



KEN JONES

# MENTORING

(WITH A COACH APPROACH)



## Table Of Contents

AS WE BEGIN, DEFINING TERMS WILL BE IMPORTANT	4
.....	
“You can impress from a distance, but you impact up close.”	5
.....	
7 Outcomes of this framework:	6
.....	
The First Day: Someday (for dreaming)	11
.....	
The Second Day: Any Day (for waiting)	15
.....	
The Third Day: Every Day (for living)	19
.....	
The Fourth Day: Yesterday (for remembering)	24
.....	
The Fifth Day: Today (for now)	27
.....	
The Sixth Day: Tomorrow (for sure?)	30
.....	
The Seventh Day: A Day of Rest (forever)	33
.....	
Additional Notes/Questions	39
.....	
Suggested Reading and Supplemental Materials: (Books Highly Recommended)	47
.....	

# MENTORING WITH A COACH APPROACH

## A FRAMEWORK THAT FOSTERS WELL-BEING

### (TO ACCOMPANY THE BOOK, "IF I SHOULD DIE BEFORE I LIVE")

Ken Jones, PCC

**A Word of Introduction:** We serve a God of infinite creativity. No two leaves on any two trees that have ever existed are the same. No grain of sand on any beach in this world is like any other grain of sand. Trillions of stars. But none of those stars is like any of the others. That reality is because we serve a God of infinite creativity.

For a certainty, no two people are identical, either. Even 'identical twins' aren't identical. Predilections and dispositions. Preferences and possibilities. Every human being has been 'fearfully and wonderfully made' by the miraculous and creative hand of a loving God. This framework for mentoring focuses on the seven specific and yet undefined 'days' described in "If I Should Die Before I Live (Sorting Out What Matters Most)". It's meant to be used as a path or journey, not an arrival point for mentors and mentees.

Perhaps two of the most important questions any Christian could ever ask themselves:

1. 'What things matter most and will have lasting value in my life?' (That's another way of saying, 'What do I see as important and needing to happen in my life?')
2. 'How can I focus on those elements of life that will enable me to know with assurance that I'm living the life God had in mind when He thought of me?' (Your uniqueness is indeed, 'one-of-a-kind.' Because you are different than anyone else, how can you live-out that unique and specific identity God had in mind when He imagined you?)

The answers to those questions can seem quite elusive and difficult to navigate. But one of the best ways to address them is within the context of a trusting mentor/coach relationship, with God as the guiding Sovereign at the center. Solomon, the wisest man who ever lived (apart from Jesus,) wrote these words:

*"A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.* (Ecc. 4:12, NLT)

I did a casual Google search on the following question: "How can I find a person to mentor?" The results were very telling. Thousands and thousands of articles, instructions, website, even business devoted to helping individuals who wanted to be mentored find a mentor. But, I was not successful in my search for finding any sites specifically devoted to *mentors* who were looking for *mentees*. Why is that? Perhaps it's because most people wonder about their ability to actually mentor someone, and there aren't a lot of places to help you know whether your mentoring will be successful. Generally, I think people are insecure about the 'how to do it' aspect of mentoring, as well.

However, I will say emphatically and without reservation: If you want a profoundly meaningful and impactful life, determine to mentor another person. I promise you, no matter where you are, no matter what specialty of medicine you practice, you are surrounded by younger healthcare professionals and students who are longing for a seasoned mentor who can come alongside them in a meaningful relationship.

I've been involved in mentoring individuals using the 'framework' you are about to experience for more than fifty years. For much of that time, my approach to mentoring has grown out of my personal connections and coaching relationships with doctors who are generally speaking, some of the best trained question-askers in the world. Doc's have been trained in the skill of asking questions in order to diagnose disease in their patients, so they could prescribe a treatment or remedy. What you will read in the following pages, however, is an approach to question-asking as a mentor; wonderings and questions that promotes discovery, growth, movement, and change in the life of the mentee.

If you've decided that being a mentor is a worthwhile endeavor, my sincere prayer is that as you look around your life, you'll notice some student or resident who is already being touched by casual encounters with you. And if you're one of the many individuals who would love to have a mentor? I pray that this framework will help open the door to a wonderful journey of discovery in your life as a mentee. This framework will help you begin.

Why not begin the journey? I'll help you with the first mentoring question: " You wanna get together for coffee?"

Prayerfully yours,



K Jones  
PROFESSIONAL COACH/AUTHOR

## AS WE BEGIN, DEFINING TERMS WILL BE IMPORTANT

One of the last things the Lord Jesus Christ said to His disciples, before He ascended into heaven was what we now identify as The Great Commission: “Go and make disciples of all nations ... teaching them to follow all that I have commanded you;” (Matt.28:19, 20) The goal of this framework will be to equip those who are willing to engage in a mentor relationship, using a *distinct* and specific ‘coaching’ approach. To understand the uniqueness of this relationship, a rudimentary understanding and defining of roles will be helpful:

**Disciple:** In the context of this framework, two distinctions are important. First, ‘disciple’ is a noun. A disciple is an individual who follows the teachings of Jesus Christ. However, to ‘disciple’ someone is an *action*, as well. When Jesus gave His instruction to ‘make disciples of all nations,’ His disciples were told to teach. One of the great tools a Christian mentor can bring to the activity of ‘coaching’ is at least a rudimentary bible knowledge. Of course, some mentors will be well-versed in biblical knowledge. But, to use this framework successfully, a mentor need not be a biblical scholar. A mentor who has a genuine and authentic curiosity, an openness, and a willingness to learn biblical principles together with a mentee will establish a ‘launch pad’ for greater knowledge and discovery of scriptural truths.

Teaching biblical truth, then, may be one of the tools a mentor can employ in mentoring. But this framework, by design, is not a bible study.

**Mentor:** When many people think of a mentor, they picture an individual who is older, wiser, more experienced in a particular field or endeavor. There’s no question that a Christian mentor can bring incredibly valuable life experience and maturity into the mentoring relationship. There will be many opportunities for Godly wisdom gleaned through years of living and practicing medicine to be shared with a mentee. The interaction between a mentor and mentee will occasionally involve sharing life lessons, too; examples, stories, and common (and uncommon) experiences and ‘things-I’ve-learned-along-the-way.’ Transparency, openness, and a willingness to be honest are very important qualities for a mentor to possess in any mentoring relationship.

**Coach:** A commonly held view of a coach would be ‘one who is an expert’ on a sport, activity, or endeavor. For example, a voice coach may teach people how to sing because he or she is familiar with proper vocal techniques. A swing coach may teach hitting to a baseball player, by watching the player in the batter’s box, or perhaps by making suggestions about modifying the batter’s swing. In both examples, and others we might think of, TEACHING would be a primary focus.

