

LIFE



DESIGN

Become Available, Usable,
and Equipped for God

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Chapter 1: Self-reductionism / Bodily Discipline

Take some time and write out your personal life mission. Include how you see yourself in the framework of God's Gospel command.

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List your top seven life values.

1.

2.

3.

4.

5.

6.

7.

List three Biblical expectations of God in His response to your prioritizing His Great Commission.

Chapter 2: Sabbath Rest / Restorative Sleep

Pray for God to show you activities in your week that need to be changed by removing those habits that steal from your relational connection to God.

Look up (Google or word search) activities that others do during their Sabbath. Experiment with different activities (reading, meditation, worship, or?) to find out what seems to connect you to your Heavenly God and Creator.

1.

2.

3.

4.

5.

6.

7.

Inventory your behavior in light of the finished work of Jesus as it relates to your effort to be pleasing before God.

Chapter 3: Contemplation / Hydration

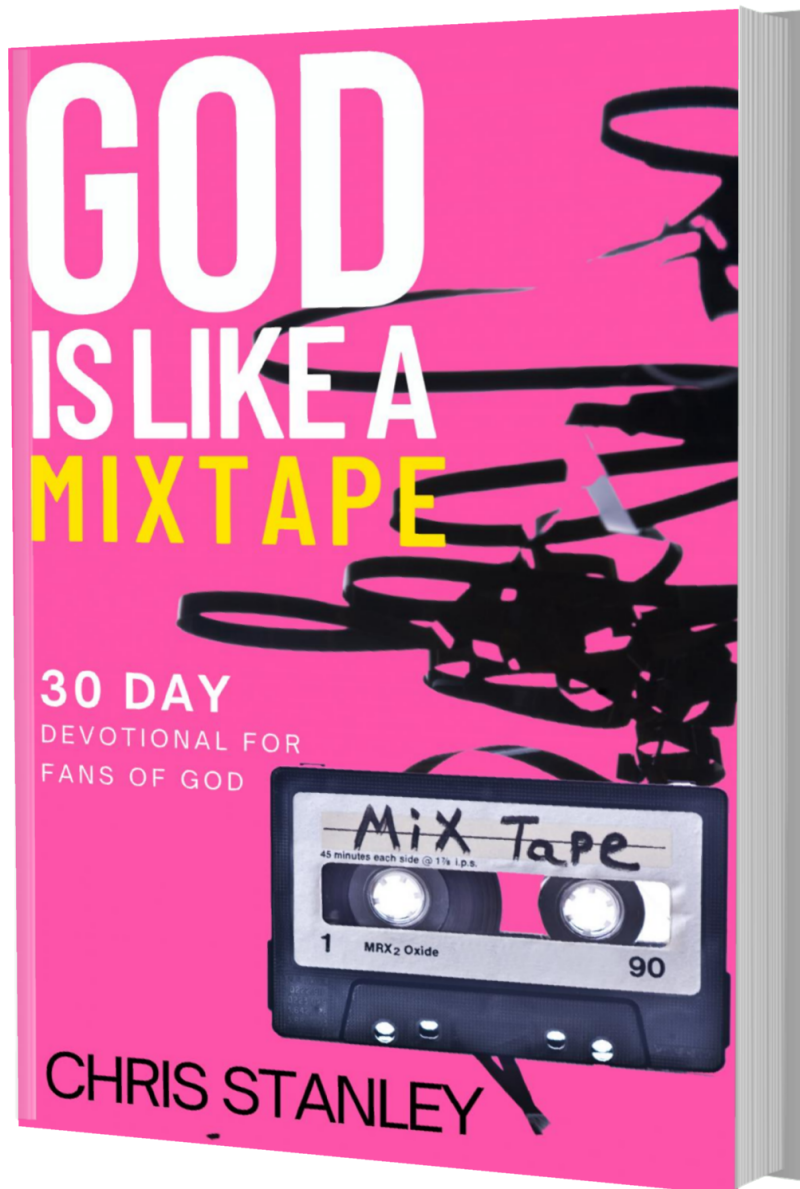
Read 2 Peter 1:3-4. Reflect on how embracing this truth transforms your life and reshapes your habits. Spend 10 minutes each day this week reflecting on it.

Write out, in your own words, what it means to be refreshed by the “water of the Word”.

Research the different options of drinking purified water. (Gravity filter systems, whole- house water purifying systems, reverse osmosis drinking water equipment, bottled water etc.) Consider investing in drinking better water verse the expense of bad health due to drinking toxic water.

Have your drinking water tested. (What did you learn?)

BONUS: Download the "God is Like a Mix Tape" devotional for FREE and get 30 fun ways to contemplate and spot God in your life.



<https://godislike.com/free>

Chapter 4: Connectivity / IPNB

Examine your connection with God. On a scale of 1-10 ("10" being very good, and "1" being not good) how connected do you think you are?

1 2 3 4 5 6 7 8 9 10

NOTES:

List the 5 most influential people in your life currently.

1.

2.

3.

4.

5.

Determine what kind of person you want to become. List people around you that have some or all of these qualities. Make an effort to add positive and edifying people to your relationship circle.

Person	Qualities

Have you forgiven the right people? Are you surrounding yourself with healthy people, and are you growing constantly in your relationship skills?

Chapter 5: Solitude / Environmental Exposure

Plan a day, just for you, to stop and get away without contact with others (cell phone included). In this time of solitude write down feelings, thoughts, and insights. (space for thoughts and reflections below)

DATE:

After taking a day for solitude, inventory your life to determine change in your habits to incorporate regular times of daily, weekly, and yearly solitude

DAILY PLAN:

WEEKLY PLAN:

YEARLY PLAN:

Make a list of possible toxins you are being exposed to on a regular basis. Look up common household physical toxins you may be exposing yourself and family to.

NAME	TOXIN

Ask yourself if you have toxic relationships in your life and make a plan to distance or remove yourself from them.

Chapter 6: Meditation / Nutrigenomics

Christian meditation exercise,

- Read 2 Peter 1:1 Five times.
- Look up each key word in the Greek.
- Contemplate what it means to have the “same kind of faith as ours”.
- Think about how you feel about this “same kind of faith” connection with Apostle Peter and the other Apostles.
- Write down your feelings. 6) Think about these feelings (Peter’s shadow healed people, he spoke with boldness and 3,000 got saved and baptized, and he led the Church that grew to approximately 10,000 in a short period of time). You have the same kind of faith! Let this sink in.

Thoughts

Describe your diet. Example, standard American diet, vegan, wholefood / plant based, keto, clean, or Mediterranean etc.

Ask God to show you His desire for your eating habits.

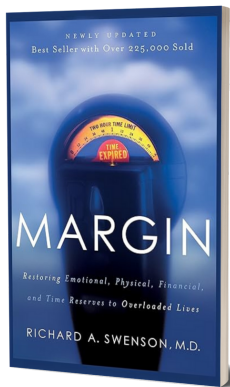
Make adjustments with health in mind for the purpose to make yourself available and usable for God's purposes.

Talk to your doctor about any major changes to your diet. (Remember, each person is unique and has different dietary needs).

Chapter 7: Munificence / Marginal Management

Ask God and consider where you need to be more giving in your time, treasure, and talent.

Consider sourcing your giving and how much you have been given. Write down how you feel about this thought.



Read the book "Margins" by Richard Swenson.

Devise a strategy to realign your priorities within the areas of life's currencies (time, energy, relationships, money).

Time

Energy

Relationships

Money