

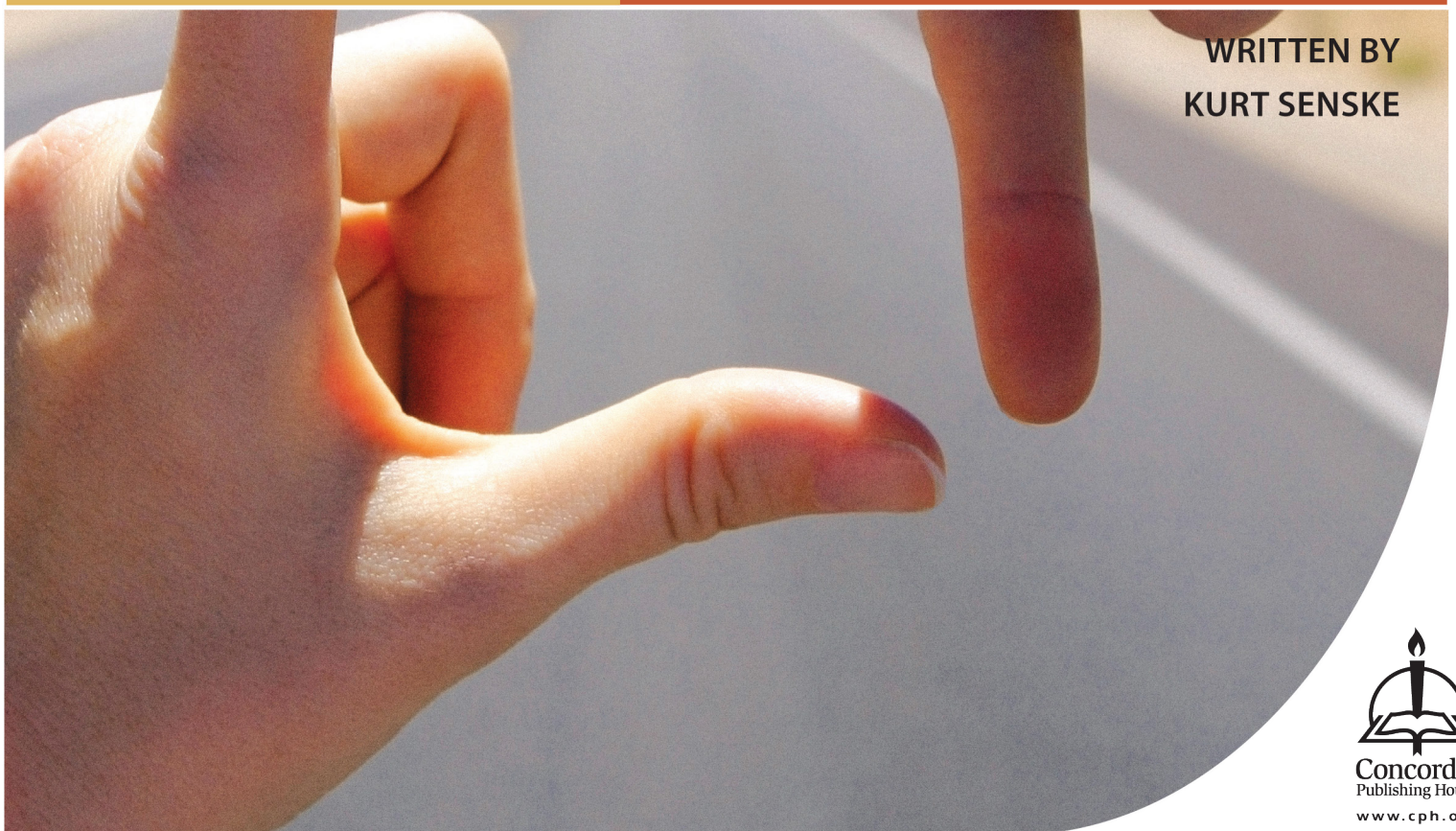


Exercises and
Discussion Questions

The Calling

Live a Life of Significance

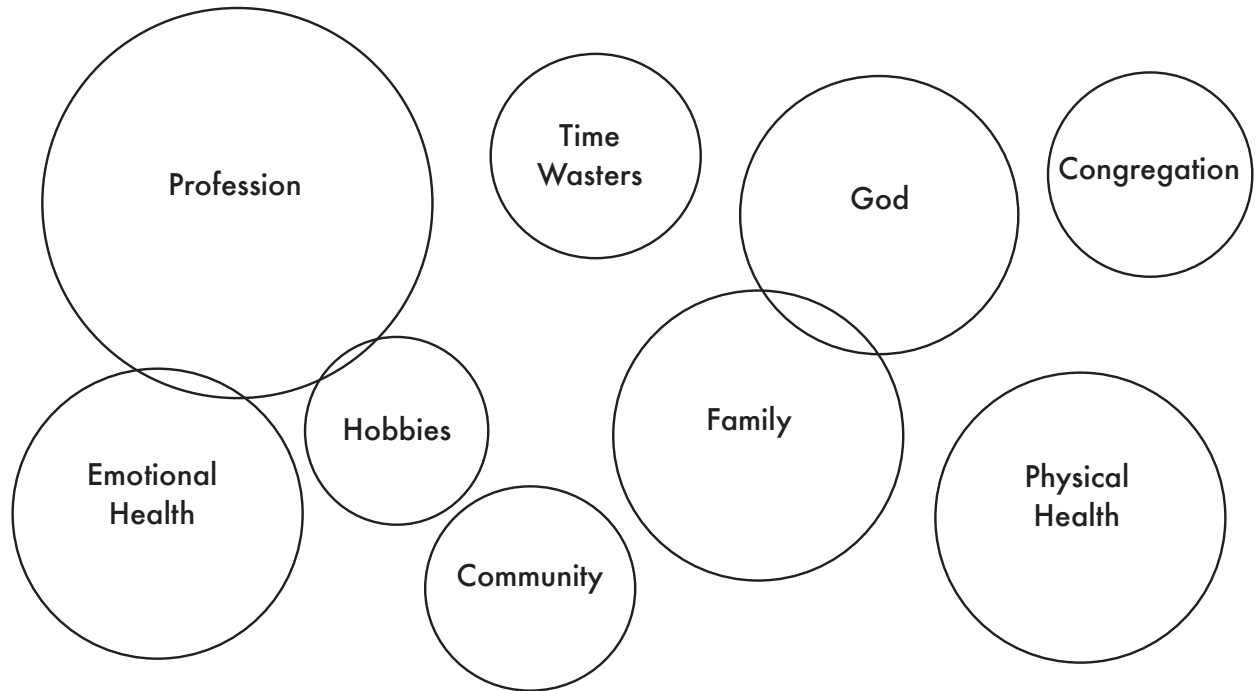
WRITTEN BY
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Stick Person

