

Some Practical Aids:

Below are some questions along with some suggested answers that may help you process your own responses.

1. What is the supreme aim or vision of your life?
 1. **2 Tim. 4:6-8** Pouring out life, finishing the race

2. How do you aim your whole life at this goal? (Managing appetites, time, love)
 1. **Matt 5-7** Jesus teachings in Sermon on the Mount
 2. Prayer - essential for strengthening life in the Spirit
 3. Fasting - essential for weakening the carnal desires of the heart
 4. Studying the Scriptures - keeps our minds engaged in God's message and mission
 5. Sharing the Gospel - especially when there is resistance or ridicule, this keeps our hearts engaged in God's message

3. How do I plan to execute this consistently?
 1. Scheduling my time around these priorities
 2. Accountability

4. What are the obstacles to this goal that will potentially derail you from it - both personally and culturally? (i.e. your 'carnal mode')
 1. **Luke 14:26-30** you don't hate your own life/you don't count the cost
 2. **Mark 4:19** the desire for other things
 3. **Luke 9:62** looking back
 4. **Matt. 13:22** the worries of life
 5. Other personal/cultural derailers

5. How do I plan on avoiding these obstacles consistently?
 1. Meet with others to pray/study the Scriptures regularly
 2. Fasting
 3. Manage time - place time parameters around the things that are not sinful, but that should not capture your heart's affections