However, in the context of this framework, mentoring using a 'coaching' approach will be encouraged. The primary role of the mentor will NOT be to teach, but rather to promote learning, growth, maturity, and DISCOVERY in the mentee. By intentionally avoiding the 'I'm the expert who will tell you how life is done,' approach, an exciting journey between a mentor and mentee can develop. Mentors who use the skill of asking open-ended questions of mentees about common struggles and challenges in life can stimulate thought, promote discussion, and provide opportunity for the examination of issues, belief systems, and foundational theologies. New paths for personal and spiritual growth can be discovered. Of course, the mentor will need to continually develop the skill of introducing open-ended questions into the dialogue with a mentee. The goal of such interaction will be promoting discovery, a deeper examination of beliefs, and focus on God’s Word.

The mentor who *facilitates* the mentoring process using coaching skills will be providing the time and the relational opportunity and setting for the mentees to examine their own journeys, and become aware of strengths, weaknesses, and need for change. (Certainly, addressing and responding to questions the mentee might have about a particular subject or issue will be part of the dynamics of this relationship. However, the 80/20 principle is encouraged: 80% of the time, the mentor is asking questions and promoting discovery. 20% of the time, the mentor is *answering* questions, while continuing to look for opportunities to ‘extend the conversation’ by asking another powerful question.)

**“YOU CAN IMPRESS FROM A DISTANCE,  
BUT YOU IMPACT UP CLOSE.”**

A trusted mentor utilizing coaching skills can come alongside an individual, offer support and encouragement, wisdom, and other reflections on life without advice-giving, didactic teaching, or useless “when-I-was-in-your-shoes” kinds of comparisons. In the chaotic world in which we live, providing tools, structures for dialogue and discovery, and foundational relationship development are vitally needed. This course is designed to be a unique framework for initiating mentoring relationships from that coaching perspective.



## **7 OUTCOMES OF THIS FRAMEWORK:**

### **I. THE MENTEE WILL ESTABLISH A DEEP AND TRANSPARENT RELATIONSHIP WITH A MENTOR/COACH.**

*(“Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” Ecc. 4:12)*



## **2. THE MENTEE WILL COME TO A NEW AWARENESS OF AND APPRECIATION FOR THEIR LIFE IN CHRIST.**

*“My response is to get down on my knees before the Father, this magnificent Father who parcels out all heaven and earth. I ask him to strengthen you by his Spirit—not a brute strength but a glorious inner strength—that Christ will live in you as you open the door and invite him in. And I ask him that with both feet planted firmly on love, you’ll be able to take in with all followers of Jesus the extravagant dimensions of Christ’s love. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! Live full lives, full in the fullness of God.” (Eph. 3:18, The Message)*

## **3. THE MENTEE WILL IDENTIFY AREAS OF GROWTH IN HIS/HER LIFE, AND DEVELOP SUCCESSFUL STRATEGIES AS A RESULT OF THE MENTORING RELATIONSHIP, TO ADDRESS AND EXPERIENCE CHANGE IN THOSE AREAS.**

*“ I’m not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don’t get me wrong: By no means do I count myself an expert in all of this, but I’ve got my eye on the goal, where God is beckoning us onward—to Jesus. I’m off and running, and I’m not turning back. So let’s keep focused on that goal, those of us who want everything God has for us. If any of you have something else in mind, something less than total commitment, God will clear your blurred vision—you’ll see it yet! Now that we’re on the right track, let’s stay on it.” Phil. 3:14-16, The Message)*

## **4. THE MENTEE AND THE MENTOR WILL ESTABLISH MEANINGFUL ACCOUNTABILITY MECHANISMS FOR SUCCESS IN THIS RELATIONSHIP.**

*“You use steel to sharpen steel, and one friend **sharpens** another.” Prov. 27:17, The Message)*

**5. THE MENTEE WILL BE ENCOURAGED TO DEVELOP AND LIVE BY A LIFE/PURPOSE STATEMENT THAT WILL ANSWER THE QUESTION: WHAT DID GOD HAVE IN MIND WHEN HE THOUGHT OF ME?**

*“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” Eph. 2:10)*

**6. THE MENTEE WILL LEARN MENTORING AND COACHING PRINCIPLES/SKILLS THEMSELVES, SO THEY MIGHT APPLY THOSE TOOLS WHEN MENTORING SOMEONE ELSE.**

*“The purposes of a person’s heart are **deep waters**, but one who has insight draws them out.” Prov. 20:5)*

**7. THE MENTEE AND THE MENTOR WILL BECOME MORE AWARE OF GOD’S PRESENCE IN THEIR DAILY LIVES.**

“That I may know Him, and the power of His resurrection, and the fellowship of His sufferings, being made conformable to His death.” (Phil. 3:10)

**HOW WILL WE ASSESS OR IDENTIFY MATURITY AND GROWTH?**

*“And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.” (PHIL. 1:9-11)*

Maturity and growth in Christ will involve developing a deeper knowledge and understanding of the nature and character of God, a self-examination of an individual’s unique identity and giftings in Christ, and a fierce determination to apply and live out that unique identity with purpose, not just during a particular season of life, but rather, seven days a week ... for a lifetime.

Many books have been written about not only the value of mentoring relationships, but also the content or the 'how to' of mentoring another person. Sometimes, however, the initial *impetus* for entering into a mentoring relationship is difficult to establish. A great challenge in this regard: Where do we begin, and what should we talk about?

The focus of this framework will be providing that 'beginning point,' or place to start. It will encourage a coach approach and highlight seven 'days' or realities as a scaffold or skeleton for discovery. The mentee and the mentor will define and flesh-out concepts foundational to the biblical working out of our salvation and life with God. (Phil. 2:12,13) Engaging in discovery and answering one consistent question will be the focus:

“What is God demonstrating or saying  
in your life that is important, and what do you  
intend to do about that reality?”

Each of the seven days or epochs of time to be examined will be defined generally, leaving room for mentors and mentees to create or expand on their own experiences. Each day's treatment will include open-ended questions which will act as 'pump-primers' for promoting discovery on the part of the mentor and the mentee. (Note: The questions listed are not exhaustive, nor meant to be questions that necessarily *must* be answered in order for the mentor/mentee relationship to be successful.

**Biblical foundation:** As a foundation for discovery of truth, the mentor is encouraged to direct the mentee toward scripture, when appropriate, not as a *teacher* with the answer, but rather as one who is a fellow-learner, encouraging a search of the scriptures. The goal, as much as possible, will be encouraging a fresh discovery of God's truth.

For example, a mentor might quote a verse or reference a verse that is germane to a particular life-issue (i.e. 'worry'), and then ask, (rather than teach) about the issue:

Q: "What does that verse look like in your life?"

Q: "What makes that verse difficult in your life?"

Q: 'What does the bible have to say about worry?'

Q: “Since you’ve identified ‘worry’ as a concern, how will you address the reality of worry in your life, with respect to what the bible says?”

