

SESSION 2: PERSONAL VALUES EXERCISE

Welcome, Review Last Week's Study/LIFE Starter Journalling: 15 minutes

Discuss the "priorities" questionnaire and your talk with those closest to you.

Session #2 Teaching: Personal Values Exercise: 5 minutes

We started this program with a real practical, but challenging subject of busyness to make a point of re-evaluating your priorities. Today, we are going to be ultra-practical again and review your personal values. Values are the bridge between principles and behavior. Our value system acts as the "operating system" driving our everyday thoughts and behavior.

Consider what the prophet Haggai said to the Israelites when they realized their priorities were way out of whack:

"Now, therefore, thus says the LORD of hosts: Consider your ways. You have sown much, and harvested little. You eat, but you never have enough; you drink, but you never have your fill. You clothe yourselves, but no one is warm. And he who earns wages does so to put them into a bag with holes." Thus says the LORD of hosts: Consider your ways. Go up to the hills and bring wood and build the house, that I may take pleasure in it and that I may be glorified, says the LORD. You looked for much, and behold, it came to little. And when you brought it home, I blew it away. Why? declares the LORD of hosts. Because of my house that lies in ruins, while each of you busies himself with his own house."

Haggai 1:5-9

God was realigning their value system that would in turn drive their decision making and behavior. God's principles are external laws that are permanent, unchanging, and universal in nature. Values, on the other hand, are internal and subjective, and they may change over time.

I purposely didn't take much time today, to give you a lot of space to get through this 5-step personal values process. Please start by reading ahead and look at the entire process, so you best understand where it is taking you. That will give you the ability to get the most out of this process TODAY. We will NOT have any interaction as a group today, as I want you to spend the entire time on this process. Don't stress about getting it done during your time together. If you don't finish, take your time and spend some quality time during the week thinking this through. This will be a critical part of the next parts of this study, so please take this seriously!

Individual Application – Personal Values Exercise: 35 minutes

Step 1. Determine your top values:

Use the list, on the next page, of common personal values to help you get started.

Step 2. Prioritize your top values:

Jim Collins, author of "Good to Great" said: "If you have more than 3 priorities, you have no priorities."

Step 3. Reaffirm your values:

Check your top-priority values, and make sure that they fit with your life and your vision for yourself.

Step 4. Answer defining questions:

Now it's time to answer some specific questions about your values in order to start "operationalizing" those values into an action plan.

Step 5. Operationalize your values:

Operationalizing our values means that we have to live-out our values in our behaviors and skills in a way others can see them and experience them.

STEP 1: Determine your top values, based on your experiences of fulfillment:

Use the following list of common personal values to help you get started. Start by circling the top 10 values you feel drive you. Don't overthink it at this point. After you pick your top 10, narrow them down to 5. Walk away from this exercise for a few hours and then come back to it and aim to land on your 3 top values.

VALUES LIGHT OUR WAY

ACCEPTANCE	FAITH	PARENTING
ACCOUNTABILITY	FAMILY	PATRIOTISM
ACHIEVEMENT	FINANCIAL STABILITY	PATIENCE
ADAPTABILITY	FORGIVENESS	PEACE
ADVENTURE	FREEDOM	PERSEVERANCE
ALTRUISM	FUN	POWER
AMBITION	GENEROSITY	PRIDE
AUTHENTICITY	GIVING BACK	RECOGNITION
BALANCE	GRATITUDE	RELAXATION
BEAUTY	GROWTH	RELIABILITY
BEING THE BEST	HARMONY	RESPECT
BELONGING	HEALTH	RESPONSIBILITY
CAREER	HELPFULNESS	RISK-TAKING
CARING	HOME	SAFETY
CHALLENGE	HONESTY	SECURITY
COLLABORATION	HOPE	SERVICE
COMMITMENT	HUMILITY	SILENCE
COMMUNITY	HUMOR	SIMPLICITY
COMPASSION	IMAGINATION	STILLNESS
COMPETENCY	INCLUSION	SPIRITUALITY
COMPETITIVENESS	INDEPENDENCE	STEWARDSHIP
CONFIDENCE	INTEGRITY	SUCCESS
CONNECTING	INITIATIVE	TEAMWORK
CONTENTMENT	INTELLIGENCE	THRIFT
CONTRIBUTION	INTUITION	TIME
COOPERATION	JOY	TRADITION
COURAGE	JUSTICE	TRAVEL
CREATIVITY	KINDNESS	TRUST
CURIOSITY	KNOWLEDGE	TRUTH
DIGNITY	LEADERSHIP	UNDERSTANDING
DIVERSITY	LEGACY	UNIQUENESS
EFFICIENCY	LEARNING	USEFULNESS
ENCOURAGEMENT	LEISURE	VISION
ENTHUSIASM	LOVE	VULNERABILITY
ETHICS	LOYALTY	WEALTHY
EXCELLENCE	MAKING A DIFFERENCE	WELLBEING
FAIRNESS	NATURE	WHOLEHEARTEDNESS
	OPENNESS	WISDOM
	OPTIMISM	
	ORDER	
	ORGANIZATION	

