

# **Purposeful Living Seminar**

**“Catch the Vision” Lab by Mark Bickel**

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*Grace Bible Fellowship Church, Wallingford*

## **SESSION 1 : Priorities and Goals**

### **Opening Questions (5 min.)**

#### **1) Vision of the Future**

List key things in life 20 years from now :

- PhD in Elec. Engineering
- Lead designer at Disney Animatronics
- Beautiful wife, house in suburbs, 2.5 kids, white picket fence, dog
- Kids grow to mature Christians, go off to college and good career
- Retire, lots of grandkids, nice house by beech / woods / sunset...
- elder / deacon / Ladies Bible Study leader ...

#### **2) Goal for Next 3-5 Years**

Key things you hope to do / accomplish

- Study hard and keep a 4.0 average
- Join fraternity, party and enjoy life while I can
- Get married / start family
- Go into business for myself
- Get new house / renovate the old one
- Survive the ‘terrible twos’
- Build a good relationship with my teenager

#### **3) Priorities**

List, in order, key priorities

- Education
- God
- Family
- Money / Possessions

#### **4) Actual**

List number of hours in spent in last week on major areas of life:

- 40 hours work
- 15 hours class / 10 hours homework
- 10 hours running kids around
- 10 hours eating
- 30 hours sleeping
- 10 hours TV / Video games
- 5 hours internet
- 10 hours with friends
- 2 hours Christian Fellowship

\*\* How do the lists compare ? Are your goals heading towards your 20 year vision ?  
Does your life this past week at all reflect your priorities ?

NOTE: Will look at a LOT of areas in seminar ... Meant to look back on and use to modify a FEW things at a time in real life. Don't allow yourself to be overwhelmed!

I] Setting **PRIORITIES** for Life - The Love of **GOD** Alone (10- min.)

A) **God is Number 1**

**Duet. 5: 6-10** : 1<sup>st</sup> commandment - have no other God's before me

<sup>6</sup>“I am the LORD your God, who brought you out of Egypt, out of the land of slavery. <sup>7</sup>“You shall have no other gods before me.

<sup>8</sup>“You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. <sup>9</sup> You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, <sup>10</sup> but showing love to a thousand generations of those who love me and keep my commandments.

Can not serve God and Money ... What controls heart controls life ...

There is One Thing Needful - Mary/ Martha

I came to do the will of the Father - Jesus

**B) There is no #2, #3 ...**

**II Timothy 2 : 1-7** : not involved in civilian affairs

You then, my son, be strong in the grace that is in Christ Jesus. <sup>2</sup> And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others. <sup>3</sup> Endure hardship with us like a good soldier of Christ Jesus. <sup>4</sup> No one serving as a soldier gets involved in civilian affairs—he wants to please his commanding officer. <sup>5</sup> Similarly, if anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules. <sup>6</sup> The hardworking farmer should be the first to receive a share of the crops. <sup>7</sup> Reflect on what I am saying, for the Lord will give you insight into all this.

Jesus - Deny self to follow, leave all behind, not look back

Me : all I am

" **All I am** ... All I have ... All I ever hope to be ... I now and forever dedicate to the Lord Jesus Christ for His use and glory, absolutely, unconditionally, now and forever. "

**C) All of Life lived for God, ask Him what His priorities are !**

**Do not Subdivide who is in Control** - Spiritual run by God, School by Professor, Work by boss, Home by the kids... Not in School to make A, or Pass, or make father proud. Work to please boss, or make money, or do as little as possible. Not live for weekend, pleasure. End goal not even 'raise nice kids' or 'make spouse happy'

**Personal :** Love God - How are you doing that ?  
What is God teaching you ?  
What areas does He want you to work on, grow in ?

**Ministry :** Love Other - Who ? How ?  
Know your role in fellowship (and what is NOT your role)  
Look around you - who are the lepers, sinners, etc. to reach out to

**Life :** Education  
Work  
Family  
Friends

**Example : each night pray :** Have I done the 1 thing needful today ?  
What is God's Perspective on my day ?  
1 Area to pray for / have faith for tomorrow.

**Note : Actual Life is a Reflection of True Priorities**

**Ex. : J. at Tyler**

**II] Establishing GOALS for Growth - Maturity in CHRIST (15 min.)**

**How many put Marriage / Family on long term vision ?**

- Are you ready to be a husband / wife ?
  - What does God say about relationship? About roles ?
  - What does it mean to be head, lead, love. To be Lord of earth, ....
  - What does it mean to be a helpmate and life giver? To submit?
  - What does a mature and godly man / woman look like ?
  - What are Biblical relationships? Is dating emotional fornication?
  