While this course is designed to provide opportunity for developing relationship and giving direction, focus, and structure to ‘what matters most,’ as an accompanying resource tool for the book, “If I Should Die, Before I Live,” other suggested reading, and support materials will also listed for further investigation.

Each session in this framework begins with the same question, meant to bring both the mentee and the mentor up to speed on any significant happenings they are experiencing. In answering the question, the mentor is encouraged to answer first, demonstrating openness, transparency and as much vulnerability as is comfortable.



## THE FIRST DAY: SOMEDAY (FOR DREAMING)

**Question to begin this session: What event or happening in your life have you noticed in the last 7 days that you find significant or meaningful? Specifically, how's your week been? What have you noticed about *yourself* in the past 7 days?**

1. In the *Introduction* section of "If I Should Die Before I Live," Robert Benson is quoted:

"What I fear now is that I will somehow miss what it is that I am supposed to learn here, something important enough that the Dreamer dispatched me and the rest of us here to learn. What I fear now is that I will somehow miss the point of living here at all, living here between the dreaming and the coming true."

Q: In your own words, what is he saying? What do you notice about his statement? What words jump out at you? How does what he is saying resonate with your own experience?

Q: What relationship (if any) do you see with, between Benson's 'What I fear now...' statement, and the 'Long walk is part of gift' statement that begins the chapter, Someday?

2. "If God had created time without including Someday, we would be doomed to the discouragements of life 'now,' and lose our desire to go on."

Q: What has been your experience with discouragement in your life? Who are the people who discouraged you? Circumstances that were discouraging? If discouragement (at least in part) is a 'lack of courage' to face the future, then courage represents a refusal to be discouraged. As an exercise, do an investigation into the life of Joshua in the bible. His role as a spy inside the land beyond the Jordan. His life as a leader who followed the great Moses. What do you notice about the opportunities he had for both discouragement and courage? What parallels and commonalities do you notice in your own life and journey? (Be as specific as possible.)

3. "One of the things I've noticed about Someday is how much there is to 'do' there."

Q: When you think about the dreams, desires, possibilities in your life, what are the 'Someday, I'd like to ...' goals or objectives you hope will await you, Someday?

Q: What sorts of actions can you take (or are you taking) *Today* that might help those dreams, desires, and possibilities become realities?

Q: How committed are you to seeing your Someday dreams realized?

Q: What dreams or desires did you at one time hope for that you've since abandoned?

4. "Expectation and disappointment love to walk hand-in-hand throughout life, twin images reversed in the mirror of life's reflection.... Someday can seem to have such promise. Yet, like a fickle trickster, it is not above making promises it cannot keep."

Q: Where were you in the fifth grade? (i.e. what town? Describe your school, as you remember it.)

Q: What grade school experience do you recall that was particularly meaningful or impactful?

Q: What do you remember about what you were good at? What had you already failed at?

Q: What do you think you were looking forward to in the fifth grade? And how can remembering and sharing your memories be insightful to you or someone else, (i.e. the telling of your story?)

5. "It's difficult to anticipate what actually shows up when what we thought was the distant future finally gets here, but it's not difficult to imagine it. Because we are vulnerable to great expectations, we are equally susceptible to bitter disappointments. They go hand in hand."

Read the following quote from "Solving for Why" by Dr. Mark Shrime<sup>[1]</sup>

*I felt this in medicine. Doctors trace a prescribed arc from cradle to grave. We kill ourselves to do well in high school so we can win admission to a competitive university where we kill ourselves to do well (again) so we can apply for medical school. Once we get in, our careers become remarkably prefab. Medical school for four years, residency for three to five, maybe a fellowship for another few years, and then practice for thirty. Whether we work for ourselves or join a larger hospital network, we whir through three decades of active clinical life, seeing dozens of patients a day, five days a week. Then we retire with a nice house in a nice retirement community with golf buddies we sometimes like and an occasional a visit from our grandchild."*

*Unless medicine is our why — which, let me be clear, it is for many — we add spice only to the margins. Maybe we do research on the weekends. Maybe we go into administration. Maybe we teach. At the core, however, every doctor's life looks similar, and for good reason: medicine's prefab arc leads almost inexorably to financial security, a respectable job, and the banality of privilege." (Solving for why — A Surgeon's Journey to Discover the Transformative Power of Purpose", by Dr. Mark Shrime p. 32, 34;*

Q: In your experience, how do Dr. Shrime's observations line up with expectations about your career?

Q: What would your definition of success be? Is your success about what you are achieving, or what you are *becoming*? (If your answer is 'becoming,' as you examine your life, what are you *becoming*?)

Q: If you were to announce or declare your 'why,' in life, what would it be?

Q: If you're unsure of your 'why,' what will it take to determine it?

6. "We follow the course of God's loving, benevolent, sovereign way for each of us, experiencing all the twists and turns of life 'in the meantime.' And, life in the meantime ... can be a mean time."

Q: In looking back on your life, what is one specific 'mean time' you've experienced, and how do you believe you were changed by that season?

Q: Ken Jones uses the words, 'loving,' 'benevolent,' and 'sovereign' to describe God's way for each of us. How do those words stack up against 'life in the meantime can be a mean time?'

7. "Each morning when the sun comes up, I pray it will dawn on me all over again: a new appreciation for the journey, a new understanding of the God who gives me life, the God who inhabits eternity."

Q: What do you appreciate about who you are?

Q: How would you answer the question: 'How are you known?' What makes you unique? (More about that in other days!)

Bonus Question: As you read this chapter, what observations, questions, or opportunity for further discussion did you notice?



## THE SECOND DAY: ANY DAY (FOR WAITING)

**Question to begin this session: What event or happening in your life have you noticed in the last 7 days that you find significant or meaningful? Specifically, how's your week been? What have you noticed about *yourself* in the past 7 days?**

1. Agatha Christie is quoted in the book:

*"I live now on borrowed time, waiting in the anteroom for the summons that will inevitably come."*

Q: Discuss the quote, line by line. If we live on "... borrowed time,"?

Q: Time borrowed from whom?

Q: What other word might you use if you were describing the time we have to live?

Q: What picture does 'waiting in the anteroom' conjure up in your mind?

Q: What part does age play in how we view waiting in the anteroom?

Q: What about the 'summons that will inevitably come'?

Q: In your opinion, what's the 'God view,' or the 'world view' described in the quote? Is the anteroom she refers to a place of waiting for 'pay back' of the loan now due ... or 'pay day' for all the labor that's been done?

2. "... Everyone knows that 'knowing' the correct time is not the same as *realizing* how short time really is." (p.18) There's a great difference between a doctor telling a patient they're going to die Someday, and they're going to die Any Day (now.)

