

John Dockendorf – The Christian Man – Chapter 2 LIFE BALANCE - MOHGroup 190713

190616 There is a new level of encouragement & joy available for you today. For I am... For I will... For I love... you, with an everlasting love. Turn towards Me & enter into My full embrace, celebrating who I am & My unconditional love.

Joy means the power to withstand your next attack – Chuck Pierce.

The Big Idea: Living by priorities will empower you to manage the pressures & events of life.

- Have you intentionally set priorities before?
- How big of an issue is life balance for you? Give an example.
- What are the questions you would like answered about leading a balanced life?

Your priorities are what's most important to you. The key to a balanced life is deciding your priorities before you're under a lot of pressure to make a bad decision.

Action Step—Self-Assessment (Identify current priorities, 1->5 & underline or circle best answer):

_____ **Loving God:**

Very faithful | mostly faithful | somewhat faithful | not faithful

_____ **Loving Others:** Loving Wife, Children, Friends

Very faithful | mostly faithful | somewhat faithful | not faithful

_____ **Vocation:** Work, Rest, Recreation, Health

Very faithful | mostly faithful | somewhat faithful | not faithful

_____ **Money:**

Very faithful | mostly faithful | somewhat faithful | not faithful

_____ **Ministry:**

Very faithful | mostly faithful | somewhat faithful | not faithful

1. Relationship with God

Sample Goal: I really want to get to know Jesus. I will search for the God of the Bible, inviting him to change the core affections of my heart. I will begin each day with faith and repentance.

Action Step—My Goal: _____

Self-examination Many of us today are in a “structural hurry”—a fast pace is structured into our lives.

Have a periodic time-out for personal reflection. Psalms 17:3; 26; 32:8; 139; 2 Cor 10:3–5; 13:5.

Sample Goal: I'll take one morning/month to slow down, examine my heart, think deeply about my life, and make needed changes based on how I understand God's larger purposes for my life.

Action Step—My Goal: _____

The Bible Personally, I have never known a man whose life has changed in any significant way without regular study of God's Word. Read Psalms 1:1–3; 119:9–11; 89–104; Matthew 22:29; John 20:30–31; Romans 15:4; 2 Timothy 3:16–17.

Sample Goal: This year, I am going to read through The One Year Bible and memorize one Scripture verse each month.

Action Step—My Goal: _____

Prayer Matthew 6:5–15; 22:21–22; Eph 6:18; Phil 4:6–7; 1 Thess 5:17; James 5:16; 1 John 5:14–15.

Sample Goal: I will spend time in prayer before making any major decision. I will begin each day with prayer.

Action Step—My Goal: _____

Church Hebrews 10:23–25, Luke 4:16.

Sample Goal: I will seek ways to be actively involved in my church.

Action Step—My Goal: _____

Interact: Which of these subcategories have been your strongest? Which ones need to be strengthened? How can I as a coach help you?

2. Priority: Loving People Galatians 5:14 reads, “For the entire law is fulfilled in keeping this one command: ‘Love your neighbor as yourself’”

Loving My Wife (If Married) 1 Peter 3:7.

Sample Goal: After God, but before all others, I will make my wife my top priority. I will prove by the way I spend my time that my wife is truly the most important person in my life after God but before all others. Action Step—**My Goal:** _____

Loving My Children (If a Father) Matthew 3:17. Also read Ephesians 6:4 and Colossians 3:23.

Sample Goal: I will rotate taking one child each week on a “fun date,” tell each child I love them and I’m proud of them every day, and pray for them each day.

Action Step—**My Goal:** _____

Authentic Friendships Proverbs 27:6,17; Ecclesiastes 4:9–10; John 13:34; Galatians 6:1–2; Philippians 2:4. Sample Goal: This year I will either start or join a weekly men’s small group (or become even more committed to the group I’m already in).

Action Step—**My Goal:** _____

3. Priority: Vocation

Work Genesis 1:27–28; 2:4–15; 3:17–19; Colossians 3:22–24.

Sample Goal: I will stop thinking of work as merely a means to other ends and begin to look for intrinsic value in the work I do.

Action Step—**My Goal:** _____

NOTE: We’ll have more to say about your vocation in section 7 (“Work”).

Health, Leisure, Rest, Recreation Psalm 1:1–3; Isaiah 40:29–31; Luke 5:16.

Sample Goal: I will study one new subject completely foreign to my normal routines (e.g.; astronomy, interior design, sailing) and exercise three times each week. I will get off Adderall.

Action Step—**My Goal:** _____

Interact: How are you doing in these areas? How can I as your coach help you?

4. Priority: Money

When the tenth of the month rolls around, your landlord isn’t looking for Jesus; he wants cash!

Money is very important, but it won’t solve all our problems. Pray for a “conversion of the wallet.” Be generous. Be a steward. Read Matthew 6:24; 2 Corinthians 8–9; 1 Timothy 6:6–10.

Sample Goal: This year I will tithe by faith and save 5 percent.

Action Step—**My Goal:** _____

Interact: How are you doing in this area? How can I as your coach help you?

5. Priority: Ministry

Where do you see your community groaning for relief? Who are the people God wants to help?

Where does he want you to make a contribution? Use your spiritual gift(s) for the glory of God by loving and serving others. Read Matthew 5:14–16; 28:18–20; John 15:8–17; Acts 1:8; Ephesians 4:11–16; 2 Timothy 2:2.

Sample Goal: This year I will gain a better understanding of my spiritual gifting and ask my pastor for a way to use it.

Action Step—**My Goal:** _____

Interact: How are you doing in this area? How can I as your coach help you?