- Is the goal of your walk with God 5 min. a day to read “My Daily Bread”, or Isn’t it even that aggressive? Couldn’t it be so much more ?
  
- Its true, if you aim at nothing you are sure to hit it! Let’s set some bigger Goals

**A) Know the Bible (3 minutes)**

**Ephesians 4:11-16 - Grow to Maturity in the Word**

<sup>12</sup>to prepare God’s people for works of service, so that the body of Christ may be built up <sup>13</sup>until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

<sup>14</sup>Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. <sup>15</sup>Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.

**1) Master the Word - 2 Timothy 2:15**

<sup>15</sup>Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.

- Know Bible better than Major !
  
- Plan to read it through from cover to cover, study every section in depth  
**- Ex. Minor Prophets Speak Today ; Sunday Learning Groups**
  
- get in Bible Studies that challenge you to dig deeper  
**Ex. Thursday Bible Class , Ladies Bible Study, ...  
2 or 3 one morning a week over coffee**
  
- take advantage of every opportunity  
**Ex. Sunday Sermons on Romans- study that book on own, even ask Pastor for resources! ; Vision Labs; Retreats & Seminars – Ladies, Q.Town conf on reformed Theology, Pinebrook, Walk Thru the Old Testament ; In November Missions Conference**

## 2) Understand Foundational Doctrines - Hebrews 5:11 - 6:2

<sup>11</sup> We have much to say about this, but it is hard to explain because you are slow to learn. <sup>12</sup> In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! <sup>13</sup> Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. <sup>14</sup> But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

**6** Therefore let us leave the elementary teachings about Christ and go on to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God, <sup>2</sup> instruction about baptisms, the laying on of hands, the resurrection of the dead, and eternal judgment.

- read !

*Ex. James Boice's "Foundations of the Christian Faith" or, more popular, similar work : J.I. Packer "Knowing God"*

- Work through theological issues

*Ex. Predestination (and practical application!), Baptism, Faith and Order. Doctrine of Man - good or bad, and implications.*

## 3) Learn your History - constant command to "Remember"

- 1st Commandment begins - I am God who brought out of Egypt...

- New Family, so New History - not American, but Christian

- Old Testament is History of your family and your God

- Church History is also yours - and we need to learn lessons from it, as well as be challenged and encouraged by it - they had different focuses that are good for us.

*Ex. so read some history, or some good Biographies*

- Finally, learn about the church around the World - they are family too.

*Ex. Operation World*

**B) Renew your Mind (3 min)**

**1) Academics - Daniel 10:12 ; Mark 12:30**

<sup>12</sup>Then he continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.

<sup>30</sup>Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’

Engineers - Tower of Babel

Artists - Bazellel and Tabernacle / Temple

Business - Money and Management

Humanities - Literary styles , content

Scientist - God gives grass to cattle

Psychologist - Heart (ex Low Self Esteem, or think too highly of self)

*Ex. Students : Make it a goal to look up class content in Bible*

*Ex. Employees : Study what Bible says about job / career goals*

**2) Discernment**

- Knowing right from Wrong - 1 John 4:1

Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world

- Look at Bible as think through Moral and Ethical issues

- Take societal issues back to Bible (World no friend to God)

- Think on Good - Philippians 4 : 8

<sup>8</sup>Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup>Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

- Memorize Scripture - Proverbs 7 : 1- 3

**7** My son, keep my words  
and store up my commands within you.

<sup>2</sup>Keep my commands and you will live;  
guard my teachings as the apple of your eye.

<sup>3</sup>Bind them on your fingers;  
write them on the tablet of your heart.

### 3) Thinking - Romans 12: 1-2

**12** Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. <sup>2</sup> Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Goal : Have mind so transformed we think LIKE CHRIST / Paul / Etc.