Q: What do you believe is the great encumbrance to realizing how short time really is? (Most of us don't seem to understand or appreciate the brevity of life)

Q: Read the following verses aloud, and discuss:

Ps. 5:3

Ps. 27:14

Ps. 37:7

Prov. 20:22

Q: What is it about 'waiting' that makes it so important in the life of a believer?

Q: When have you noticed specific seasons or days of waiting in your own life.

Q: Did you view your waiting as an opportunity or an obstacle? (When have you had the *opportunity* to wait?)

Q: If you made a list of things or events you are currently waiting for in your life, what would be on the list?

3. "Any Day is the day patience waits for and perseverance refuses to give up on." (p. 19)

Q: Discuss the difference between 'waiting' and 'patience.' Are they the same?

Q: What's the difference between patience and perseverance? What does the bible have to say about 'patience?' And 'perseverance'? If "perseverance produces character"? How? What do you think of when you imagine your own character?

4. Read slowly the following verses, written by the Apostle Paul, a master mentor to Timothy, one of his mentees, noting words that jump out at you:

*"But you, Timothy, are a man of God; so run from all these evil things. Pursue righteousness and a godly life, along with faith, love, perseverance, and gentleness. Fight the good fight for the true faith. Hold tightly to the eternal life to which God has called you, which you have declared so well before many witnesses."*

(I Tim. 6:11, 12 NLT)

Q: What are '... all these evil things' Paul is warning Timothy about? (See v. 10)

Q: Why would Paul tell his mentee to 'run from all these *evil* things?' Lots to think about, discuss, unpack, analyze here. It's easy to understand pursuing righteousness and a godly life. But ... how are you doing at pursuing 'perseverance'? How does one pursue perseverance?

5. "The Apostle Peter, in his first letter mentions that "... God waited patiently in the days of Noah while the ark was being built." (I Pet. 3:20, NIV)

Q: If you were to write a list of things in your life that you might imagine God is 'waiting' for you to develop, or realize or assimilate into your life, what would be on the list? What's God waiting for?

Q: What's your plan for addressing what's on the list?

6. "Miss Clairborne may have *told* us everybody dies. But, she didn't *teach* us that everybody dies. Jacob Few did that." (p. 24)

Q: From an internal perspective and reality, no one dies 'unexpectedly.' A person who doesn't 'expect' to die at some point, is truly naive. But dying 'suddenly' is a totally different thing. If you were to die suddenly, what important things would you have left 'undone' that you could address now, while you have time?

Q: What stage of life do you see yourself, and what questions should you be asking yourself, pertaining to the life-stage you imagine yourself to be in? Do you have a will? Living trust? Financial life set in order? Advance directive? What discussions might you have with parents, spouse, children/grandchildren about death? Or is that thought far removed from your thinking? You'll die Some Day, but not Any Day (now).

7. Discuss the following quote and its implication in addressing 'Any Day (now)' in your life:

"We don't believe something by merely saying we believe it, or even when we believe that we believe it. We believe something when we act as if it were true." (Dallas Willard)

Q: What do your daily actions reflect about your beliefs about Any Day (now)? Words like urgency, or importance, or priority?

Bonus Question: As you read this chapter, what observations, questions, or opportunity for further discussion did you notice?



## THE THIRD DAY: EVERY DAY (FOR LIVING)

**Question to begin this session: What event or happening in your life have you noticed in the last 7 days that you find significant or meaningful? Specifically, how's your week been? What have you noticed about *yourself* in the past 7 days?**

1. The quotes on pages 27 and 28 by Winnie the Pooh, C.S. Lewis, and Elton Trueblood illustrate in different ways, the challenge of identifying and living “everyday life” in an Every Day kind of way:

*"It's more fun to talk with someone who doesn't use long, difficult words, but rather short, easy words like, 'What about lunch?'"* (Winnie the Pooh)

*"Child, to say the very thing you really mean, the whole of it, nothing more or less or other than what you really mean; that's the whole art and joy of words."* (C.S. Lewis, in 'Till We Have Faces')

*"...life without passion is no life at all. The sober truth is that there is no new life without passion. No baby was ever conceived without passion; no great poem was ever produced without passion; no great piece of music was ever composed without passion. Passion is what takes us beyond the superficiality of life to a deep and wonderful glow in which we learn to care."* (Elton Trueblood, *The Courage to Care*, from "The Yoke of Christ and Other Sermons.")

Q. Discuss what you consider to be 'normal, everyday life' for you personally. Are you normally hurried? Bored? Overwhelmed? Content?

Q: If you're not particularly happy with any of those words, what would need to happen to facilitate changing those words?

Q: If you positively LOVE your normal, everyday life, where would you like to grow it even more?

2. "I think God wants all of us to understand that we're being watched; our lives are being read, whether we're recording what's going on with written words, or just living life as it comes along." (p. 30)

Q: In examining your life, identify three people outside of your own immediate family who you believe are "watching" or looking up to you. Colleagues, friends, those you come in contact with. Describe who they are, and what they see when they see you.

Q: If you have trouble identifying three people ... what causes that trouble, if we're all being watched? What may you be missing?

Q: Who are *you* watching? What do you look for in the lives of those you admire and look up to? Do they know you admire or look up to them?

3. "Our character ... is formed because Every Day we practice our belief systems until they ultimately become 'ways of life.'" (p.31)

Q: Our 'belief system' is sometimes reflected in our core values. Examine the list of possible core values on the following page. Mark the ones you can readily identify as your own. What core values might you have that aren't on the list? Discuss examples in your life Every Day that might reflect one or more of your core values.

Q: If you were to choose one or two core values that are more prominent in your life, what would they be?

4. "What we do, Every Day has profound implications in determining where we ultimately end up. Character is formed a day at a time. Habits are cultivated a day at a time." (p. 32)

Q: Consider your life carefully, and notice your customs, your routines, your habits. What specific routines/habits are contributing or not contributing to 'where you want to be' in your life? (Think *eating*, or *exercise* as good examples, but there are many others.)

Q: What about your spiritual journey? What questions about life Every Day should you be asking yourself?

Q: Do you sit in the same seat or general area when you attend church? (C.S. Lewis sat behind a stone pillar in his church, so he could concentrate on the words being spoken, and not the face of the man delivering the words.) Where do you sit, and why do you sit there as opposed to someplace else?

Q: What's your Sunday morning routine? Or your daily routine that contains elements or practices that contribute to your faith journey in a fresh way?

5. "The unfinished picture would so like to jump off the easel and have a look at itself."  
(p. 36)

Q: The above quote from Elton Trueblood points to an interesting dilemma: "Noticing" life Every Day may be the first step toward seeing change, transition, and transformation in everyday life. But 'jumping off the easel to have a look' can be a challenge. If you did a careful evaluation of your life in the following areas, what would you notice?

