

INTENTIONALLY LOOK BEYOND YOURSELF

Develop habits and routines to shift our lives and perspective to see life and people as God sees them

Jesus modeled a life of how we can look beyond ourselves. When we do that, we experience a closer connection to Jesus and we help others experience Him. Developing habits and routines can set us up to have that perspective with our co-workers, neighbors, or friends. It's not about adding more to your schedule. It's having a perspective of looking beyond yourself as you go through life.

STEP #1

Each morning pray "God, help me to look beyond myself today".

As you see people at work, school, kids' activities, and in your neighborhood, keep reminding yourself that each person is created and loved by God. Say this continual prayer throughout the day: "Jesus, how could I love or help them?"

STEP #2

Discover—How has God uniquely made you and given you opportunities to look beyond yourself?

Write out your answers on this personal survey to discover what you have to offer.

1. Where do you currently spend time? (work, neighbors, school, friends, kids' activities)
2. What abilities or skills do you have? What do you know how to do? (big & small)
3. What resources do you have? (home, money, tools, pick-up truck, food, etc.)
4. List some people you interact with as you go through your life that you could help.
5. Look at your answers to 1-4. What shift can you make to look beyond yourself?

New Habits & Routines—Evaluate your survey and write out your answers to these questions:

1. Determine a daily routine that sets you up to look beyond yourself. (What, When, Who?)
2. With some of your current activities and relationships, how can you repurpose that time to look beyond yourself?
3. In the next 45 days, what will be one new habit to look beyond yourself?