Not just know where to turn in Bible, or understand Paul, or quote Him

## C) Develop Ministry Skills (3 min.)

### 1) Use Gifts - I Corinthians 12

- Experiment, try out gifts, discover who you are what your passions are

*Ex. Me at Drexel : booktable, create new believers study, Freshman outreach team, President, Sr. year focus on study break / disciple*

*Ex. Crossroads : Worship team, Lead Bible Study, Teach, Design room, Paint ... Discipleship, Greet, Hospitality, Outreach*

### 2) Develop Leadership - I Timothy 3

- Take leadership in some area - in Koinonia, or Church Committee

- Look at Elder / Deacon list in I Tim 3 - develop those areas

### 3) Get Mentored - Titus 2 : 1-8

You must teach what is in accord with sound doctrine. <sup>2</sup> Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance. <sup>3</sup> Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. <sup>4</sup> Then they can train the younger women to love their husbands and children, <sup>5</sup> to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God. <sup>6</sup> Similarly, encourage the young men to be self-controlled. <sup>7</sup> In everything set them an example by doing what is good. In your teaching show integrity, seriousness <sup>8</sup> and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us.

**D) Personal Life (2 min)**

**1) Character**

**Fruit of the Spirit - Galatians 5 : 16-26**

**Beatitudes - Matt 5-7**

**Put off Old / Put on New - Ephesians 4-6**

**Issues of the Heart** - anger, lying, lust

**2) Practical Life Skills**

- Set goals for your education - in major and without

*Ex. Take other classes for life -  
me: EE major, took Sociology to help think!*

- Develop Social skills

*Ex. again in right proportion  
- some need more, some need to cut back and focus*

- Learn to cook, be responsible for room, etc.

*Ex. Jobs in house based on what CAN NOT do well !  
Thurs. Bible Study – help cook*

**3) Discipline**

Use of time , energy, money

*Ex. Set good habits now : sleep, exercise, Q.T., tithe and offering...*

**Make it Real**

**\*\* If Time Now: Huddle in groups of 3-5 where you are** - What are 1 or 2 areas where you would like to set a practical goal for growth for the next 6 months?

Set aside time **THIS WEEK** to go through attached goals sheet (at end of packet) and fill in a few goals for the next 3-4 years of your life.

Do not worry about how they would be accomplished yet, just dream big! Make goals that would be worth living up to!

Pray, asking God to expand your vision, and to help you in the coming weeks to better plan how to work toward those goals (also knowing God may choose to teach you some of these things in unplanned ways as well!)

**III] Creating a SCHEDULE to live by - Disciplines of a DISCIPLE (15 Min)**

**Ephesians 2:10**

For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do

**A) School and Job are Work (5 min)**

**1) Work is part of created order, not the fall (hardness is fall) - Gen 1 & 2**

<sup>1:28</sup> God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground."

<sup>29</sup> Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

<sup>30</sup> And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground—everything that has the breath of life in it—I give every green plant for food." And it was so.

2:4 When the LORD God made the earth and the heavens—<sup>5</sup> and no shrub of the field had yet appeared on the earth and no plant of the field had yet sprung up, for the LORD God had not sent rain on the earth and there was no man to work the ground,<sup>6</sup> but streams came up from the earth and watered the whole surface of the ground—<sup>7</sup> the LORD God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

<sup>2:15</sup> The LORD God took the man and put him in the Garden of Eden to work it and take care of it.

Thus it is both necessary and GOOD to work !

**2) Do your work excellently - Ephesians 6: 5-9**

<sup>5</sup> Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ. <sup>6</sup> Obey them not only to win their favor when their eye is on you, but like slaves of Christ, doing the will of God from your heart. <sup>7</sup> Serve wholeheartedly, as if you were serving the Lord, not men, <sup>8</sup> because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free. <sup>9</sup> And masters, treat your slaves in the same way. Do not threaten them, since you know that he who is both their Master and yours is in heaven, and there is no favoritism with him.

Be focused, diligent and disciplined -

**3) Put work in it's proper place** - Luke 16:1-13

Parable of Shrewd Manager - Whoever faithful with little given much  
<sup>13</sup>“No servant can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.”

Set **time constraints** - minimum and maximum - i.e. treat like a job

**Ex. STUDENT :**

**8-5 Monday - Friday**

Some Saturdays as needed

- Did mean I needed to **work hard** during the allotted time, prioritize, etc
- did not allow more than an hour of non-school time from 8-5 pm
- At 5 pm books went on shelf, and I took the consequences

\* For some this will mean **getting serious**, not being lazy and losing time,  
Not settling for Cs when Bs are very possible with some discipline

\* For others it will mean **giving up the 4.0** as the primary goal in life

*Ex. of **Bill Smith***

**Ex. JOBS :**

- Do the Excellently, not loafing around
- Do not compromise - stealing, lying, etc
- Be **excellent even if no one is looking**
  
- Set **reasonable hours**, and stick to them.
- Do not let Job control you ! 60-80 hour week not reasonable
  
- Note to **students with Jobs** - is total time cutting into health, social, walk with God. If no time for time with God or His people, for working on any other goals, then cut something! Work less, less classes - take 6 years to grad.