- Devotional/thought life:
- Small group accountability:
- Regular church attendance/worship habits:
- Ministry/giftings identified:
- Financial life under God's control:

6. Professional life coaches know that one of the most common descriptors their clients use for identifying where they are in their lives is the word 'stuck.' There's an important distinction that must be made at this point: 'Stumped' and 'stuck' are not the same. *Stumped* is often a state of 'I don't know what to do', or 'I don't know the answer to some dilemma.' *Stuck* on the other hand may conjure up a different picture.

Q: Define the differences between the two words as they relate to your life and current circumstance. (Stumped needs a solution; stuck needs a push.)

7. What would you describe as your personal strengths, (yes, in any area) and how are those strengths reflected in your life Every Day?

Q: What strengths might you have that aren't being used at the present time?

Q: How do your strengths affect how you feel about yourself?

Q: What weaknesses do you see in your life, and what does St. Paul say about his weaknesses?

8. Using the list on the next page, circle and identify what you view as three of your important core values. If there are core values you hold that are not on the list, write them in the space provided.

Q: Where do you believe your core values originated? Family? Life Experience?

Q: How difficult was it to identify your core values? If it was difficult, why?

Q: How do your core values align with or differ from the culture in which you find yourself?

*"It's in Christ that we find out who we are and what we are living for ... part of the overall purpose he is working out in everything and everyone.*

*"(Eph. 1:11,12)*

## MENTORING WITH A COACH APPROACH

<b>Acceptance</b>	<b>Courtesy</b>	<b>Growth</b>	<b>Organization</b>
<b>Accomplishment</b>	<b>Creativity</b>	<b>Hard Work</b>	<b>Originality</b>
<b>Accountability</b>	<b>Decisiveness</b>	<b>Harmony</b>	<b>Results-oriented</b>
<b>Accuracy</b>	<b>Dedication</b>	<b>Honesty</b>	<b>Reverence Rigor</b>
<b>Achievement</b>	<b>Dependability</b>	<b>Honorable Hope</b>	<b>Risk Structure</b>
<b>Assertiveness</b>	<b>Determination</b>	<b>Humility</b>	<b>Success Support</b>
<b>Awareness</b>	<b>Dignity</b>	<b>Imagination</b>	<b>Surprise</b>
<b>Balance Beauty</b>	<b>Discipline</b>	<b>Independence</b>	<b>Sustainability</b>
<b>Boldness</b>	<b>Discovery</b>	<b>Individuality</b>	<b>Talent Teamwork</b>
<b>Calm</b>	<b>Efficiency</b>	<b>Innovation</b>	<b>Thoroughness</b>
<b>Candor</b>	<b>Empathy</b>	<b>Inquisitive</b>	<b>Thoughtfulness</b>
<b>Capable</b>	<b>Empower</b>	<b>Inspiring</b>	<b>Timeliness</b>
<b>Careful</b>	<b>Enjoyment</b>	<b>Integrity</b>	<b>Toleration</b>
<b>Challenge</b>	<b>Enthusiasm</b>	<b>Intelligence</b>	<b>Toughness</b>
<b>Cleanliness</b>	<b>Equality Ethical</b>	<b>Intensity Joy</b>	<b>Traditional</b>
<b>Clarity</b>	<b>Excellence</b>	<b>Justice</b>	<b>Tranquility</b>
<b>Comfort</b>	<b>Exploration</b>	<b>Kindness</b>	<b>Transparency</b>
<b>Commitment</b>	<b>Expressive</b>	<b>Knowledge</b>	<b>Trust Truth</b>
<b>Common Sense</b>	<b>Fairness Family</b>	<b>Leadership</b>	
<b>Communication</b>	<b>Famous Fearless</b>	<b>Learning Liberty</b>	
<b>Community</b>	<b>Fidelity Focus</b>	<b>Logic Love</b>	
<b>Compassion</b>	<b>Foresight</b>	<b>Loyalty Maturity</b>	
<b>Competence</b>	<b>Freedom</b>	<b>Meaning</b>	
<b>Connection</b>	<b>Friendship Fun</b>	<b>Moderation</b>	
<b>Consistency</b>	<b>Generosity</b>	<b>Openness</b>	
<b>Contentment</b>	<b>Giving Grace</b>	<b>Optimism Order</b>	
<b>Contribution</b>			
<b>Control</b>			
<b>Conviction</b>			
<b>Courage</b>			
<b>Credibility</b>			

## THE FOURTH DAY: YESTERDAY (FOR REMEMBERING)

**Question to begin this session: What event or happening in your life have you noticed in the last 7 days that you find significant or meaningful? Specifically, how's your week been? What have you noticed about *yourself* in the past 7 days?**

"Do not say, 'Why were the old days better than these?' For it is not wise to ask such questions." (Ecc. 7:10, NIV)

"When I was younger, I could remember anything, whether it happened or not." (Mark Twain) (p. 44)

### 1. Remembering is such an easy thing to forget.

Q: "Yesterday" is for remembering. On a piece of paper, draw the family table you remember as you were growing up. What town or city do you consider yourself to be from? Where did family members sit at the table? What kind of food was prepared and who prepared it? What conversations do you remember around that table? What 'feelings' or family dynamics can you identify? Do you remember more than one table? If so, draw the other(s.) What about your current family table? And twenty or thirty years from now, how would your current family members describe your family table today.

2. "I suspect that some of my weariness — some of the oldness I feel — stems from the truth of a quote I read in 'Gilead,' the wonderful novel by Marilynne Robinson. One of her characters quipped toward the end of his life, 'It's not easy to understand another time.'" (p. 45)

Q: As you try to "understand another time," what do you see as the challenges? Generally, do you view the 'time that used to be' as better or worse than the time that is 'now.'

Q: The Center for Generational Kinetics identifies generational boundaries as:

The Silent Generation — born 1925-1945. ...

Baby Boomer Generation — born 1946-1964. ...

Generation X — born 1965-1980. ...

Generation Y — born 1981-1996. ...

Generation Z — born 1997-2012. ...

Generation Alpha — born 2013-2025

How will understanding generational distinctions aid or impact your interaction with others? How important are differences in generational perspectives, and where do you most often see generational view points playing a role in human relationships?

Q: Read Paul's statement on Mars Hill in Acts 17. What implications do you notice there concerning the generation he was speaking to? What monuments to 'unknown gods' do you see in today's world?

Q: Finish this sentence, several times and discuss: "It used to be that ..., but now ...." In your view, what does God — who is beyond time, of course — think about the differences between 'then' and 'now'?

3. "Perhaps we don't give enough thought to the hilarity and sobriety of the happenings contained within the day we call ... Yesterday." (p. 48)

Q: What *value* do you think there is to considering Yesterday from a 'hilarity and sobriety' perspective? Does it help to look back? What are some of the funny things you remember from your Yesterday? What sad things do you recall? How did those memories change you, do you suppose?

