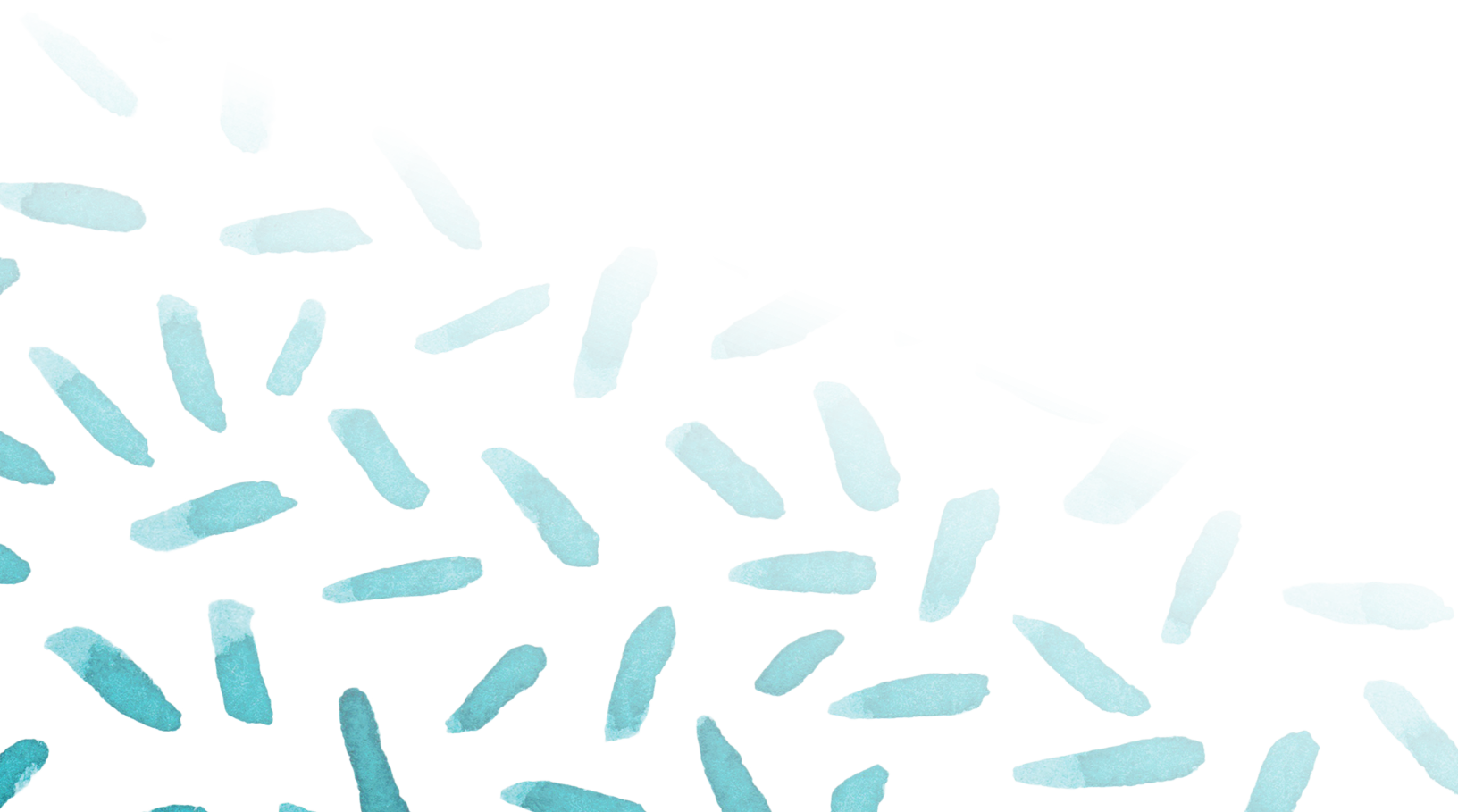


RE  ENERGIZE

YOUR LIFE

ACCOMPANYING RESOURCES



# RE-ENERGIZE YOUR LIFE

Day	How I spent my time
1	
2	
3	
4	
5	
6	
7	

## 8 WAYS TO MAKE THE MOST OF THE PRESENT

By Rick Warren

The Bible says the best time to manage your time is right now – not tomorrow, not next week, not next year: *“Make the most of every opportunity you have.”* (Ephesians 5:16 TLB)

### 1. Do it now.

If you had a bank account and every morning someone put \$86,400 into it, but you had to spend it all by the end of the day or what was left would be lost—what would you do? Would you try to spend it? Or would you just let it go to waste? Guess what? God gives you 86,400 seconds every day! And you have to use those 86,400 seconds today or they are gone forever.