**B) The Sabbath is not Work Deut. 5: 12-15 ; Mark 2: 27-28 (5 min)**

<sup>12</sup>“Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. <sup>13</sup>Six days you shall labor and do all your work, <sup>14</sup>but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may rest, as you do. <sup>15</sup>Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.

<sup>27</sup>Then he said to them, “The Sabbath was made for man, not man for the Sabbath. <sup>28</sup>So the Son of Man is Lord even of the Sabbath.”

**1) We were Designed to Work and Rest**

- Gen 2 : God rest on the seventh day !
- Sabbath also creation order !
- one of 10 commandments, one with most detail !
  
- We were designed to need a day of rest every week, who we are -  
**We need it for rest and restoration**

**2) God worthy of Day of Worship**

God expected us to work, but also to worship, and to do it especially on His day. **We need it for worship, re-focusing and re-energizing.**

Meet with God's people in His day !

**3) It is a day of Joy, not Burden's**

- Pharisees made it a day of rules / burdens
  
- Should be a day of Joy, anticipation of Heaven
  
- to be a **joy not a burden**, Best day of the week !

**Ex. Freshman year picnics** ... later years meant need to be serious on Friday and Saturday - but always looked forward to Sunday, best day of the week went to church, and hung out with others from church and fellowship

*Why not give it a try ?*

**C) Time for Relationships (C-E in 5 Min)**

**1) Personal Time with God**

**2) Scheduled Times with God's Family**

Prime Time, Family Groups, Leadership Team

**3) Taking Time for People**

Discipleship, Follow-up, Caring and Friendship, Outreach, Serving

**4) Ministry Planning and Praying on your own**

Preparing for Bible Study, Planning for Fellowship, PRAYER

**D) Time for Life**

- Recreation / Down Time
- Eating (note: this makes GREAT people time!)
- Sleeping
- Misc errands, email, etc.
- Reading and working toward other goals  
(set aside an evening, or 30 min. a night, etc to read or work on long-range goals that do not fit into the urgent tasks of daily life!)

**E) FLEX TIME !**

- Expect the unexpected

**\*\* SOME PRACTICAL NOTES \*\*** (2-3 min.)

**\*\* You need a regular schedule / routine to stay focused \*\***

Do not just wing it! Only urgent and/or fun things will ever get done!

Once you make a schedule, force yourself to **STICK TO IT**

If it is not working, modify the schedule, but once you have it, do it.

If you find everyday / every week becoming a special exception, **STOP** and re-evaluate. Discipline yourself to not make many exceptions

(note: we will talk more about daily life and exceptions next week)

**\*\* BE REAL \*\***

Need to have a **REALISTIC** schedule

- Not to rigid (Ex. everything in 30 min blocks, with topic to study)
- Not to Tight (Overestimate how long things will take)
- Not to full (Ex. filled every moment, leave flex time, down time...)

**\*\* Re-evaluate \*\***

- Every so often take a week and write down everything you do as you do it - in 15 min. increments
- Find wasted time and reclaim it
- see if you are following the schedule, and if not adjust you or it
- Double check the 4-5 year goals - are they getting met ?

**Make it Real**

After you work on your goals, take some time **this MONTH to work on a realistic schedule** that reflects God's priorities. **Share that schedule with someone** else and ask them for input. Also ask them to pray for you and ask you next week how you are doing at living out the priorities God has set.

If you are a parent, you will also want to talk with the entire family about their schedules – help the kids set personal goals and evaluate their own schedules as well as setting family goals and family times in the schedule. Also discuss how their choices effect the rest of the family's ability to accomplish their goals (how running them to events effects your time, how your staying late at work effects their homework, etc).

**IV] LIVING each day with Purpose - Life in the SPIRIT (15 min)**

\* Set Goals, then Plan Ahead, but then Let God Bering what He Wills

**A) Tyranny of the Urgent (Mark 1:35-38) (5 min.)**

Jesus : After very successful start to ministry, teaching in Synagogue and healing all night long :

<sup>35</sup> Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. <sup>36</sup> Simon and his companions went to look for him, <sup>37</sup> and when they found him, they exclaimed: “Everyone is looking for you!”