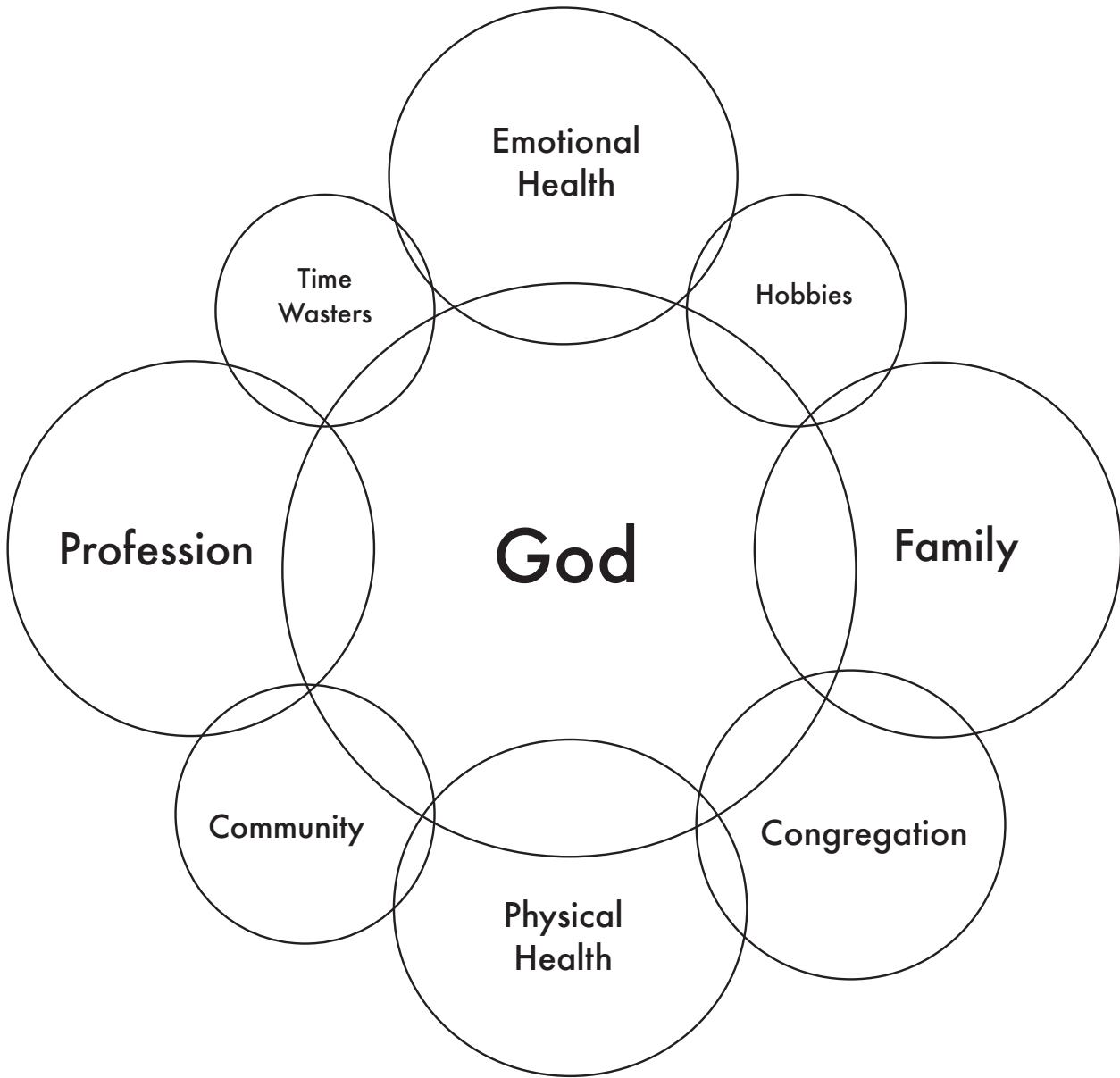
Head	physical activity
Left arm	spiritual health
Right arm	professional life
Torso	family life
Left leg	community/congregational life
Right leg	hobbies