4. "The sticky truth is that almost anything that crawls into the crevices of a life can bring death and dying with it, if it finds a place to sit and fester." (p. 52)

Q: Being as transparent as you are able, what are the things/issues/memories that you identify that could easily crawl into the crevices of your life? What memories or places in your life have the potential for bringing 'death and dying' spiritually, if you allow such things to find a place to sit and fester?



5. "There is no such thing as a 'do-over' in life. Like the manna of old, life's experiences have a way of evaporating before our eyes, as each day's sun makes its way across the horizon of our lives. But the fact that there are no 'do-overs' doesn't mean there aren't a lot of 'do-agains.'" (ppg. 54, 55)

Q: In thinking about your life Yesterday, what opportunity or decision would you love to be able to "do-over" if you had the chance? And ... what do you notice that you would say represent the 'do-agains'?

Challenging kinds of people you're confronted with?

Places in your spiritual life you just haven't quite gotten a handle on yet?

6. "It's important to understand that there's a big difference between a scar and a wound." (p. 61)

Q: If my scars represent Yesterday and a roadmap of where I've been all my life, and a wound is *now*, and evidence of trauma I am currently experiencing, discuss scars and wounds. Where are your scars? Not just the physical marks, but what about the deep scarring from emotional hurts? Where did they come from? Were any scars self-inflicted? And, if wounds are 'now'? What's your greatest source of pain right now? Where would you say you're wounded? What kind of scar will it leave, once it's healed? And in regard to the wounds, what have you asked God specifically to do in healing those wounds?

7. "The best time to plant a tree is twenty-years ago; the next best time is ... Today." (p. 64)

Q: Identify and share what you consider are the 'trees,' or the accomplishments/significant investments you've made in your life.

What were you thinking as you 'planted'? Were you thinking of benefits for yourself or those who would follow behind, who might appreciate what you planted?

What do you need to be contemplating with regard to the 'next best time to plant?' Who will benefit from your husbandry?

## THE FIFTH DAY: TODAY (FOR NOW)

**Question to begin this session: What event or happening in your life have you noticed in the last 7 days that you find significant or meaningful? Specifically, how's your week been? What have you noticed about *yourself* in the past 7 days?**

1. "But encourage one another day after day, as long as it is still called Today ...." (Heb. 3:13 NAS)

Q: Encouragement is such an important element in the life of a believer. If defined as the "act of giving someone support, confidence, or hope," who are the people in your life Today who receive encouragement, or support, or confidence, or hope from you? How have you *specifically* accomplished that task over time? Read and discuss the following verses in the context of Today.

"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us." (II Cor. 1:3,4 New Living Translation)

"For even Christ didn't live to please himself. As the Scriptures say, 'The insults of those who insult you, O God, have fallen on me.' Such things were written in the Scriptures long ago to teach us. And the Scriptures give us hope and encouragement as we wait patiently for God's promises to be fulfilled. May God, who gives this patience and encouragement, help you live in complete harmony with each other, as is fitting for followers of Christ Jesus." (Rom. 15:3-5, New Living Translation)

Q: In examining your life, would you say it is easier for you to GIVE encouragement, or RECEIVE encouragement? What does your answer reveal about yourself?

### 2. "Give us today our daily bread." (Matt. 6:11)

Q: When Jesus gave us instructions on how to pray ... and praying for our daily bread is so specific? What have you prayed, TODAY about your daily bread? What did Jesus have in mind? Unpack this verse in discussion. What's so important about praying for your daily bread? And ... what's the difference between 'bread' and 'money?'

3. "And I said to my mother, 'Yes, momma. Today, I learned where I'm supposed to sit, and I learned some rules, and I learned how to put my handprint on a paper plate.' And my mother said, 'Wonderful. Amazing.' And when we arrived home, she posted my artwork ... on our refrigerator door.' (p. 69)

Q: Think about your own refrigerator door in your home. Anything posted there? If so, what? And if not, why? What does what's on your refrigerator door say about what you need to be reminded of? How you prefer things? What might be important to you? Or, if you're refrigerator door is blank or empty, where or how do you keep important relationships, schedules, priorities in front of you?

4. "Today will be twenty-four hours long, whether I live through it or not. If life represents a test — if I survive the challenge of Today — I already know that I will not have crammed more learning or living into this day than exactly twenty-four hours can contain." (p. 69)

Q: What are the similarities and differences between 'cramming' for an exam in school, and cramming for the test of life? Where might you notice an effort on your part to cram more into Today than it can contain? What's the downside of 'cramming' for any test?

5. Today is '*now*,' and this very moment in time. We serve an eternal God who is the 'I AM' of right now.

Q: If you were honest and observant, what verb tense do you live in most of the time? For example, "I am going to trust God" is a statement of future tense. "I trust God" is a present tense statement. Discuss the importance of living life '*now*,' and being mindful of where your life is at this very moment in time.

Q: "For Thine is the kingdom ..." is a present tense reality that lasts, FOREVER. Why would Jesus teach us to pray those words? And how will my life TODAY look different because I'm noticing that reality?

6. "The 'draw-down' factor in my life can be significant. Like some flashlight that's been left on all night, my batteries weaken over time, I think, and the potential light in my life dims unless I recharge." (p. 72)

Q: What experience have you had with burnout?

Q: What were the circumstances that led you to that weakened place?

Q: What's the difference between being really tired and being burned out?

Q: Is it possible to 'burn out proof' your life? If so, how. And if not? Why not?

Q: What makes it difficult to notice and acknowledge burnout in a life? (NOTE: A FUSE THAT IS BLOWN IS NOT DEFECTIVE. IT IS DOING WHAT FUSES WERE DESIGNED TO DO.)

7. "Today, when God looks at me, He sees 'Servant, chosen, beloved, with whom my soul is well pleased.'" (p. 81)

Q: Your relationship with God, and His relationship with you is UNIQUE TO YOU, and to the exclusion of all other relationships God has ever had with any other person. When you think about God being 'well pleased' with you, what comes to mind?

Q: What specifically do you believe He has chosen you to do as only you can do it?

Q: What's your view of His calling you His servant?

## THE SIXTH DAY: TOMORROW (FOR SURE?)

**Question to begin this session: What event or happening in your life have you noticed in the last 7 days that you find significant or meaningful? Specifically, how's your week been? What have you noticed about *yourself* in the past 7 days?**

1. "If we were each to place what we *don't* know about Tomorrow in a paper bag? We'd need a very large bag, indeed."

Q: What would a life without a sense of Tomorrow look like? And if God offered to give you the ability for a day to see into the future, see Tomorrow before it gets here, would you take Him up on His offer? What would be the benefit of seeing Tomorrow's happenings before they occur, and what would be the downside?

