

LIFE PURPOSE



COACHING CENTERS INTERNATIONAL®

Coaching You to Discover and Fulfill Your Life Purpose

Conversations on Purpose: Man-to-Man and Woman-to-Woman

CONVERSATION #2

AGREEING ABOUT THE BASICS OF YOUR PURPOSES

Open Your Time Together in Conversation with God: *Dear God, today we ask for your guidance in the areas of our roles, core values and beliefs, spiritual habits, and strengths. We know that you care deeply about the healthy development of these things in our lives, and so we ask that you will be specific in your instructions and next steps. In Jesus' name, we pray. Amen.*

Just to Connect: Share about a time you got in trouble for something—as a child, teen, or adult.

TODAY'S FIRST TOPIC: ROLES

Are your life roles balanced or out of whack? What's the most challenging role in your life these days? What makes it hard for you to get out of bed each morning, knowing that you have to face it again? Are you the parent of a rebellious teen, employee of a hard-to-please boss, adult-child of a parent with Alzheimer's, sometime-driver in an unreliable carpool, or single parent of four active children?

It seems as if there is always something that keeps us off balance, tempting us to run off to a remote island for a long vacation. Have you just been given another role to fulfill? Financial advisor to a newlywed couple, comforter to someone who got fired, justice-fighter for a cause, teacher of dyslexic children, or spiritual director for your best friend? Let each tough role bring you closer to God, as you learn to rely on his power and faithfulness to fulfill his purposes for your life today. He will be there to guide you every step of the way.

Check any roles that currently apply to you or write your answer. (If you also want to put an asterisk behind any roles you previously have had, that might be an interesting exercise too, but you won't be asked any further questions about those.)

ROLES AND MORE ROLES

- | | |
|---|--|
| <input type="checkbox"/> Accountability Partner | <input type="checkbox"/> Lay Minister |
| <input type="checkbox"/> Uncle/Aunt | <input type="checkbox"/> Licensed Minister |
| <input type="checkbox"/> Best Friend | <input type="checkbox"/> Mentor |
| <input type="checkbox"/> Boss | <input type="checkbox"/> Father/Mother |
| <input type="checkbox"/> Career Person | <input type="checkbox"/> Father-in-law/Mother-in-law |
| <input type="checkbox"/> Caregiver | <input type="checkbox"/> Neighbor |
| <input type="checkbox"/> Church Member | <input type="checkbox"/> Pastor's Husband/Wife |
| <input type="checkbox"/> Coach | <input type="checkbox"/> Protégé |
| <input type="checkbox"/> Community Volunteer | <input type="checkbox"/> Purpose Partner |
| <input type="checkbox"/> Confidant/Confidante | <input type="checkbox"/> Roommate |
| <input type="checkbox"/> Cook | <input type="checkbox"/> Single Father/Single Mother |
| <input type="checkbox"/> Son/Daughter | <input type="checkbox"/> Brother/Sister |
| <input type="checkbox"/> Son/Daughter of the King | <input type="checkbox"/> Student |
| <input type="checkbox"/> Employee | <input type="checkbox"/> Tutor |
| <input type="checkbox"/> Entrepreneur | <input type="checkbox"/> Husband/Wife |
| <input type="checkbox"/> Ex-husband/Ex-wife | <input type="checkbox"/> World Traveler |
| <input type="checkbox"/> Financial Manger | |
| <input type="checkbox"/> Boyfriend/Girlfriend | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Grandfather/Grandmother | |
| <input type="checkbox"/> Household Engineer | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Kids' Taxi Driver | |

Conversation Starters about Your Roles:

- Talk about the wide variety of roles you have. How does your list bring new meaning to the term multitasking?
- What is your greatest challenge in maintaining your balance as you live out your many roles?

OPTIONAL CONVERSATION ENHANCER

**BALANCING SOME ROLES
AND WALKING AWAY FROM SOME OTHERS**

Be very careful, then, how you live—not as unwise but as wise.
(Ephesians 5:15)

Worth Chatting About: What door of opportunity do you think you should close? Why?

Searching Scripture Together for Wisdom about Roles: Read Exodus 2:1–10 and Hebrews 11:23 about the difficult role Moses' parents had. They had to hide Moses, their infant, in a papyrus basket among the reeds along the bank of the Nile to prevent him from being killed. God has assigned you some challenging roles too. **Something to Talk About:** Think about one of the most difficult roles you have ever had. Share how you navigated (or are navigating) your way through the tough assignment.

So ... What Are Your Final Thoughts about Roles?

- Discuss together any insights into what God is accomplishing in your life through your roles or where you need his guidance. As iron sharpens iron, challenge one another to believe that God, in his sovereignty, already knows precisely what he wants to achieve, eternally, in your life and the life of each person he sends your way.

Optional comment about today's 1st topic:

TODAY'S SECOND TOPIC: CORES VALUES AND BELIEFS

Roles are usually fairly obvious; they fill our waking hours (and sometimes what should be our sleeping hours!). Core values and beliefs are less obvious, and less discussed, but certainly no less important. If roles are the ship, core values and beliefs are what steer the ship. They are what's bigger than we are, the unwritten guidelines we live by, the things we hold dearest.