<sup>38</sup> Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.”

**Knew Priorities, would not be distracted - Even by GOOD things (more to be healed ...)**

	Urgent	Not Urgent
Important	20 - 25 %	65 - 80 %
Not Important	15 %	< 1%

**This is what we SHOULD do, Spending almost all time in Important section. Majority in non-urgent part.**

**In reality, we spend most time in Urgent column, often on Not Important. We also spend more time than we should in Not Urgent, Not Important to relieve stress !**

**1) Know Goals, Stay Focused on What God says is Important (John 6:38)**

<sup>38</sup> For I have come down from heaven not to do my will but to do the will of him who sent me. <sup>39</sup> And this is the will of him who sent me, that I shall lose none of all that he has given me, but raise them up at the last day. <sup>40</sup> For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise him up at the last day.”

**Here again is where GOALS come in. Need to force self to work toward goals, not pleasing men, but God.**

- Stay focused on Priorities, say NO to things that would distract

**2) JUST SAY NO ! (John 8:28-29)**

So Jesus said, “When you have lifted up the Son of Man, then you will know that I am the one I claim to be and that I do nothing on my own but speak just what the Father has taught me. <sup>29</sup>The one who sent me is with me; he has not left me alone, for I always do what pleases him.”

- You do not need to meet every need ! Meet those god calls you to, but NOT all
- Change structures and programs to fit CALLING, not other way around.

**B) CALLED, not Driven (John 4:34, John 17:4) (combined with above)**

{Let's look at the same thing from another angles - let's look at the heart}

<sup>34</sup>“My food,” said Jesus, “is to do the will of him who sent me and to finish his work

<sup>4</sup>I have brought you glory on earth by completing the work you gave me to do

**Ex. Drexel Junior Year** - Exec and Large Group and Outreach and Small Group

**Ex. Senior Year** - No leadership, so weekly outreach, freshman Discipleship move to freshman dorm to make it most effective.  
(Did meet with leaders one-on-one to help them, BUT not take on)

**What is the difference ? The Heart**

Junior Year - Fear of Man, Try to be Savior, Pride ...  
(note: President was call of God, but I added on everything else)

Senior Year - Clear call of God, do whatever it takes to stay focused  
(note: most ministry, and 1st time on dean's list!)

**C) Opportunities, not Interruptions (Ephesians 5: 15-17) (5 min)**

When someone knocks on your door at 3:00, when you still have 2 hours of HW or when you hear of a friend down the hall having a hard day or you get stuck in traffic for 30 minutes - does this ruin your day ?

<sup>15</sup> Be very careful, then, how you live—not as unwise but as wise, <sup>16</sup> making the most of every opportunity, because the days are evil. <sup>17</sup> Therefore do not be foolish, but understand what the Lord’s will is. <sup>18</sup> Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. <sup>19</sup> Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, <sup>20</sup> always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Notice the exhortation - live as wise, not unwise. Know God's will and do it.

Make decisions about drinking, praising, etc. based on what God's priorities are

Make every opportunity count - use it to minister to people, glorify God

**Sanders - page 97** {ex. : pray to see what God has}

**Sanders - page 94** {all have same 24 hours, busy man always has time...}

\* Key is to see each thing that comes up as an opportunity from God - take it,  
And enjoy it, but only for as long as is wise in God's eyes.

(i.e be willing to not do H.W. to help a friend, but don't just small talk 3 hours)

**D) Use Time Wisely** (*as good stewards, not owners*) **(3 min.)**

\*\* Treat time not a commodity, and not as something you own or try to control  
but rather think of yourself as God's steward, you need to use your gifts, talents,  
etc. to please him and advance His kingdom in the best way possible.

\*\* Note : again, the paradox here is that that is not a burden! as Piper has noted, God is  
most pleased when we are most satisfied in Him. So seeking His kingdom and  
working hard for His glory is actually the best way to bring joy & pleasure to yourself!

