

Crafting a Rule of Life

Session 2

What is God's invitation
to you today?

Session 2: Begin With the End in Mind

Reflection Questions to help shape a mission statement

(Taken from *First Things First* by Steven Covey and Roger & Rebecca Merrill)

1. What do I feel are my greatest strengths? What strengths have other who know me well noticed in me?
2. What do I deeply enjoy doing?
3. What qualities of character do I most admire in others?
4. Who is one person that has made the greatest positive impact on my life?
5. Why was that person able to have such significant impact?
6. What have been my happiest moments in my life? Why were they happy?
7. If I had unlimited time and resources, what would I choose to do?
8. When I look at my work life, what activities do I consider of greatest worth?
9. When I look at my personal life, what activities do I consider of greatest worth?
10. What can I do best that would be of worth to others?
11. What talents do I have that no one really knows about?
12. Though I may have dismissed such thoughts many times before for various reasons, are there things I feel I really should do? What are they?
13. What are my physical, mental, social and spiritual needs and capacities (look at these one at a time) How satisfied am I with my current level of fulfilment in these areas? What quality-of-life results do I desire that are different from what I now have in that area?
14. Where do I see my physical, social, mental and spiritual needs and capacities overlapping?
15. What are my important roles in my life?
16. What are the most important lifetime goals I want to fulfil in each role?

17. What results am I currently getting in my life that I like?
18. What results am I currently getting in my life that I don't like?
19. What would produce better results?
20. What would I really like to be and do in my life?

Examples of Personal Mission Statements

1. My life will be characterised by the presence, the personality, and the purposes of God.
2. To be the person my children look to with pride when they say, "This is my dad." To be the one my children come for love, comfort, and understanding. To be the friend known as caring and always willing to listen empathetically to their concerns. To be a person not willing to win at the cost of another's spirit....to have my deeds always match my words through the grace of God.

Exercise – Silent Walk

If you are able, go for a silent walk by yourself. Try to slow down your body and mind and be present to the moment as you are walking. Imagine that your walk symbolises the larger walk of your life. Where are you going? What are you moving towards? What are you aware of as you are on the way? Are you aware of God's presence with you on the journey?

Biblical Meditation

Philippians 3:4-14

I would argue that this is Paul's personal mission statement. Read the passage slowly several times. What words jump out at you? What do you resonate with? What do you feel resistant towards? Talk to God about those things. What might God's invitation be to you?

"...though I myself have reasons for such confidence.

If someone else thinks they have reasons to put confidence in the flesh, I have more: circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; as for zeal, persecuting the church; as for righteousness based on the law, faultless.

But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.

Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

Other Resources

1. Covey, Stephen R, Roger Merrill and Rebecca Merrill. *First Things First*. New York: Simon & Schuster, 1994.
2. Guinness, Os. *The Call*. Nashville: Thomas Nelson. 1973.
3. Weber, Jill. *Even the Sparrow. A Pilgrim's Guide to Prayer, Trust and Following the Leader*, Edinburgh: Muddy Pearl, 2019.