The next two exercises will help you bring these values and beliefs to the surface so that you can inspect them more carefully and better understand how they support your daily and long-term purposes. Check any core values and beliefs that apply to you or write your answer.

WHAT TEN THINGS DO I VALUE MOST?

- | | |
|---|--|
| <input type="checkbox"/> A reward in heaven | <input type="checkbox"/> Pleasant Environment |
| <input type="checkbox"/> Achieving goals and dreams | <input type="checkbox"/> Popularity |
| <input type="checkbox"/> Appearance(s) | <input type="checkbox"/> Power |
| <input type="checkbox"/> Being fulfilled | <input type="checkbox"/> Prestige |
| <input type="checkbox"/> Being right | <input type="checkbox"/> Recognition |
| <input type="checkbox"/> Christlike service | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Relationship with Jesus |
| <input type="checkbox"/> Control | <input type="checkbox"/> Reputation |
| <input type="checkbox"/> Duty | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Fame | <input type="checkbox"/> Schedules |
| <input type="checkbox"/> Family | <input type="checkbox"/> Success |
| <input type="checkbox"/> Friendships | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Health | <input type="checkbox"/> To-do lists |
| <input type="checkbox"/> Independence | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Innovation | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Intellectual Pursuits | |
| <input type="checkbox"/> Money | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Perfection | |
| <input type="checkbox"/> Personal Possessions | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Physical Challenges | |

MY BELIEFS

As the old saying goes regarding beliefs: “If you don’t know what you stand for, you’re likely to fall for anything.” Fill in the six blanks below with statements such as, “I believe in ...”

Affirmative Action
Asking for forgiveness
Asking for what I want
The Bible
The Bill of Rights
Bringing glory to God
Civil rights
Dignity for all people
Doing the best I can
Forgiving others
Giving more than I expect to receive
God, Jesus, and the Holy Spirit
Having a positive attitude

Listening well
Never giving up
Not fretting that I will fail
People helping people
Philanthropy
Prayer in school
Putting God first
Showing empathy, trust, and honesty
The Ten Commandments
Trying to out-give God
The unity of my family
Using the gifts God gave me
Working hard

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-
-
-
-
-

Conversation Starters about Your Core Values and Beliefs:

- What values and beliefs do you hold most dear?
- Talk about something you once valued or once believed that you don't hold as valuable or believable anymore.
- Your core values and beliefs may speak volumes about your life purposes. Could any of your values or beliefs possibly hold a clue to what God wants you to do with your life now or in the future? Don't force any answers. Just pose the question and see if God reveals anything today.

Optional comment about today's 2nd topic:

TODAY'S THIRD TOPIC: SPIRITUAL HABITS

Spiritual habits are intended to make you more like Christ, to help you become holy. A great side benefit, though, is that they also help you hear from God about his will for your life. Some of the habits, disciplines, or methods people use to hear God's will include extended times of prayerful solitude, journaling, reading Scripture, or listening to worship music. Some report that God speaks audibly, while others say he allows his Holy Spirit to impress his thoughts on them.

Do you feel like you have a direct line to God, or do you marvel when others say things like: "God told me ..."? Because there is no one correct way to communicate with God and hear his voice, you may have success in one of these ways: asking him questions and then listening for his answers; fasting; living a lifestyle of daily worship in all you do; or confessing and repenting of your sins. You may hear God most clearly when you surrender something specific to him; forgive yourself or someone else; or seek intimacy with him, not just knowledge. Slow down today and allow some silence in your life, as you reflect on the disciplines you have or would like to develop. On the next page, check those spiritual habits that you practice regularly or write your answer. Put an asterisk by those you have checked or written that particularly help you hear God's voice.

SPIRITUAL HABITS

- | | |
|--|---|
| <input type="checkbox"/> Bible Reading | <input type="checkbox"/> Quiet time |
| <input type="checkbox"/> Bible Study | <input type="checkbox"/> Repentance |
| <input type="checkbox"/> Confession | <input type="checkbox"/> Scripture meditation |
| <input type="checkbox"/> Conversing with God all day | <input type="checkbox"/> Scripture memorization |
| <input type="checkbox"/> Extended times of solitude | <input type="checkbox"/> Silence |
| <input type="checkbox"/> Fasting | <input type="checkbox"/> Singing praises to God |
| <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Surrender |
| <input type="checkbox"/> Journaling | <input type="checkbox"/> Tithing |
| <input type="checkbox"/> Keeping the Sabbath | <input type="checkbox"/> Worship |
| <input type="checkbox"/> Prayer | |
| <input type="checkbox"/> Praying the names of God | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Purity | <input type="checkbox"/> Other: |

Conversation Starters about Your Spiritual Habits:

- Talk about the spiritual habits you checked or wrote. Share an example of a good or bad experience you had with one of them.
- Which habits did you asterisk? Why do you feel they particularly help you hear God's voice?
- Is there something you or your Purpose Partner said about spiritual habits that needs to be unpacked further or a thought that is weighing on your heart that you'd like to discuss? Talk about where you are succeeding or may want more direction in regard to the development of spiritual disciplines in your life.

