



Planning our Lives for 2019

Equipping so that...we Root the Paradigm



On Dec. 21, 1968, Apollo 8 launched... The astronaut crew — Frank Borman, Bill Anders and James Lovell — were the first humans to escape Earth’s orbit, venturing about 240,000 miles farther than anyone before them.

Their mission was to orbit the moon, testing the viability of a future moon landing. NASA was focused on getting to the moon and beating the Soviet Union in the space race; everything else, including photography, was secondary. Yet during their lunar orbit, the crew emerged from the dark side of the moon to see the ***Earth rising*** before them over the lunar horizon. They scrambled to capture the image, producing the first color photograph taken of the Earth from the moon. It became known as ***“Earthrise” and has become one of the most well-known photographs in history.***

The iconic “Earthrise” photograph shifted the vision of space exploration from one that leaves Earth behind to one that marvels in the rare magnificence and beauty of our home planet. It ushered in a collective awareness of the Earth as a whole, transcending borders and boundaries, and came to be used by many to instill a sense of wonder, awe and stewardship toward the planet. It was a natural inspiration for the creation of Earth Day, and subsequently for the environmental movement as a whole.

<https://www.nytimes.com/2018/10/02/opinion/earthrise-moon-space-nasa.html>

Family Updates and Reports

- Jeff and I - Los Angeles to Louisville - Met with Bolthouse and Strategic Resource Group
- Randy and Caleb - CityChurch Meetings - Tulsa, OK to Canton, OH

- Bill - Bible Translation work - Indonesia to India - 8 Partners - 3 weeks
- Jeff - India and Africa work - 3 weeks

- Tomorrow night - Monday 6-8 - apostolic team meeting
- Tomorrow night - Monday 8-10:30 - All leaders -
 - Cluster reporting with new “Bland” template
 - Giving Sheets review - please turn in your cluster total to Don

Des Moines Cluster Giving

Please fill in the amounts you plan to give towards each of the following needs in 2019

*** Required**

Which church do you participate in? *

Union Park

Urbandale

General Fund Giving *

Your answer

BILD Conference Giving *

Your answer

SUBMIT

Never submit passwords through Google Forms.

Planning our Lives

We will spend the next three weeks preparing to live intentionally in 2019. We all want to live life to the fullest, lives that reach their full potential. We will be following our tool Lifeⁿ as a guide in this process.

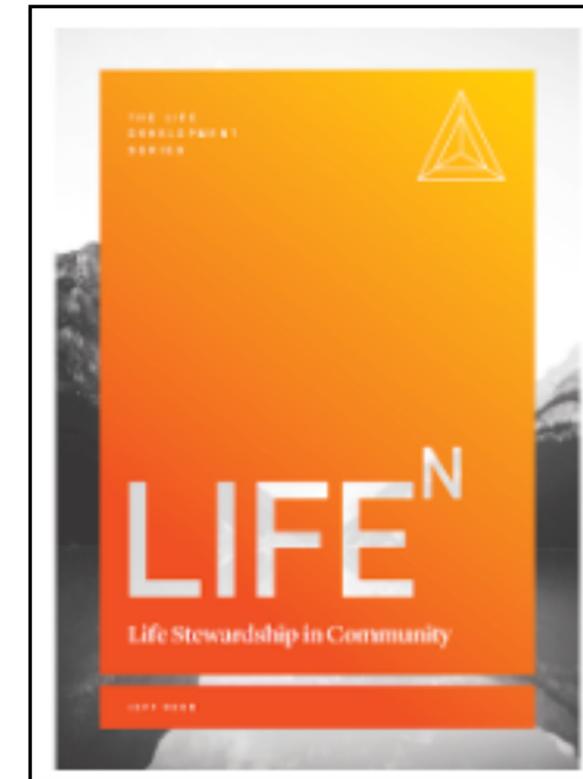
Outline of our time:

Jan 6 - Story, Purpose and Abilities

Jan 13 - Legacy

Jan 20 - Strategy

Feb 10 - Habits



Planning our Lives

Hebrew wisdom, hokmah means - **skill in living**

- If you don't design your life, chance are you'll fall into someone else's plan. Guess what they have planned for you? Not much.

Habits

What are Habits and Why are They Important?

- unless we build moral habits of the heart we will ultimately have little impact on our families or on society itself
- habits are an orientation so deep that it is part of our mental and moral constitution...it becomes our disposition
- vision without execution is hallucination
- one of the key difference in moving from surviving life to thriving in life, is developing Godly habits
- there is no limit that to the amount of growth that the mind can sustain. If you aren't learning, then you likely don't have much to offer the world or other people that you haven't already said.