2. "Worry, anxiety, fear, doubt. They all have their foundations firmly rooted in Tomorrow. (I never worry about something that's already happened. I worry about what might happen ... Tomorrow.") (p. 86)

Q: Jesus clearly tells us not to give worry a place to take hold in our lives. With a careful examination of Philippians, chapter 4, what are the keys to living a life without worry? What are you seeing in your life that resembles what you read in this chapter? What's missing from your life that you're seeing in this chapter? What specific steps will you commit to, in order to bring your life into congruency with Philippians, chapter 4?

3. If faith is the substance of things hoped for, and the evidence of things not seen ... perhaps anxiety/worry is a result of my observing the 'substance of things NOT hoped for, and the evidence of things that ARE seen?

Q: What kind of things worry you? Are your worries things you're hoping don't happen? A 'substance of something not hoped for?' And what makes it a challenge for you to lay your worry aside? Is the *evidence* of impending catastrophe that you imagine too strong?

4. "There's a huge difference between not *thinking* about Tomorrow, and pretending that what may happen Tomorrow has no consequence." (p. 88)

Daniel H. Pink, in his book, "The Power of Regret," writes, "We typically read 'The Ant and the Grasshopper' as a morality tale, but it's also a story about cognition. By partying all summer instead of gathering food for the winter, the grasshopper succumbed to what economists call 'temporal discounting.' He over-valued the now — and undervalued (that is, discounted) the latter. When this bias grips our thinking, we often make regrettable decisions."

Q: For a certainty, it's possible to over-value now, and undervalue Tomorrow. Not planning for Tomorrow ... is not a good plan. However, what are the potential consequences of 'under-valuing' now? And 'over-valuing' Tomorrow? Where are you in the mix of those thoughts and ideas?

*"Be very careful, then how you live — not as unwise, but as wise, making the most of every opportunity, because the days are evil."* (Eph. 5:15,16, NIV)

5. "We all assume things. Perhaps that's the challenge of Tomorrow. Assuming there will be a Tomorrow is one thing; *presuming* upon Tomorrow's certainty ... might be quite another." (p. 89)

Q: Read the paragraph on p. 89 on the difference between 'assumption' and 'presumption.' What might be elements in your life that you just 'assume,'? (i.e. Do you assume you'll be in good health Tomorrow?) If you made a list of 'assumptions' about life as you know it, what would some of the big things be on the list? What's so risky about being presumptuous about Tomorrow?

6. "We always had waffles on Sunday nights." (p. 89)

Q: What memories do you have about your growing up years, and the mealtimes, activities, or rituals that were just 'assumed?' What memories are you creating in your life or family that might fit into the 'assumption' category?

7. Great care must be given to avoid 'presuming' Tomorrow will be available to us ...

Q: Being as transparent and open as you feel comfortable, what unfinished business might be present in your life that you need to address? Broken or strained relationships that need attention? Wrongs that you still have opportunity to right?

Q: Got things you've always wanted to do but just never got around to? What are your thoughts about 'bucket lists?'



## THE SEVENTH DAY: A DAY OF REST (FOREVER)

**Question to begin this session: What event or happening in your life have you noticed in the last 7 days that you find significant or meaningful? Specifically, how's your week been? What have you noticed about *yourself* in the past 7 days?**

1. "A Day of Rest is the only day God said for me to specifically *remember*; the only day I share in common with the God of All the Universe. God had a Day of Rest, and He specifically instructed in His Book that I should have one, too." (p. 95)

Q: What does your Day of Rest look like?

Q: What activities during your week do you engage in that would be considered restorative to your soul?

Q: What great encumbrances keep people from experiencing Rest?

2. "Think about it. God had six 'good' days in a row, before He declared, not a 'good' day, but a *holy* day. (And, everybody knows there's a big difference between a *good* day and a *holy* day." (p. 95)

Q: A Day of Rest is often referred to as 'the Lord's day.' What do you see as sacred or holy about your Day of Rest? If you were to specifically design a day totally dedicated to God and what you thought He had in mind when He set aside a Day of Rest ... what would the Day of Rest He had in mind for you contain or include? What obstacles stand in the way of you realizing such a day in your life on a consistent basis?

3. "There are other ways to picture A Day of Rest, in addition to its being a specific day for personal renewal, important as that is ... God's Book often mentions people 'resting and being buried with their fathers.' In such instances, A Day of Rest wouldn't just be a 'break in life's normal routine;' it would represent a cessation *from* routine, the day a person dies, the day an individual stops living." (p. 96)

Q: What thoughts do you have about your own passing? Who do you suppose would speak at your memorial service? Where would your 'final resting place' be? How, specifically, would you hope you would be remembered, and what words would you hope come to mind when those who know you best remember you?

4. "Annie Dillard mentioned some of what I see as the challenge of successfully living out A Day of Rest in her book on the craft of writing, *The Writing Life*." (p. 104)

Q: What would be the title or the theme of the book you would begin writing if you knew you would die soon? And what would you possibly say to a dying person that would not enrage by its triviality? As you examine your life, where might there be some 'trivialities?' In your mind, what are things that are trivial?

5. "The challenge, then: How to define a life lived and finished well? How shall I live a life where I truly feel at rest with myself and who I am, at rest with my God and my walk with Him, and at rest with those I encounter Every Day, in the important relationships in my life? (p. 105)

Q: Discuss and define the meaning of the following:

### **A RIGHT RELATIONSHIP WITH GOD. (SEE HEB. 4:9)**

(Grounded in grace and redemption, and a deepening understanding of *biblical* truth)

### **A RIGHT RELATIONSHIP WITH MYSELF. (SEE ROM. 12:3)**

(An understanding and appreciation for my own uniqueness, identity, and spiritual giftings from God, and how I might use them in impactful kingdom living.)

### **A RIGHT RELATIONSHIP WITH OTHERS. (SEE PHIL. 2:3)**

(A loving and impactful life, leaving intentional fingerprints, and focusing on what goes to heaven ... and only people go to heaven)

What other elements might you include in describing a life lived and finished well?

#### 6. "I may not be perfect, but parts of me are excellent." (p. 109)

Q: Perfectionism is the *refusal* to accept any standard less than perfection. Using that definition, what's the difference between pursuing or striving for perfection and pursuing or striving for excellence?

Q: Where do we learn to be perfectionists?

Q: What are the effects of perfectionism in a life?

Q: In your life, is perfectionism a minor annoyance or a significant issue? How will you address either of those possibilities?

#### 7. "As you reflect back on your life, and as you imagine moving forward from this Today — this very place you find yourself — What are you living for, and what might be keeping you from living fully for that?" (p. 119)

Kingdom living is both 'the already here and the not quite yet.' Sorting out what matters most, then, is a journey of discovery: I know who God is, I know who I am, and I'm intentional in making an investment in what goes to heaven. (Only people go to heaven.)

