



LIVING ON PURPOSE



6. Goals for your physical disciplines

Do you need to make some lifestyle changes to promote health and wellbeing? Can you do so with others so as to build relationships and promote a positive culture and demonstrate spiritual and physical health as an integrated ideal?

For example:

- ◆ Join a sports team
- ◆ Walk three times a week with neighbours or friends
- ◆ Join a walking group or Rec centre and take part in group activities.

7. Goals for the use of your time and money

Reject the limiting theological views on money that speak of blessings, % of giving and tithes, and reduced personal expenditure. Instead, embrace a whole-of-life stewardship approach which is more apparent in New Testament teaching. Does the way you spend your money genuinely reflect the values of God's kingdom? What changes could you make to better reflect the values of simplicity and contentment? Does financial pressure make you anxious or stressed? Are you able to practice generosity? Can you commit to regular financial giving to church and missions

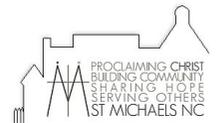
For example:

- ◆ Get financial planning advice
- ◆ Work towards becoming debt free
- ◆ Get rid of a credit card
- ◆ Save for xxx
- ◆ Commit to regular giving for your church's ministries
- ◆ Give to missions or aid and relief projects
- ◆ Waste less food
- ◆ Shift to ethical investments
- ◆ Check out ethical standards of retailers and food suppliers before buying
- ◆ Don't buy anything new for one month
- ◆ Give goods and clothes you don't use/wear to an agency that helps the needy
- ◆ Share tools, equipment, resources with neighbours (e.g. lawn mower, car, veggie garden)

Love God Love Others ~ simplicity contentment humility



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Setting Life Goals

Reflecting on your **biblical mission statement**, ask God to show you how you can express that mission in your life in the next **four months**. Setting goals can help you to intentionally express your sense of direction and vocation. Be realistic, but don't be afraid to challenge yourself. You can use all the categories, or only some. It's OK to only have one goal per category, or just one goal full stop! You can set short term goals and/or long term goals. Whatever you can start with is OK. Remember this is meant to help you, not to hinder!

Ideally, it would be great to work through this in your small group or with a few other Christians. Even make joint goals. If you are married or share a household, you might like to write some shared goals, as well as some individual goals.

Write your mission statement

(from the previous worksheet "Drafting a mission statement")

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1. Goals for your spiritual journey.

We need to learn to cultivate our inner life through reflecting on Scripture, study, praise, and thanksgiving. Set goals for your devotional time, to work on certain aspects of your character or relationship with God and others, or to explore your emerging spiritual gifts. It's OK to start small!

Some Examples here...

Spiritual Disciplines:

- ◆ read the bible twice a week
- ◆ pray for others as well as myself
- ◆ make a prayer schedule (e.g. topics for each day)
- ◆ Read all of the book of Job, with a commentary

Spiritual growth:

- ◆ show more trust in God by giving generously
- ◆ grow in patience with my work colleague

Spiritual gifts:

- ◆ Join the welcoming team at church

- ◆ Offer to lead a bible study at small group
- ◆ Show hospitality to neighbours

2. Goals for your kingdom vocation

“Vocation” usually refers to a strong sense of being drawn to a role or activity or purpose. In the Kingdom of God, vocation is not necessarily focused on Sunday church or holding a religious office. Instead, we can explore a sense of aligning who God has made us to be with the context we are set in. This may relate to some paid work that you do, or to an honorary, unpaid, even unseen role.

The question you need to answer here is “How does God want me to implement my mission statement in the service of others?” What is one intentional way you can seek to advance God’s kingdom in your workplace, your campus, your community, or through your home or family?

For example:

- ◆ Book in lunch or coffee with workmates or fellow students
- ◆ Support my boss better
- ◆ Challenge gender discrimination at work
- ◆ Invite neighbours to meet with you and other Christians you know
- ◆ Encourage others, especially those marginalized in my workplace
- ◆ Use my expertise on a board or committee
- ◆ Mentor an indigenous student through AIME
- ◆ Become a foster parent
- ◆ Join a local group concerned for the environment
- ◆ Volunteer at

3. Intellectual disciplines

Do you read and work actively to understand more about your faith and about your world? Many of us have advanced our learning for our daily work but have had little or no intentional learning about the basis and practice of our faith in Christ! Christians also do well to have a keen eye on politics and society, especially being aware of injustice and alert to signs of peace and mercy.

For example:

- ◆ Subscribe to a newspaper or news magazine
- ◆ Subscribe to a Christian journal, magazine or blog

- ◆ Join a small group or bible study group
- ◆ Read one book a month (fiction, non-fiction, spiritual.....)
- ◆ Join a book group, movie group, poetry group, art group, or discussion group
- ◆ Listen to a regular podcast
- ◆ Enrol at bible college or study biblical topics on line (e.g. Ridley Collge)

4. Goals for your relationships

Do you make time for the significant relationships in your life? Are there young leaders in your church or workplace that you could mentor or coach? Can you open your home in hospitality to others? How can you better include those on the margins?

For example:

- ◆ Regular date night with my spouse
- ◆ Repair my relationship with my brother
- ◆ Mentor someone at work or church
- ◆ Extra care for someone in my small group
- ◆ Invite newcomers at church to have a meal with me
- ◆ Take up a regular sport with a group of my neighbours
- ◆ Correspond regularly with a missionary or aid and relief worker overseas

5. Goals for your Creative Disciplines

How can you use your creativity to create ways to put faith into practice? Arts, hospitality, gardening, music...

For example:

- ◆ Grow 50% of our vegetables
- ◆ Work in a garden with others to grow relationships
- ◆ Join a choir or band that gives free concerts to the community
- ◆ Knit scarves and beanies for refugees or homeless people
- ◆ Cook meals for a ‘food bank’ for people in need
- ◆ Serve at your local community centre using a talent or skill