

REVERSE-ENGINEERING EXERCISE

(adapted from Providence Church in Austin, TX)

Pursuing God is both a delight and a discipline. Paul says in 1 Timothy, you are to *train yourself in godliness*. This training entails prioritizing your days and guarding your time, energy, and passions. C.J. Mahaney says, *a cross-centered life is made up of cross-centered days*. Reverse-engineering is the process of envisioning the kind person that you want to be when you die and creating systems and habits now that will help move you in the direction of that goal. John Piper says, *we waste our lives when we do not pray and think and dream and plan and work toward magnifying God in all spheres of life*. For example, we all desire to be more generous, more loving, and more godly but these goals can seem intangible and theoretical. The following template is designed to help you think through practical applications of your desires for growth. Remember, good goals are both specific and measurable.

SPIRITUAL DISCIPLINES (*Bible reading, prayer, solitude, etc.*)

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CHARACTER (*repentance, healing, forgiveness, patience, growth, etc.*)

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MISSION/MINISTRY (*church involvement, missional relationships, service, discipling others, etc.*)

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MARRIAGE/FAMILY (*conflict resolution, leadership, gentleness, sex, parenting, date nights, etc.*)

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FINANCES (*job, debt, simplicity, generosity, etc.*)

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LEARNING (*intentional study, reading, etc.*)

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HEALTH (*exercise, eating, sleeping, Sabbath, vacation, etc.*)

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"People do not drift toward Holiness. Apart from grace-driven effort, people do not gravitate toward godliness, prayer, obedience to Scripture, faith, and delight in the Lord. We drift toward compromise and call it tolerance; we drift toward disobedience and call it freedom; we drift toward superstition and call it faith. We cherish the indiscipline of lost self-control and call it relaxation; we slouch toward prayerlessness and delude ourselves into thinking we have escaped legalism; we slide toward godlessness and convince ourselves we have been liberated." - D.A. Carson, For the Love of God.