Step 2. Review your lists and prioritize your top values:

This step is probably the most difficult, because you'll have to look deep inside yourself. It's also the most important step, because, when making a decision, you'll have to choose between solutions that may satisfy different values. This is when you must know which value is more important to you. Jim Collins, author of "Good to Great" said: **"If you have more than 3 priorities, you have no priorities."** Using that comment, let's keep our combined top values down to the Final Three. This step is probably the most difficult, because you'll have to look deep inside yourself. It also is the most important step, because when making decisions, you must know which value is most important to you.

- Write down your top values, not in any particular order.
- Look at the first two values and ask yourself, "If I could satisfy only one of these, which would I choose?" It might help to visualize a situation in which you would have to make that choice. For example, if you compare the values of service and stability, imagine that you must decide whether to sell your house and move to another country to do valuable foreign aid work, or keep your house and volunteer to do charity work closer to home.
- Keep working through the list, by comparing each value with each other value, until your list is in the correct order.

My TOP Priorities:

Step 3. Reaffirm your values:

Check your top-priority values, and make sure that they fit with your life and your vision for yourself.

- Do these values make you feel good about yourself?
- Are you proud of your top three values?
- Would you be comfortable and proud to tell your values to people you respect and admire?
- Do these values represent things you would support, even if your choice isn't popular?

When you consider your values in decision making, you can be sure to keep your sense of integrity and what you know is right, and approach decisions with confidence and clarity. You'll also know that what you're doing is best for your current and future happiness and satisfaction.

Making value-based choices may not always be easy. However, making a choice that you know is right is a lot less difficult in the long run.

Step 4. Answer defining questions:

- What values will help you find your way in the dark?
- Which one creates a direct path to your purpose?
- What value helps me to come alive in a new way?

As you consider your top 3, ask yourself:

- Do these define me?
- Are these representing who I am at my best?
- Do they make my eyes smile?
- Can these be used as a filter by which to make hard decisions?

Step 5. Operationalizing your values:

Operationalizing our values means that we have to live-out our values in our behaviors and skills in a way others can see them and experience them. Making them real and actionable promotes trust and supports our relational desires.

So, take each value you have identified and define 2 actions to make it come alive:

My **first** value is: _____

To make my value an action, I need to:

My **second** value is:

To make my value an action, I need to:

My **third** value is:

To make my value an action, I need to:

SESSION #2

WK. 2 DEVO 1

Read 2 Corinthians 10

How do we consistently “sow” thoughts that make us into the people God intends us to be?

L=Listen: in your journal by writing the date and the Scripture you’re studying. After you’ve read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today’s Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#)

F=Focus: to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you’ve read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you’ve learned?

SESSION #2

WK. 2 DEVO 2

Read Romans 12

How does the renewing of our minds and focus on Biblical values impact in our daily lives?

L=Listen: in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#)

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SESSION #2

WK. 2 DEVO 3

Read Hebrews 10

Our transformational process is not instantaneous, as it's a process wherein the Holy Spirit writes God's laws on our hearts (Heb. 10:16). We are not passive participants in this process—we have an essential, active part to play. Journal about the part YOU need to play!

L=Listen: in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

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SESSION #2

WK. 2 DEVO 4

Read Joshua 1

We read in Joshua: "Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful." Constant renewal is necessary for flourishing with our values! As we are committed to the transformative process, we must be actively seeking out the wisdom of God's principles found in His Word. The Bible underscores the importance of studying God's word on a daily basis to allow our Biblical values to stay alive.

L=Listen: in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#)

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