend on family priorities
- I find ways to show I love and appreciate people in my intimate circle of key relationships
- I am committed to building relationships by sharing my own life openly with my spouse, children, parents, and extended family
- My key relationships know that I will put their needs as high priority in my schedule
- My key relationships know that they are loved because I demonstrate this in word and action
- I rarely miss keeping commitments to my family
- I can decide easily between commitments of my key relationships and work/task priorities
- I have developed and worked on goals that impact my key relationships

BUDGET

- _ If I have a car, it is in excellent condition (ie. I keep up with needed mechanical work, repairs cleaning, replacing)
- _ I live in a home that I love and put effort, time, and money to keep it that way.
- _ I know how much I need to be financially secure, and I have a plan to get there.
- _ I have discretionary money because I plan my finances that way.
- _ I have a financial plan for the next year.
- _ I actively find ways of saving money.
- _ I take care of needed repairs or maintenance for my assets.
- _ I actively plan ways to save money for the future.
- _ My financial management philosophy includes a budget and an investment plan for the future.
- _ My financial priorities include providing for the special needs of my relationships (ie. my family and best friends).

BE RENEWED

- _ I am aware of any emotional problems/conflicts I have, and I am taking care of them.
- _ I laugh out loud every day.
- _ People say I'm someone who can laugh at myself.
- _ I'm someone who enjoys learning (formally or informally).
- _ I set aside time each week to do something just for fun (on my own or with others).
- _ I do thing I enjoy and this renews me.
- _ Each week I do something that is exciting and fun.
- _ I am involved in activities that help me relax and rejuvenate.
- _ I energize internally through meditating on God's word and prayer.
- _ I regularly find ways to create interesting activities and fun for self and others.

BUSINESS

- _ I find my work rewarding and satisfying.
- _ I'm working in a profession or role or work that I'm passionate about.
- _ I have aspirations for my career or work (home, profession, volunteer)
- _ I enjoy the work I do and find it satisfying.
- _ I have personal and/or career goals I am working toward achieving.
- _ My work/professional goals and personal goals are aligned/
- _ I regularly seek feedback on my work to enhance my performance.
- _ I experience fun in my work even when times are challenging, changing, and/or difficult.
- _ I keep myself focused and positive about my work even when under extreme pressure.
- _ I am able to structure my time each day to achieve work commitments.

BONDS



- I allocate and commit to spending time with friends.
- I demonstrate I care about my friendships by being there for my friends.
- I pray for my friends.
- I spend time with friends on a regular basis.
- I keep in touch with special friends on a regular basis.
- My friends find it easy to catch up with me and schedule time together.
- I work at building healthy friendships and relationships.
- I build trustworthy and committed friendships.
- I remember special events, anniversaries, and birthdays of my friends.
- I am someone who remembers to do small acts of kindness and love for my friends.