**1) Reclaim lost time**

**2) Control Time** (if you play video game to relax, set alarm for 30 min, then quit)

**3) Multi-Task** (meals are a great time for discipleship - you both have to eat!)

Ex. Senior Year I had a dorm with a kitchen, invited someone over almost every  
night for home-cooked meal

**4) Integrate Various Tasks** - killing 2 birds with one stone

Ex. If your church is studying Genesis, make that your Quiet Time and the  
Book you lead your friend through in Discipleship times

Ex. If your finding it hard to articulate your faith to others, take a speech  
Class and write talks on Christianity

**5) Balance Adjustments**

If your car broke down Monday and you lost 3 study hours, and  
then Thursday you were exhausted and slept in 2 hours - do you just lose all that  
study time, or do you scrap small group and all outreach because studying needs  
to get done - or do you re-adjust your time also based on priorities and goals -  
skip one homework assignment to go to fellowship, but go home right afterwards  
and skip some time out with friends to get other homework done.

**CONCLUSION : You will Reap what you Sow (Galatians 6:7-10) (2 Min.)**

<sup>7</sup> Do not be deceived: God cannot be mocked. A man reaps what he sows. <sup>8</sup> The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. <sup>9</sup> Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. <sup>10</sup> Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

**Business Professor** will convince you to do all to make money

**Engineering professor** will convince you to study and research 100hrs a week  
For great new discovery and famous name

**Art professor** will tell you to never sleep, because project can always be better

**God** says do not worry about houses, or food or clothing

**Seek Him First** and Everything else you need will be given later

**{Optional} Note on Stress :**

2/3 of visits to family doctors are for stress-related illness !  
How do we relieve stress ? (*Matt. 6: 25-24*)

<sup>25</sup> “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? <sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup> Who of you by worrying can add a single hour to his life?

<sup>28</sup> “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? <sup>31</sup> So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

**Who will you listen to ?****Make It Real**

Maybe decide now on "typical week" that is coming up, and **record everything you do** that week, then evaluate how those things work toward or against your goals and what you could adjust. Some things to look for: Urgent taking charge, Laziness, Ways to reclaim lost time, Ways to accomplish multiple goals in a single task

Take some time around a dinner table to **think about / discuss the some of the “interruptions” to your day**, how did you / could you turn those into opportunities, and how did you/ could you best adjust the rest of the day around those interruptions.

**\*\* NOTE: Same principles can be applied to other areas of life, for example:**

### **Purposeful Finances**

- God is Priority, He is # 1, No number 2 – All money, possessions, everything comes from him and is his, we are simply stewards
- Set goals – include using your money to grow in knowing God, for his church, for advancing the kingdom, for family and neighbor, for enjoying the life God has provided
- Make a budget – decide what goes where, remember to be generous, to sacrifice for the kingdom, to help brothers and neighbors with less than you (poor here and around the world), do enjoy what God has provided, but also be content and willing to part with it as well
- Look at the unexpected as opportunities – to bless others, for your growth, for weaning your heart from things that are lost, for being exceptionally generous with unexpected blessing, for reminding you this is not your home and setting your heart more fully on things above
- You will reap what you sow – God blesses obedience in finances, good stewardship, and generosity, with a right heart of worship. And if we store up treasure in heaven rather than on earth God’s blessings will continue for eternity!
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### **[Optional] Personal or Small Group Questions (from student version of seminar)**

NOTE : Do not spend more than half your time on the first 3 questions, be sure you get good time on numbers 4 and 5. End with prayer and the challenge to go home and work on number 6 individually in the next few days, then get together and talk about it and pray for each other more specifically!

1) How should you respond to someone who says “God has called me to college, and so I should focus my time there. If I have school work, that is more important than going to Bible study right now. I have the rest of my life for ministry, right now I need to learn my major well”

2) How should you respond to someone who says “There are just so many needs around us, how can you spend so much time couped up in your room studying those things you’ll never use again anyway. I’m in these 3 great Bible studies, and this homeless ministry right now, and am looking for other ways to help the church. God doesn’t care about grades anyway, he cares about people”

3) How would you articulate a biblical view on God’s calling to us as students (i.e. what has God called us to, and how should we think about the relationship of the different components of life)?

\*\* 4) What should our goals be for our time in college (for example, basic mastery of the entire Bible, learning how to think biblically and problem solve - both in my major and in life issues...)?

\*\* 5) How do your priorities need to change FOR THIS TERM if you are going to move toward those goals ?

6) Take some time THIS WEEK to work on a realistic schedule that reflects God’s priorities. Share that schedule with someone else and ask them for input. Also ask them to pray for you and ask you next week how you are doing at living out the priorities God has set (NOTE: I did not say “have you followed the schedule 100%”, but rather, with the schedule to guide you, have you lived purposefully, fulfilling God’s priorities in all the opportunities He has given this week).