*What have been putting off that you can get done now?*

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*“Never boast about tomorrow because you don’t know what will happen between now and then.”*

PROVERBS 27:1 (GNT)

## 2. Eliminate time wasters.

*"I may do anything, but everything is not useful. Yes, I may do anything but everything is not constructive" (1 Corinthians 10:23 Phillips).* In this verse, the Apostle Paul is saying that many things in life are not necessarily wrong, but they're also not necessary. You've got to eliminate the time wasters. It's amazing how creative we get when we have a job to do that we don't want to do.

*Is there anything you have been doing that isn't necessary?*

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## 3. Prioritize what's important.

*"Don't act thoughtlessly, but understand what the Lord wants you to do" (Ephesians 5:17 NLT).* If you want to manage your time well, you've got to do what God wants you to do. You have just enough time to do God's will. If you do not have enough time right now, it means one of several things is going on:

**You're doing something God never intended for you to do.**

**You're not doing what God intended you to do.**

**You're doing the right thing in the wrong way.**

God would not give you a purpose in life and then not give you the time to do it. So if you don't have enough time to do everything you need to do, it means God doesn't expect you to do it all. It may be that the stress in your schedule is self-imposed.

In the end, time management isn't about getting more done. It's about getting God's agenda done. Instead of trying to get everything done on your to-do list, focus on getting the most important things done.

*What is the most important thing you need to get done this week?  
This month? This year?*

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**You have exactly enough time to do God's will for your life—and not a minute more.**

#### **4. Put similar tasks together.**

Rather than trying to stuff meetings, study time, errands, housecleaning, and all of your other tasks into one day, do them all on separate days. This is particularly effective with meetings. Don't break up your day with meetings if you can help it. It can break your concentration.

*How can you re-arrange your schedule by putting similar things together?*

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

**5. Manage technology use.**

Whether it's your mobile phone, computer, e-mail, social media, or apps you use, you've got to make sure they are your servant—not the other way around. Do you get more e-mails than you could ever possibly answer? Is your inbox always overloaded? What do you need to change so that your inbox doesn't run your life?

*What is one thing you can do right now to better manage your use of technology?*

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**6. Write it down.**

Success is the management of ideas. Everybody—and I mean everybody gets good ideas. The difference between successful and unsuccessful people is what they do with those ideas. We all need a system to help us write down and categorize our ideas. It doesn't matter whether you use your mobile device, laptop or day timer, you need a place where you can save and find this information.

*What are you using to save your ideas? Is it working for you? If not, what can you do to make it work?*

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## 7. Use your ‘loose change’ wisely.

We all have little pockets of time that come up every now and then. Maybe it’s during a commute or as you’re waiting in line. Using that time effectively can make a huge difference toward fulfilling your purpose. If you have a long commute, record what you’re thinking on a voice recorder. Listen to a book on tape, a helpful podcast or spend the time in prayer. Every minute counts.

*What will you do with your next “pocket of time”?*

The greatest use of time is love and the greatest expression of love is time and the greatest time to love is now. When you choose relationships—particularly with your loved ones—over tasks, you are living out the Great Commandment. Years from now, people won’t remember your accomplishments; they’ll remember that you put others first.

*What relationship(s) needs your attention? What tasks need to drop down on your list so that relationships can move up to the top?*

*“Our love should not be just words and talk;  
it must be true love, which shows itself in action.”*

**1 JOHN 3:18 (GNT)**

## APPLYING GOD'S TRUTH

By Rick Warren

### HAVE YOU DONE THE THINGS GOD HAS TOLD YOU TO DO?

Is there something in your life you know you ought to be doing but you're not doing it? An unapplied truth will cause you to lose your passion. What has God told you to do through Scripture or prayer that you keep putting off? God holds us responsible for applying his truth in our lives. Pray through the Bible verses below and consider the following questions:

*What might be holding you back?*

*What you need to do about it?*

*When will you do what you need to do?*

#### **Examine Your Lifestyle.**

*"Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups."*

**2 CORINTHIANS 13:5 (THE MESSAGE)**

*"Let us examine our lifestyles, putting them to the test, and turn back to the Lord."*

**LAMENTATIONS 3:40 (ISV)**

*"My guilt has overwhelmed me like a burden too heavy to bear.  
I am bowed down and brought very low."*

**PSALM 38:4, 6A (NIV)**

*"If we confess our sins to God, he will keep his promise and do what is right:  
he will forgive us our sins and purify us from all our wrongdoing."*

**1 JOHN 1:9 (GNT)**

*"Anyone who knows the right thing to do, but does not do it, is sinning."*

**JAMES 4:17 (NCV)**

*"Surely resentment destroys the fool, and jealousy kills the simple."*

**JOB 5:2 (NLT)**



*"If only you would prepare your heart and lift up your hands to him in prayer! Get rid of your sins, and leave all iniquity behind you. Then your face will brighten with innocence. You'll be strong and free of fear. You will forget your misery; it will be like water flowing away."*

**JOB 11:13-16 (NLT)**

### **Seek God's Kingdom First.**

*"Seek first God's kingdom and what God wants. Then all your other needs will be met as well."*

**MATTHEW 6:33 (NCV)**

*"Love the Lord your God with all your heart and with all your soul and with all your mind . . . Love your neighbor as yourself."*

**MATTHEW 22:37, 39 (NIV)**

*"Come close to God, and God will come close to you."*

**JAMES 4:8A (NLT)**

*"Be still, and know that I am God."*

**PSALM 46:10 (NIV)**

*"Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. And the focus will shift from you to God, and you will begin to sense his grace."*

**MATTHEW 6:6 (THE MESSAGE)**

*"In everything you do, put God first, and he will direct you and crown your efforts with success."*

**PROVERBS 3:6 (TLB)**

*"But I have hope when I think of this: The Lord's love never ends; his mercies never stop. Those who hope in [God] will not be disappointed."*

**LAMENTATIONS 3:21-22 (NCV)/ISAIAH 49:23 (NIV)**

## Live by Faith.

*“God . . . does everything just right and on time, but people can never completely understand what he is doing.”*

**ECCLESIASTES 3:11 (NCV)**

*“This vision is for a future time. It describes the end, and it will be fulfilled. If it seems slow in coming, wait patiently, for it will surely take place. It will not be delayed.”*

**HABAKKUK 2:3 (NLT)**

*“Those who trust in the Lord are steady as Mount Zion, unmoved by any circumstance.”*

**PSALM 125:1 (TLB)**

*“If we must keep trusting God for something that hasn’t happened yet, it teaches us to wait patiently and confidently.”*

**ROMANS 8:25B (TLB)**

*“Those who trust God’s action in them find that God’s Spirit is in them—living and breathing God! Obsession with self in these matters is a dead end; attention to God leads us out into the open, into a spacious, free life.”*

**ROMANS 8:6 (THE MESSAGE)**

## Faith Comes from Hearing God’s Word.

*“Faith comes from hearing . . . the word of God.”*

**ROMANS 10:17 (WEB)**

*“Make every effort to respond to God’s promises. Supplement your faith with a generous provision of moral excellence . . . For then you must learn to know God better and discover what he wants you to do.”*

**2 PETER 1:5 (NLT/TLB)**

*“People do not live by bread alone; rather, we live by every word that comes from the mouth of the Lord.”*

**DEUTERONOMY 8:3 (NLT)**

*“For if a person just listens and doesn’t obey, he is like a man looking at his face in a mirror; as soon as he walks away, he can’t see himself anymore or remember what he looks like. But if anyone keeps looking steadily into God’s law for free men, he will not only remember it but he will do what it says, and God will greatly bless him in everything he does.”*

**JAMES 1:23-25 (TLB)**

*“So be careful how you live. Don’t live like ignorant people, but like wise people. Make good use of every opportunity you have . . . Don’t be fools, then, but try to find out what the Lord wants you to do.”*

**EPHESIANS 5:15-17 (GNT)**

*“[Christ’s] love has the first and last word in everything we do. Our firm decision is to work from this focused center.”*

**2 CORINTHIANS 5:14 (THE MESSAGE)**

## Let God Refresh Your Soul.

*“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you.”*

**MATTHEW 11:28-29 (THE MESSAGE)**

*“[God’s principles] will refresh your soul.”*

**PROVERBS 3:22 (NLT, SECOND EDITION)**

*“Truly my soul finds rest in God; my salvation comes from him.”*

**PSALM 62:1 (NIV)**

*“Since the Lord is directing our steps, why try to understand everything that happens along the way?”*

**PROVERBS 20:24 (TLB)**

*“Trust the Lord and his mighty power. Worship him always.”*

**1 CHRONICLES 16:11 (CEV)**

*“And we know [with great confidence] that God [who is deeply concerned about us] causes all things to work together [as a plan] for good for those who love God, to those who are called according to His plan and purpose.”*

**ROMANS 8:28 (AMP)**

*“You have six days in which to do your work,  
but the seventh day is a day of rest dedicated to me.”*

**EXODUS 20:9-10A (GNT)**

### **Avoiding Burn Out.**

*“Don’t burn out; keep yourselves fueled and aflame.”*

**ROMANS 12:11 (THE MESSAGE)**

*“Only someone too stupid to find his way home  
would wear himself out with work.”*

**ECCLESIASTES 10:15 (GNT)**

*“I have used up my strength but accomplished nothing.”*

**ISAIAH 49:4 (GNT)**

*“I had no time to care for myself.”*

**SONG OF SOLOMON 1:6 (GNT)**

*“My days go by faster than a runner; they fly away without my seeing any joy.”*

**JOB 9:25 (NCV)**

*“Careful planning puts you ahead in the long run;  
hurry and scurry puts you further behind.”*

**PROVERBS 21:5 (THE MESSAGE)**

*“It is better to have only a little, with peace of mind, than be busy all the time.”*

**ECCLESIASTES 4:6 (GNT)**

*“A prudent person perceives the difficulties ahead and prepares for them;  
the simpleton goes blindly on and suffers the consequences.”*

**PROVERBS 22:3 (TLB)**

## Endless Energy, Boundless Strength.

*“Oh, the utter extravagance of his work in us who trust him—endless energy, boundless strength! All this energy issues from Christ.”*

**EPHESIANS 1:19-20 (THE MESSAGE)**

*“[God] energizes those who get tired, gives fresh strength to dropouts . . . Those who wait upon God get fresh strength. They spread their wings and soar like eagles, they run and don’t get tired, they walk and don’t lag behind.”*

**ISAIAH 40:29-31 (THE MESSAGE)**

*“Two are better off than one, because together they can work more effectively. If one of them falls down, the other can help him up. But if someone is alone and falls, it’s just too bad, because there is no one to help him.”*

**ECCLESIASTES 4:9-10 (GNT)**

*“We were under great pressure, far beyond our ability to endure. As it turned out, it was the best thing that could have happened. Instead of trusting in our own strength or wits to get out of it, we were forced to trust God totally—not a bad idea since he’s the God who raises the dead!”*

**2 CORINTHIANS 1:8-9 (NIV/THE MESSAGE)**

*“Spend your time and energy in the exercise of keeping spiritually fit.”*

**1 TIMOTHY 4:7 (TLB)**

*“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”*

**EPHESIANS 4:32 (ESV)**

*“Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another.”*

**HEBREWS 10:24-25A (NLT)**

## Becoming Like Jesus.

*"In your lives you must think and act like Christ Jesus."*

**PHILIPPIANS 2:5 (NCV)**

*"Let God transform you into a new person by changing the way you think."*

**ROMANS 12:2 (NLT)**

*"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."*

**EPHESIANS 2:10 (NIV)**

*"In his great mercy, He's given us new birth into a living hope through the resurrection of Jesus Christ from the dead."*

**1 PETER 1:3 (NIV)**

*"The scriptures give us patience and encouragement so that we can have hope."*

**ROMANS 15:4 (NCV)**

*"Don't try to squirm out of your problems. For when your patience is finally in full bloom, then you will be ready for anything, strong in character, full and complete."*

**JAMES 1:4 (TLB)**

*"We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love."*

**ROMANS 5:3-5 (NLT)**

*"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."*

**GALATIANS 5:22-23 (NLT)**

*"Our love should not be just words and talk; it must be true love, which shows itself in action."*

**1 JOHN 3:18 (GNT)**

## Knowing Your Purpose.

*“For everything—absolutely everything—above and below, visible and invisible, everything got started in Him and finds its purpose in Him.”*

**COLOSSIANS 1:16 (THE MESSAGE)**

*“It is God himself who has made us what we are and given us new lives from Christ Jesus; and long ages ago he planned that we should spend these lives in helping others.”*

**EPHESIANS 2:10 (TLB)**

*“[Jesus prayed] In the same way that you gave me a mission in the world, I give them a mission in the world. I’m consecrating myself for their sakes so they’ll be truth-consecrated in their mission.”*

**JOHN 17:18-19 (THE MESSAGE)**

*“Let your light so shine before men, that they see your good works, and glorify your Father which is in heaven.”*

**MATTHEW 5:16 (KJV)**

*“Whatever you do, whether in word or deed, you do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”*

**COLOSSIANS 3:17 (NIV)**

*“Life is worth nothing unless I use it for doing the work assigned me by the Lord Jesus—the work of telling others the Good News about God’s mighty kindness and love.”*

**ACTS 20:24 (TLB)**

*“Each day tell someone that he saves. You are . . . God’s instruments to do his work and speak out for him, to tell others of the night-and-day difference he made for you.”*

**PSALM 96:2B (TLB)/1 PETER 2:9 (THE MESSAGE)**

*“For you must teach others those things you and many others have heard me speak about. Teach these great truths to trustworthy men who will, in turn, pass them on to others.”*

**2 TIMOTHY 2:2 (TLB)**

*“Make the most of your chances to tell others the Good News. Be wise in all your contacts with them. Let your conversation be gracious as well as sensible, for then you will have the right answer for everyone.”*

**COLOSSIANS 4:5-7 (TLB)**

*“You are . . . God’s instruments to do his work and speak out for him, to tell others of the night-and-day difference he made for you.”*

**1 PETER 2:9 (THE MESSAGE)**

*“Live in such a way that you are a credit to the Message of Christ.”*

**PHILIPPIANS 1:27 (THE MESSAGE)**



# HOW TO RESOLVE CONFLICT

By Rick Warren

**Why does God want us to live at peace with everyone? Because unresolved conflict has three devastating effects in your life.**

## **First, it blocks your fellowship with God.**

When you're out of whack with others, you can't be in harmony with God. When you're distracted, when you're in conflict with other people, you can't have a clear connection with God. 1 John 4:20 says, *"If someone says, 'I love God,' but hates a Christian brother or sister, that person is a liar"* (NLT).

## **Second, unresolved conflict hinders your prayers.**

Over and over again the Bible says that where there is conflict and sin and disharmony in your life, your prayers are blocked.

## **Third, unsolved conflict hinders your happiness.**

You cannot be happy and in conflict at the same time. When conflict comes in the front door, happiness goes out the back.

So, don't you want to get rid of the conflict in your life? The starting point of resolving any conflict is to take the initiative. Don't wait for the other person to come to you; go to that person. You be the peacemaker.

Don't ignore the conflict. Don't deny the conflict. Don't push the conflict under the carpet.

Have you heard the expression, "Time heals everything?" That's a bunch of bologna. Time heals nothing! If time heals everything, you wouldn't ever need to see the doctor.

Actually, time makes things worse. When you've got an open wound and you don't deal with it, it festers. Anger turns to resentment, and resentment turns to bitterness.

The conflict is not going to resolve itself. You've got to intentionally deal with it.

Only courageous people resolve conflict. Maybe the most courageous thing you can do is face an issue that you've been ignoring for a long time in your marriage, or with your kids, or with your employees, or your boss, or whomever.

Where do you find the courage to face it? You get it from God.

The Bible says in 2 Timothy 1:7, *"God has not given us a spirit of fear and timidity, but a spirit of power, love, and self-discipline"* (NLT). That means if you let God's Spirit fill your life, you're going to be filled with power, love, and self-discipline. And God's love overcomes fear.

When your love is greater than your fear, you'll do things you're afraid to do. That's called courage. When you're filled with God's love, you'll also be filled with love for that person who is irritating you or that person you're in conflict with.

***What are you pretending is not a problem in your relationships? Money? Trust? In-laws? Family? Children? Communication? Values? Work schedule?***

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***What will you do today to take the initiative to resolve those conflicts?***

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## Fix the Problem, Not the Blame.

You only have a certain amount of emotional energy. In a conversation where you're trying to resolve conflict, you can either use that energy to fix the blame or you can use that energy to fix the problem. You don't have enough energy to do both. So you've got to ask yourself what's more important, to blame the other person or to resolve the conflict. Fix the problem, not the blame.

The reason we need to focus on fixing the problem and not the blame is because blaming is a form of judging, and only God has the right to judge. You're not the judge. You can't figure out anybody else's motivation. You don't know your own motivation most of the time! Only God knows. Let him be the judge.

In addition, there are some personal weapons you should never use in a conflict. The Bible is very specific about what's out of bounds. Colossians 3:8 says, *"You must also rid yourself of all such things as these: anger, rage, malice, slander, and filthy language from your lips"* (NIV). Otherwise, you will just escalate the conflict.

*Why does fixing blame keep us from resolving conflict?*

*What are some ways you've fixed blame?*

*Why is it important to set boundaries for "fighting fair" in a relationship?*

## Focus on Reconciliation, not Resolution.

What If You Can't Resolve the Conflict?

The Bible says that sometimes it is impossible to resolve a conflict, but that doesn't mean you have to cut off your relationship with the other person.

The key here is to focus on reconciliation, not resolution. There's a big difference in those two words. Reconciliation means re-establishing the relationship. Resolution means resolving every issue.

Resolution may not be possible because there may be some issues both of you can never agree on. Nobody on this planet agrees with you about everything, so you're never going to have resolution on all your issues.

Can you have a loving relationship without agreeing on everything? Of course you can.

**If you learn to disagree without being disagreeable,  
that's called wisdom. If you learn to walk hand-in-hand  
without having to see eye-to-eye, that's called wisdom.**

One of the greatest things you can do with your life is be a bridge builder, not a wall builder. You are most like Jesus Christ when you are reconciling people. You are most like Jesus when you're building bridges, not walls. That's exactly what Jesus came to do! He's the great reconciler. God sent Jesus to Earth to reconcile us because we are in conflict with God.

But you can't make peace with other people until you make peace with God. And maybe that's part of the problem—you're not at peace with yourself because you're not at peace with God. First you've got to make peace with God. Then you get the peace of God.

The Bible says, *"If it is possible, as far as it depends on you, live at peace with everyone"* (Romans 12:18 NIV). Would you become a bridge-builder and pray this prayer today?

*God, you know the conflict in my life. I'm tired of it, and I want to make peace. I want to have your peace in my life so I can offer peace to others. So I accept your peace today. I open my life to you as best as I know how. Fill my life with love, not anger, and with patience, joy, and peace. Come in and fill every area of my life with your peace, and help me to be a bridge builder and not a wall builder. Help me to take the initiative and not wait on that other person. Help me to find the right time and place, and then help me to have the courage to confess my part of the conflict and to be humble. Instead of attacking the person, help me attack the problem. Help me to consider the other person's perspective. Help me to speak the truth, fix the problem and not the blame, and to focus on reconciliation instead of resolving all the disagreements. I ask this in Jesus' name, Amen.*

## WHAT CAN WE LEARN FROM JESUS?

By Rick Warren

### **Jesus understood who he was.**

Jesus let God define who he was. And so Jesus had no doubt who he was. Doesn't that make sense since God created us? Trying to be someone you're not causes stress!

*"I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life."*

**JOHN 8:12 (NLT)**

*"I am the Gate. Anyone who goes through me will be cared for—will freely go in and out, and find pasture."*

**JOHN 10:9 (THE MESSAGE)**

*"I am the Good Shepherd. The Good Shepherd puts the sheep before himself, sacrifices himself if necessary."*

**JOHN 10:13 (THE MESSAGE)**

*"I am the Bread of Life. The person who aligns with me hungers no more and thirsts no more, ever."*

**JOHN 6:35 (THE MESSAGE)**

### **Jesus knew where he was going.**

Jesus said, "I know where I came from and where I am going." When you know where you are going, you can be more intentional about how you live. You can plan and prioritize according to your purpose. And having priorities will reduce the pressure in your life.

*"Jesus knew that the Father had given him authority over everything and that he had come from God and would return to God. So he got up from the table, took off his robe, wrapped a towel around his waist, and poured water into a basin. Then he began to wash the disciples' feet, drying them with the towel he had around him."*

**JOHN 13:3-5 (NLT)**

*“For I know where I came from and where I am going, but you don’t know this about me.”*

**JOHN 8:17 (NLT)**

*“The deeds my Father gave me to do, these speak on my behalf and show that the Father has sent me.”*

**JOHN 5:36 (GNT)**

*“As the time approached for him to be taken up to heaven, Jesus resolutely set out for Jerusalem.”*

**LUKE 9:51 (NIV)**

### **Jesus paid attention to pleasing God.**

Jesus never let the fear of rejection manipulate him. He was focused on pleasing God and no one else. No one can pressure you into doing something without your permission. It’s a choice you make. The truth is, you can’t please everyone—even God can’t please everyone!

*“I can do nothing on my own. I judge as God tells me. Therefore, my judgment is just, because I carry out the will of the one who sent me, not my own will.”*

**JOHN 5:30 (NLT)**

*“Going a little ahead, [Jesus] fell on his face, praying, ‘My Father, if there is any way, get me out of this. But please, not what I want. You, what do you want?’”*

**MATTHEW 26:39 (THE MESSAGE)**

*“Jesus said, ‘The food that keeps me going is that I do the will of the One who sent me, finishing the work he started.’”*

**JOHN 4:34 (THE MESSAGE)**

*“[Jesus said] ‘I came down from heaven not to follow my own whim but to accomplish the will of the One who sent me. This, in a nutshell, is that will: that everything handed over to me by the Father be completed—not a single detail missed—and at the wrap-up of time I have everything and everyone put together, upright and whole.’”*

**JOHN 4:34-35 (THE MESSAGE)**

## Jesus was focused, but flexible.

Jesus knew how to handle interruptions without being distracted from his primary goal.

*“Then little children were brought to Jesus for him to place his hands on them and pray for them. But the disciples rebuked those who brought them. Jesus said, ‘Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.’ When he had placed his hands on them, he went on from there.”*

**MATTHEW 19:13-15 (NIV)**

*“Early the next morning Jesus went out to an isolated place. The crowds searched everywhere for him, and when they finally found him, they begged him not to leave them. But he replied, ‘I must preach the Good News of the Kingdom of God in other towns, too, because that is why I was sent.’ So he continued to travel around, preaching in synagogues throughout Judea.”*

**LUKE 4:42-44 (NLT)**

*“The apostles then rendezvoused with Jesus and reported on all that they had done and taught. Jesus said, ‘Come off by yourselves; let’s take a break and get a little rest.’ For there was constant coming and going. They didn’t even have time to eat. So they got in the boat and went off to a remote place by themselves. Someone saw them going and the word got around. From the surrounding towns people went out on foot, running, and got there ahead of them. When Jesus arrived, he saw this huge crowd. At the sight of them, his heart broke—like sheep with no shepherd they were. He went right to work teaching them.”*

**MARK 6:31-34 (THE MESSAGE)**

*“On a Sabbath Jesus was teaching in one of the synagogues, and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. When Jesus saw her, he called her forward and said to her, ‘Woman, you are set free from your infirmity.’ Then he put his hands on her, and immediately she straightened up and praised God. Indignant because Jesus had healed on the Sabbath, the synagogue ruler said to the people, ‘There are six days for work. So come and be healed on those days, not on the Sabbath.’ The Lord answered him, ‘You hypocrites! Doesn’t each of you on the Sabbath untie his ox or donkey from the stall and lead it out to give it water? Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?’ When he said this, all his opponents were humiliated, but the people were delighted with all the wonderful things he was doing.”*

**LUKE 13:10-17 (NIV)**



## Jesus didn't try to do everything himself.

Jesus knew he couldn't do it all alone. He always depended on the Father. He picked 12 disciples and included them in his work. He wasn't afraid to ask for help, and he trusted his disciples to continue his work.

*"Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing."*

**JOHN 15:4-5 (NIV)**

*"Then he appointed twelve of them and called them his apostles. They were to accompany him, and he would send them out to preach."*

**MARK 3:14 (NLT)**

*"By this time it was late in the day, so his disciples came to him. 'This is a remote place,' they said, 'and it's already very late. Send the people away so they can go to the surrounding countryside and villages and buy themselves something to eat.' But he answered, 'You give them something to eat.'"*

**MARK 6:35-37 (NIV)**

*"Jesus called his twelve disciples together and gave them authority to drive out evil spirits and to heal every disease and every sickness."*

**MATTHEW 10:1-25 (GNT)**

## Jesus made a habit of prayer.

No matter how busy Jesus got, he found time to get alone and pray. A daily quiet time is a great way to decompress stress.

*"Before daybreak the next morning, Jesus got up and went out to an isolated place to pray."*

**MARK 1:35 (NLT)**

*"One of those days Jesus went out to a mountainside to pray, and spent the night praying to God."*

**LUKE 6:12 (NIV)**

*“Abruptly Jesus broke into prayer: ‘Thank you, Father, Lord of heaven and earth. You’ve concealed your ways from sophisticates and know-it-alls, but spelled them out clearly to ordinary people. Yes, Father, that’s the way you like to work.’”*

**MATTHEW 11:25-26 (THE MESSAGE)**

*“But despite Jesus’ instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. But Jesus often withdrew to the wilderness for prayer.”*

**LUKE 5:15-16 (NLT)**

### **Jesus lived a balanced life.**

Do you know that God wants you to enjoy life? He didn’t create you to live with constant stress or to be overworked. Jesus shows us that balance is the key to stress management. God wants us to balance work with rest. He wants us to take time for fun and worship.

