

One-Year Focus

This year, we will simplify our lives, creating margin to saturate our community with gospel conversations.

As we consider simplifying our lives to create margin to enable us to saturate our community with gospel conversations, we need to examine how we currently spend our time. Take some time to work through the Life Audit as an individual and as a family.

Life Audit

Life can sometimes be overwhelming. Often, we may feel that too many things are vying for our attention. For most of us, we have found ourselves in seasons where we would describe our lives as busy. When we find ourselves there, we quickly discover that our attention has shifted away from certain things or people that we value. To think through how to simplify our lives and to focus on the things that we value most, we would encourage you to take an honest assessment of how you spend your time. How we allocate our time often will reveal to us what we actually value. As we do this exercise, be honest and allow the assessment to reveal areas that may require adjustment in order to pursue the purpose that God has called us to. We want to pursue the habit of having gospel conversations with our friends, neighbors, and coworkers. To do that we may need to create space to develop relationships or learn to leverage certain moments in intentional ways...ways that allow us to build relationships that open the door for gospel conversations so that others can know and experience the grace, love, and mercy of Jesus.

In an average day, how much time do you spend doing the following activities?

- Sleeping
- Preparing and eating meals
- Time with God
- Time with Family
- Errands and household responsibilities
- Kids' activities and other scheduled events
- Personal care
- Screen Time (social media, television, computer, phone, etc.)
- Add your own activities that are not already listed.

In an average week, how much time do you spend doing the following activities?

- Work or work-related responsibilities
- Church attendance
- Serving Church or community
- Date night
- Time with Friends
- Exercise
- Meetings
- Study Time (Personal or educational)
- Connecting with neighbors
- Add your own activities that are not already listed.

Questions to think about:

1. What did I learn about myself while working through the Life Audit?
2. What did I learn about my family while working my way through the Life Audit?

Life Audit - Action Plan

Think about the following questions as you create an individual and family action plan based on what you learned working through the Life Audit.

- What do I need to stop?
- What do I need to keep doing?
- What do I need to start doing?
- What do I need to do more?
- What do I need to do less?
- What do I need to learn or what skill(s) do I need to develop?