OPTIONAL CONVERSATION ENHANCER

THE SPIRITUAL HABIT OF LISTENING FOR GOD'S DIRECTION

"Call to Me [God] and I will answer you, and I will tell you great and mighty things, which you do not know."
(Jeremiah 33:3, NASB)

Worth Chatting About: If you heard God's will today for your life, would you obey it?

Optional comment about today's 3rd topic:

TODAY'S FOURTH TOPIC: STRENGTHS

All believers have talents, skills, abilities, and spiritual gifts. Sometimes we readily (and hopefully, humbly!) acknowledge these strengths in ourselves. But other times we are guilty of thinking we're not good or gifted at anything. In either case, take this opportunity to honestly assess your strengths. Check all items that apply to you or write your answer. And thank God for how he has equipped you to serve him in our world in a specific way.

MY INCREDIBLE STRENGTHS

Talents, Skills, and Abilities

Strengths can include your talents, resume-type skills, and abilities.

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|---|--|
| <input type="checkbox"/> Accounting | <input type="checkbox"/> Shorthand |
| <input type="checkbox"/> Acting | <input type="checkbox"/> Singing |
| <input type="checkbox"/> Counseling | <input type="checkbox"/> Supervising others |
| <input type="checkbox"/> Court reporting | <input type="checkbox"/> Technology |
| <input type="checkbox"/> Drawing | <input type="checkbox"/> Thinking clearly under pressure |
| <input type="checkbox"/> Graphic design | <input type="checkbox"/> Typing |
| <input type="checkbox"/> Interior design | <input type="checkbox"/> Writing fiction |
| <input type="checkbox"/> Languages | <input type="checkbox"/> Writing poetry |
| <input type="checkbox"/> Marketing | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Organizing | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Painting | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Reading blueprints | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Sculpting | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Selling | <input type="checkbox"/> Other: |

Spiritual Giftedness

Spiritual gifts are those strengths given by the Holy Spirit to be specifically used in building the kingdom of God. You may have been born with them or have been given them for a season of service. (For more information on this topic, see *Praying for Purpose*, pages 214–215. Included there are several excellent resources.)

- | | |
|--|---|
| <input type="checkbox"/> Administration | <input type="checkbox"/> Knowledge and wisdom |
| <input type="checkbox"/> Apostle | <input type="checkbox"/> Leadership |
| <input type="checkbox"/> Celibacy | <input type="checkbox"/> Mercy |
| <input type="checkbox"/> Discernment | <input type="checkbox"/> Missionary |
| <input type="checkbox"/> Encouragement | <input type="checkbox"/> Prophecy |
| <input type="checkbox"/> Evangelism | <input type="checkbox"/> Service |
| <input type="checkbox"/> Faith | <input type="checkbox"/> Shepherd / Pastor |
| <input type="checkbox"/> Giving | <input type="checkbox"/> Teaching |
| <input type="checkbox"/> Healing | <input type="checkbox"/> Voluntary Poverty |
| <input type="checkbox"/> Helps | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Hospitality | |
| <input type="checkbox"/> Intercessory Prayer | <input type="checkbox"/> Other: |

Conversation Starters about Strengths:

- What talents, skills, and abilities or spiritual gifts did you check or write?
- Give a specific example when one of these strengths was evident in your life.
- What feelings do you have about your particular strengths or perceived lack thereof?
- What do you think you are supposed to do with your strengths or about your lack of them?

Optional comment about today's 4th topic:

Wrapping Up

PRAYER LOG:

Update your Prayer Log as you share prayer requests and praise reports.

CLOSE YOUR TIME TOGETHER IN CONVERSATION WITH GOD:

Dear God, thank you for being part of our conversation today. We pray that we will daily praise you for who you are and that we will ask for your will to be done through us to your glory. Whatever it is that you have planned for us on any particular day, show us the way we should go. Thank you for the current roles you have assigned us and help us to find balance in them. We want to follow your promptings about what to value and what to believe. We want to practice spiritual habits that help us grow up into Christlikeness and a maturity in our faith. And we ask that you increase our strengths, especially our spiritual giftedness, so we can accomplish more for you. In Jesus' name, we pray. Amen.

BEFORE YOUR NEXT CONVERSATION:

- Read the chapter and complete the exercises for Conversation #3.
- Think about how you and your Purpose Partner will take a day off together to enjoy each other's company during Conversation #7, *Taking a Laughter Break*. Depending on your budget, you may want to go hiking or window shopping; make a dessert or build something; go to a burger joint or high tea; have a picnic or game night; catch a movie or musical; watch family videos or a documentary; visit a museum or amusement park; take a drive or a swim; go to a seminar or sports event; get a manicure or a new techno-gadget; or check out each other's hobbies. Plan on finalizing the details during Conversation #6.
- Pray diligently for your Purpose Partner's prayer requests, as well as your own. Spend time throughout the week praising God for who he is and for all he has done for both of you. Prepare your heart in prayer for your next conversation, so you can unearth the things that are acting as blockades to your life purposes.

Insights, Comments, or Questions about this Conversation: