

## ***Know what you're FOR Part 1***

Over the next few months as a ROGO Forum pod/personal study guide, we will go deeper into the Jeff Henderson book "Know what you're FOR". Whether you have read his book yet or not, I believe these personal studies will help us grow as individuals and as a community.

Just as a car needs a regular tune-up and our bodies need physical therapy on occasion, our souls require realignment as well. Most of us need realignment between what we are *for* and what we're known for. Start this process by spending time with God each day and engaging in any of the following activities.

### **Find out about what you're *for***

Writer Annie Dillard says, "the way we spend our days is the way we spend our lives. In other words, the small choices we make every day ultimately determine the way we live our entire lives." So, whether you are structured and methodical or spontaneous and full of variety in the way you spend your time, the things you do each and every day say something about who and what you're *for*. With this in mind, answer the following questions:

Consider your personal and professional life. What kinds of activities fill up your daily routine and your weekly or monthly rhythm?

What do you do when you have down time or a few free moments to yourself?

Take an honest assessment of your list. Is this how you want to be spending your time? If not, what things could you stop doing so you could start doing something else?

What does your list tell you about what you're *for*? Are you *for* the things you really want to be *for*? Explain

Now consider the people around you. What do they say about the way you live your life? Is this one you want to be known for question why or why not

Where do you believe is the largest gap between what you say you're *for* and what others know you *for*? What are you going to do about the gap?

Read Romans 7:15-20. Paul understood this tension well...when you say you are *for* one thing but are known *for* something else. All of life on this side of heaven will be the constant push and pull to align your actions with your intentions. Sometimes you manage the tension well, and other times you will struggle... as Paul did. Close your time with prayer by thanking God for the opportunities you've been given to discover what you're *for*. Ask him to give you the courage to act in a way so that what you're *for* is also what you're known *for*.