

SESSION 4: THE FOUR QUADRANTS

Welcome, Review Study/LIFE Starter Journaling: 20 minutes

Discuss the how your values and passions are redirecting your priorities.

Session #4 Teaching: Integrity and Balance: 5 minutes

Today, we are going to have another working session, where we do the "4-Quadrant Exercise" to really think about how balanced our life is. Are we living a balanced life of integrity, or are we **OUT OF BALANCE and OUT OF GOD'S ORDER?**

This week's session starts with the **Definition of Integrity:**

in-teg-ri-ty

1. The quality of being honest and having strong moral principles; moral uprightness.
"he is known to be a man of integrity"
2. The state of being whole and undivided.
"upholding territorial integrity and national sovereignty"

I never realized that the state of "being undivided" was part of the definition of "integrity." The state of "being undivided" to me, speaks to balance in life. In order to fully understand our "balance" and make sure that we are living out of integrity, we need to look at and assess all quadrants of life. Those quadrants are, (1) **personal/professional growth**, (2) **work life**, (3) **relationships/family and** (4) **community/church**. According to the definition of "integrity," there is none if there's not a state of "being whole and undivided!" Ultimately, **YOUR purpose should be not be segmented, but applied through every area of your life!**

"A false balance is an abomination to the Lord, but a just weight is his delight." Proverbs 11:1 (ESV)

That verse is, on the surface, talking actual weights and balance like you'd find in a market or in construction. But the next verse talks about pride and the following, integrity. So while the picture may be of a scale in a market, the application is to us personally. God wants us in balance and living in integrity. So, today it's time to consider those 4 quadrants and write down some goals on the sheets in your workbook about what are some improvements/goals you can make. Remember, this is a time to think **RADICALLY**. If you've been around PBC's LIFE Studies, you know that is one of our core values. When making changes in our life to have more balance and integrity, we need to be willing to turn 180 degrees from certain things to allow the better things of God to become our priorities. This will be another week to do just that!

For homework this week, I'm going to ask you to bring this exercise home again and ask your spouse, or those closest to you, to answer the same questions for themselves AND for YOU! Practically, think this week about things you **don't want** to do, and actually **don't need to do**. Things you **don't want to do**, but actually need to do. Things you **want to do** and actually **need to do** and finally, things you **want to do**, but actually **don't need to do**. After discussing this session with those closest to you, make a list of things that need to be reprioritized (to discuss with your group next week). Also, PLEASE make time to dig into the LIFE Starters Journaling process, as it will allow the Holy Spirit (through the Bible) to make these weekly sessions come alive in your heart!

Before starting this exercise, pray together as a group for the Holy Spirit to open up your mind and heart to create Godly goals in these quadrants!

Individual Application - 4-Quadrant Exercise: 35 minutes

Look at YOUR 4-quadrants:

(1) PERSONAL/PROFESSIONAL GROWTH, (2) WORK LIFE, (3) RELATIONSHIPS/FAMILY AND (4) COMMUNITY/CHURCH. List at least three (3) items in each quadrant you would like to achieve

Quadrant #1 Personal Growth and Development:

1	<hr/> <hr/>
2	<hr/> <hr/>
3	<hr/> <hr/>
4	<hr/> <hr/>

Quadrant #2 Relationships and Family:

1	<hr/> <hr/>
2	<hr/> <hr/>
3	<hr/> <hr/>
4	<hr/> <hr/>

Quadrant #3 Business and Work:

- 1 _____

- 2 _____

- 3 _____

- 4 _____

Quadrant #4 Community and Church:

- 1 _____

- 2 _____

- 3 _____

- 4 _____

SESSION #4

WK. 4 DEVO 1

Read Proverbs 21

Focus on verse 5 and journal about what God says about planning.

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 #4

WK. 4 DEVO 2

Read Proverbs 16

Focus on verse 3 and journal about committing your life to the Lord in all quadrants of life!

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 #4

WK. 4 DEVO 3

Read Luke 14:25-34

Consider the cost it takes to follow Jesus with ALL your heart!

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 #4

WK. 4 DEVO 4

Read Jeremiah 29:1-23

Journal about the plans that God has for you that might be different than the plans YOU have for YOU!

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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