*“At that time Jesus, full of joy through the Holy Spirit, said, ‘I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this was your good pleasure.’”*

**LUKE 10:21 (NIV)**

*“Then Jesus said, ‘Let’s go off by ourselves to a quiet place and rest awhile.’ He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.”*

**MARK 6:31 (NLT)**

*“‘Come and have breakfast,’ Jesus told them.”*

**JOHN 21:12 (HCSB)**

*“One day Jesus said to his disciples, ‘Let’s cross to the other side of the lake.’ So they got into a boat and started out. As they sailed across, Jesus settled down for a nap.”*

**LUKE 8:22-23 (NLT)**

# HOW TO SHARE YOUR LIFE MESSAGE

By Rick Warren

When you became a believer, you also became God's messenger. God wants to speak to the world through you. Paul said, *"We speak the truth before God, as messengers of God"* (2 Corinthians 2:17 NCV).

You may feel you don't have anything to share, but that's the Devil trying to keep you silent. You have a storehouse of experiences that God wants to use to bring others into his family. The Bible says, *"Those who believe in the Son of God have the testimony of God in them"* (1 John 5:10 GW).

## **Your Life Message includes your testimony.**

Your testimony is the story of how Christ has made a difference in your life. Peter tells us that we were chosen by God *"to do his work and speak out for him, to tell others of the night-and-day difference he made for you"* (1 Peter 2:9 The Message).

This is the essence of witnessing—simply sharing your personal experiences regarding the Lord. There is no other story just like yours, so only you can share it. If you don't share it, it will be lost forever.

You may not be a Bible scholar, but you are the authority on your life, and it's hard to argue with personal experience. Actually, your personal testimony is more effective than a sermon, because unbelievers see pastors as professional salesmen, but see you as a "satisfied customer," so they give you more credibility.

The Bible says, *"Be ready at all times to answer anyone who asks you to explain the hope you have in you, but do it with gentleness and respect"* (1 Peter 3:15-16 GNT).

The best way to "be ready" is to write down the answer to these four questions:

***What was your life like before you met Jesus?***

***How did you realize you needed Jesus?***

***How did you commit your life to Jesus?***

***What difference has Jesus made in your life?***

## You have other testimonies besides your salvation story.

You have a story for every experience in which God has helped you. You should make a list of all the problems, circumstances, and crises that God has brought you through. Then be sensitive and use the story that your unbelieving friend will relate to best. Different situations call for different testimonies.

Your Life Message includes your life lessons. These are lessons and insights you have learned about God, relationships, problems, temptations, and other aspects of life. David prayed, *“God, teach me lessons for living so I can stay the course”* (Psalm 119:33 The Message).

Write down the major life lessons you have learned so you can share them with others. Here are a few questions to jog your memory and get you started:

*What has God taught me from failure?*

*What has God taught me from a lack of money?*

*What has God taught me from pain or sorrow or depression?*

*What has God taught me through waiting?*

*What has God taught me through illness?*

*What has God taught me from disappointment?*

*What have I learned from my family, my church, my relationships, my small group, and my critics?*

Your Life Message includes the Good News. What is the Good News?

*“The good news shows how God makes people right with himself—that it begins and ends with faith”*

**(ROMANS 1:17 NCV).**

The Good News is that when we trust God’s grace to save us through what Jesus did on the cross, our sins are forgiven, we get a purpose for living, and we are promised a future home in heaven.

God has never made a person he didn’t love. Everybody matters to him. When Jesus stretched his arms out wide on the cross, he was saying, “I love you this much!” The Bible says, *“For Christ’s love compels us, because we are convinced that one died for all”* (2 Corinthians 5:14 NIV).

What are you willing to do so that the people you know will go to heaven? Invite them to church? Share your story? Take them a meal? Pray for them every day until they are saved? Your mission field is all around you. Don't miss the opportunities God is giving you. The Bible says, *"Make the most of your chances to tell others the Good News. Be wise in all your contacts with them"* (Colossians 4:5 TLB).

Imagine the joy of greeting people in heaven whom you helped get there. The eternal salvation of a single soul is more important than anything else you will ever achieve in life. Only people are going to last forever.

This PDF is based on information found in *The Purpose Driven Life: What On Earth Am I Here For?* In this book, Pastor Rick Warren teaches how to live according to eternal purposes, not cultural values. Learn more by visiting [PastorRick.com](http://PastorRick.com).