Habits

1 Corinthians 9:24–27 (NRSV)

²⁴ Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. ²⁵ Athletes exercise self-control in all things; they do it to receive a perishable wreath, but we an imperishable one. ²⁶ So I do not run aimlessly, nor do I box as though beating the air; ²⁷ but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

Habits

2 Timothy 2:3–7 (NRSV)

³ Share in suffering like a good soldier of Christ Jesus. ⁴ No one serving in the army gets entangled in everyday affairs; the soldier's aim is to please the enlisting officer. ⁵ And in the case of an athlete, no one is crowned without competing according to the rules. ⁶ It is the farmer who does the work who ought to have the first share of the crops. ⁷ Think over what I say, for the Lord will give you understanding in all things

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Acts 22:1–3 (NRSV)

“Brothers and fathers, listen to the defense that I now make before you.” When they heard him addressing them in Hebrew, they became even more quiet. Then he said: “I am a Jew, born in Tarsus in Cilicia, but brought up in this city at the feet of Gamaliel, educated strictly according to our ancestral law, being zealous for God, just as all of you are today.

Habits

Summary of author's intention:

- be self controlled
- stay focused
- stay disciplined
- suffer hardships
- don't get tangled in useless
- compete like an athlete, work hard like a farmer, focus like a soldier

How do we do all of these things? The first and critical step in building habits is self-mastery. We must build habits in each of our own lives, working hard to stay focused and being self controlled in this world. We need to renew our mind with all the tools God gave us; listening and speaking with others, reading and writing to/for others, prayer and meditation

Michael Vos - Habits - Developing Practical Wisdom

Core Abilities Statement - apostle, prophet, teacher, leaders, assessor of gifts

Life Purpose Statement - Leading Leaders to Be an Impact in Their Sphere

Core Legacy Statement - a tempered radical, created systems for TWCA to cross the chasm

Reading and Writing Habits - Be thinking about individual, family, church family

Culture Reading - McKinsey, MIT, RealClearPolitics, CityJournal, Harvard Business Review, Beijing Review, Frontline India, Foreign Affairs, NYT, China Source, Great Courses

Read weekly for the Doctorate of Ministry track, so that I can renew my mind, master TWCA paradigm, be able to teach others. Write reading Summaries

Write Reading Summary for every key article, news, video or movie

Lead by Writing Tools and Examples - Global network family in writing competencies to demonstrate mastery of TWCA

Speaking and Listening Habits

Theological Education

BILD Training system - Master the Doctorate of Ministry track, so that I can renew my mind, master TWCA paradigm, be able to teach others.

Family

- Dinners each Tuesday evening, discussion about their lives
- yearly family vacation

Mentoring

- Jay Staker, Jeff Reed, Don Vos - regular conversations
- Daryl & Jane, Dea, Nancy, Randy Kennedy, David Forshee, David Reeves - ongoing
- James, Chadwick, Nathan, Josh, Sam, David Haila, Todd - peers ongoing
- Elijah Vos, Abram Vos, David Riley, Charles Cook - next generation

Reflections, Prayer and Meditation

Journal - write reflections using Notability app at least 3-4 times per week

- Write 3 Areas - Gather, Focus and Write, Revisit and Replace

Body Health

- sleep more and have regular sleep, study about health and habits of sleep
- study science of sleep
- keep body around 200
- stretch 20 mins each morning to "inform" body of time to begin day and for health

Prayer

- prayer as part of journaling and stretching each day, track prayers in notability

Researchers Debra Meyerson and Maureen Scully have found that **to succeed, originals must often become tempered radicals.** They believe in values that depart from traditions and ideas that go against the grain, yet they learn to tone down their radicalism by presenting their beliefs and ideas in ways that are less shocking and more appealing to mainstream audiences.

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The key insight is a Goldilocks theory of coalition formation. The originals who start a movement will often be its most radical members, whose ideas and ideals will prove too hot for those who follow their lead. To form alliances with opposing groups, it's best to temper the cause, cooling it as much as possible. **Yet to draw allies into joining the cause itself, what's needed is a moderately tempered message that is neither too hot nor too cold, but just right.**

Discussion Questions

1. What are some of the problems you encounter in establishing habits with your studying, reading, writing habits? How can you overcome these?
2. With your legacy in mind, what are the “adjacent possible” steps that need to occur in your life? What skills do you need to improve or begin to learn?
3. Most of us can discuss other people’s areas that need improvement, yet our ability to have self-mastery and self awareness remains as a daily need. Review your time during a typical day. How much time do you spend studying, reading, writing, reflecting? How much do you think you should per day or week?
4. What are the habits needed to parent with a plan?
5. What are the habits needed to build and maintain a strong marriage?
6. What habits should be part of your weekly gathering as churches? Which habits should happen over the course of a year and which ones should be part of each week?
7. What habits do we need as a network of churches to model to the world that we are implementing this paradigm while simultaneously deeply rooting the ideas for the next generation?

Final Plea

People's relationships and emotions are ever changing, changing with each hour, day, month, year, and generations of time, yet truth does not change, like a mountain range, truth remains despite all the storms. Godly discipline and habits ensure that His truth is embedded into a persons heart while also passing on to the next generation. With Godly habits, God's truth will continue, without it, your ability to know and pass on truth will slowly erode.