Incorporating Rituals Into Our Daily Lives



Your Diagram

Diagram of a Significant Life (exercise 2 continued)



Rituals to Help You Accomplish Your Goals (exercise 2 continued)

Goal 1: _____

Rituals: _____

Goal 2: _____

Rituals: _____

Goal 3: _____

Rituals: _____

Honestly Telling Your Story to Find Your Life

Use the space below to write out two aspects of your personal story you would like to transform. Then list the rituals that will help achieve that transformation, as well as the habits you need to eliminate in order to bring your purposes and *how you are currently living* into alignment. Finally write down how you will hold yourself accountable.

Story Line 1 That Needs Revising: _____

Rituals that will Help Rewrite This Story Line: _____

Story Line 2 That Needs Revising: _____

Rituals that will Help Rewrite This Story Line: _____

The Two Curves

Below, list the rituals that are currently a part of your life, or that you will implement to prepare you for tomorrow:

1. _____
2. _____
3. _____
4. _____

Leading a Life of Simplicity

Now list any earthly possessions that you believe have the potential to become an idol—to dislodge God as the object of your deepest devotion:

1. _____
2. _____
3. _____
4. _____
5. _____

Leading a Life of Simplicity (exercise 5 continued)

List five rituals that you can implement in order to assist you in leading a life of simplicity:

1. _____
2. _____
3. _____
4. _____
5. _____

The third step is to list how you can utilize your possessions to serve others: your used clothing for a homeless family; your car to drive a disabled woman to the doctor; your time to visit residents in a nursing home; your money to increase your weekly offering; or your position to urge those within your "constellation" of dots to support a worthy cause:

1. _____
2. _____
3. _____
4. _____
5. _____

Caring for Ourselves

<p>Doing: Positives</p> <ul style="list-style-type: none"> Helping a friend with homework Exploring new ways to serve others Volunteering at your daughter's school Counseling a family member or friend Being strong for others Witnessing to others 	<p>Being: Positives</p> <ul style="list-style-type: none"> Prayer, Bible Study, taking Communion Rest, revitalization, and spiritual renewal Gaining perspective Acknowledging one's limitations Accepting oneself Being grounded through words and actions
<p>Doing: Negatives</p> <ul style="list-style-type: none"> Burnout Overextending oneself Neglecting one's own needs Neglecting friends and family Becoming cynical Being overwhelmed by problems Becoming exhausted and humorless Physical or emotional illness Being at one's worst 	<p>Being: Negatives</p> <ul style="list-style-type: none"> Spiritual narcissism Becoming over-focused on one's self Isolation Navel gazing Loss of concern for others Loss of sense of mission Hypochondria Becoming part of the "me" generation Excessive self-absorption

What three activities or rituals can you think of that will help you move from those times when you find yourself trapped in the *negative doing* quadrant to the *positive being* quadrant?

1. _____
2. _____
3. _____

Now list three activities or rituals can you think of that you have found useful to help move you from the *negative being* quadrant to the *positive doing* quadrant:

1. _____
2. _____
3. _____

Serving Our Family

Family Member	Sufficient Attention?	Plan to Remedy the Gap
Spouse	No	
Children (List separately)	No	
Grandparents	No	
Parents	No	
Siblings (List separately)	No	
Grandchildren (List separately)	No	
In-laws	No	