The final exercise in this framework will be the development of a purpose statement that considers the previous six days that are 'good,' and then defines in clear and defined ways: "This is what God had in mind when He thought of me." Using the general outline of:

**WHAT IS MY 'WHY' OR MY SINGULAR PURPOSE (WHAT WILL I LIVE FOR?)**

**WHAT IS MY HOPE (HOW WILL I BE REMEMBERED?)**

**WHAT IS MY RESPONSIBILITY (HOW WILL I DEFINE EXCELLENCE BEING LIVED OUT IN MY LIFE)**

Write a Credo/Life Purpose Statement you will determine to live your life by.

**Conclusion:** In living a Christian life, scripture gives us a goal to strive for, and a process for 'pressing on' to achieve the goal of Christ-like living. Hearing God's "Well done, good and faithful servant" is the ultimate goal of the believer. Until life here is finished, the task at hand is 'pressing on,' and 'pressing in.'

*"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. <sup>13</sup> 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, <sup>14</sup> I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. All of us, then, who are mature should take such a view of things." (Phil. 3:12-15)*

This framework is meant to provide a tool to aid in 'pressing on,' that will enable both the mentor and the mentee to experience life focused on what matters most:

### **I. A LIFE DEFINED BY THIS FOUNDATIONAL BELIEF: JESUS CHRIST IS LORD.**

*"For no one can lay any foundation other than the one already laid, which is Jesus Christ. If anyone builds on this foundation using gold, silver, costly stones, wood, hay or straw, their work will be shown for what it is, because the Day will bring it to light. It will be revealed with fire, and the fire will test the quality of each person's work. If what has been built survives, the builder will receive a reward. If it is burned up, the builder will suffer loss but yet will be saved—even though only as one escaping through the flames." (1 Cor. 3:11-15)*

## **2. A LIFE DEFINED BY FAITHFULNESS TO GOD, AND AN UNDERSTANDING OF THE TASKS AND GIFTINGS HE HAS ENTRUSTED TO MY CARE AND RESPONSIBILITY.**

*“Now it is required that those who have been given a trust must prove faithful.” (1 Cor. 4:2)*

## **3. A LIFE DEFINED BY A GENUINE INTEREST IN MEETING THE NEEDS OF PEOPLE.**

*“Then the King will say to those on his right, ‘Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world.’<sup>35</sup> For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in,<sup>36</sup> I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’ “Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink?’<sup>38</sup> When did we see you a stranger and invite you in, or needing clothes and clothe you?’<sup>39</sup> When did we see you sick or in prison and go to visit you?’ “The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’ (Matt. 25:34-40)*

## **4. A LIFE DEFINED BY A SPIRIT-DIRECTED FOCUS ON THE ‘INNER LIFE,’ PRODUCING SELF-EXAMINATION, AWARENESS AND AUTHENTICITY**

*“And we all, who with **unveiled** faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.” (2Cor. 3:18)*

## **5. A LIFE DEFINED BY HUMILITY**

*“Humility is the fear of the Lord; its wages are riches and honor and life.”*

(Prov. 22:4)

*“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves,<sup>4</sup> not looking to your own interests but each of you to the interests of the others.”* (Phil. 2:3,4)

### **6. A LIFE DEFINED BY CONTENTMENT**

*“But godliness with contentment is great gain.”* (1 Tim.6:6)

*“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.<sup>13</sup> I can do all this through him who gives me strength.”* (Phil. 4:12,13)

### **7. A LIFE DEFINED BY THE EVER-INCREASING KNOWLEDGE OF CHRIST, AND GROWING IN GODLINESS.**

*“His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.<sup>4</sup> Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge;<sup>6</sup> and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness;<sup>7</sup> and to godliness, mutual affection; and to mutual affection, love.<sup>8</sup> For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.”* (2 Pet. 3:3-8)

## ADDITIONAL NOTES/QUESTIONS



## NOTES FOR SOMEDAY (FOR DREAMING)

## ANY DAY (FOR WAITING)

**EVERY DAY (FOR LIVING)**

## YESTERDAY (FOR REMEMBERING)

## TODAY (FOR NOW)

## TOMORROW (FOR SURE?)

## A DAY OF REST (FOREVER)



## SUGGESTED READING AND SUPPLEMENTAL MATERIALS

"A Mentoring Guide", published by VantagePoint3, 2104 South Summit Ave., Sioux Falls, SD 57105

"Living Forward (A proven plan to stop drifting and get the life you want) by Michael Hyatt and Daniel Harkavy; Published by Baker Books, a division of Baker Publishing Group, Gand Rapids, MI 49516-6287

"Building Your Life on Values that Last" by Rick Warren, Ranch Santa Margarito, CA

"Holding Hands With Grace" by Marcus Jones (Amazon publication)

"Between the Dreaming and the Coming True" by Robert Benson; Published by Tarcher/Putnam Books, New York, NY, 10014

"Solving for Why — A Surgeon's Journey to Discover the Transformative Power of Purpose" by Dr. Mark G. Shrime; Published by 12Twelve, Hachette Book Group, New York, NY 10104

"The Call" by Os Guinness; Published by W Publishing Group, a Division of Thomas Nelson, Inc, Nashville, TN 37214

"Til We Have Faces" by C.S. Lewis; Published by HarperCollins, Publishers, New York, NY 10007

"The Yoke of Christ and other Sermons" by Elton Trueblood; Published by Harper San Francisco, San Francisco, CA, 94111

"Whistling in the Dark — A Doubter's Dictionary", by Frederick Buechner; Published by HarperCollins Publishers, New York, NY 10022

" A Circle of Quiet" by Madeleine L'Engle Franklin; Published by Open Road Integrated Media, Inc., New York, NY 10038



# A FINAL THOUGHT FROM THE AUTHOR ...

*"The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by human hands. And he is not served by human hands, as if he needed anything. Rather, he himself gives everyone life and breath and everything else. From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands.*

*God did this so that they would seek him and perhaps reach out for him and find him, though he is not far from any one of us. 'For in him we live and move and have our being.'"*

The Apostle Paul spoke those words to the citizens of Athens, as he stood on Mars Hill. As I read them, I am reminded all over again: God is not served by human hands. He has no need. Rather, He the divine sovereign is the one who gives me my life. He has appointed my time; he determined where I would be born, and yes, when and where I will finish my earthly journey. It is only as I discover what he had in mind when he thought of me, that I am able to 'live, and move, and have my being.'

I pray that as mentors determine to leave their fingerprints on those they meet along their journey, this tool may give focus and a framework; a reminder that life is short. And then comes ... eternity.

We are surrounded by those who are challenged by that 'unenchanting forest of a million trees.' Helping another pilgrim find fulfillment and purpose as they navigate the daze of life is a worthwhile expenditure of all our moments. May His divine pleasure rest upon your efforts.

In His firm grip,  
Kj