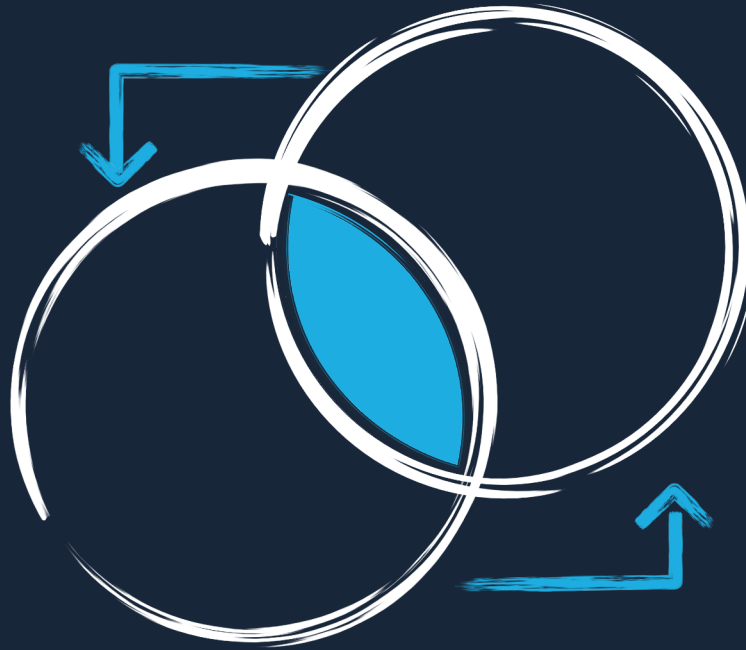


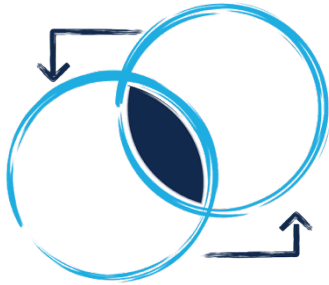


NAMB
Replant



THE WAY OF FRUITFULNESS

WORKBOOK



THE WAY OF FRUITFULNESS

EXERCISE 1: BACKGROUND

“Jesus may be in your heart, but grandpa is in your bones.” - Pete Scazzaro

Consider how your **FAMILY BACKGROUND** has shaped who you are today.

- What kind of family did you grow up in? _____

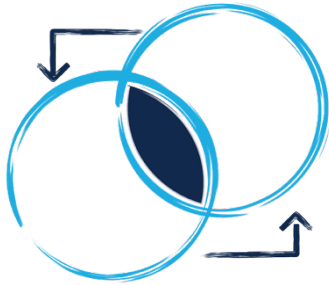
- What were the **positive** aspects of this environment? _____

- What were the **negative** aspects of this environment? _____

- How have you seen God redeem these circumstances to shape you into the person he desires you to be? _____

SUMMARY STATEMENT:

In one sentence, summarize how God has used your family to shape you.



THE WAY OF FRUITFULNESS

EXERCISE 2: BUILDERS

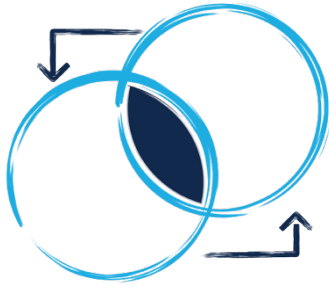
*God uses people from all walks of life to shape us into who he has designed us to be. Take a few moments to reflect on the **BUILDERS** God has used in your life. Who are the people that impacted you most when you were growing up all the way through young adulthood? They can be family members, coaches, teachers, pastors, and even people you read about.¹*

BUILDER	<i>How has God used this person to build who you are or want to be? What values have they instilled in you?</i>

¹ We are indebted to many people regarding how we should think through the ways the Lord fuses together people, events, triumphs, heartaches and other various experiences to shape who we are. Such people Stephen R. Covey, Tom Patterson, Marcus Buckingham, Donald O. Clifton, Bob Bufford, Os Guinness, Dan Allender and many others have had an impact on how we've constructed the following exercises. While we've not drawn anything directly from their seminal works, we do want to give a humble acknowledgment that in many ways we stand on the shoulders of giants.

SUMMARY STATEMENT:

In one sentence, summarize how God has used the builders in your life to shape you. _____



THE WAY TO FRUITFULNESS

EXERCISE 3: BREAKDOWNS & BREAKTHROUGHS

- List out key **BREAKDOWN** & **BREAKTHROUGH** moments God has used to shape who you are and who you want to be.
- After listing these moments, rank your Breakdown & Breakthrough Moments in order of the most impactful (10) to least impactful (1).
- Then, draw a line between any Breakdown and Breakthrough moments that are connected to one another.

(Example Exercise)

BREAKDOWN MOMENTS	BREAKTHROUGH MOMENTS
Death of a loved one	Being asked to lead 10
Ministry burnout	Meeting my wife 2
Hard season in marriage	1 st ministry role 7
Church split	Marriage counseling 3
Fired from job	Salvation 1
Addiction	Key convo w/ mentor 4
Loss of friendship	Going back to school
Failure to meet goals	Becoming a grief counselor 9
Failed class	Camping trip w/ dad 5
Sister's cancer	1 st Promotion
Infamous Business Meeting	Finished Seminary 8
Middle School	Mission Trip 6

- Plot these **BREAKDOWN (-)** & **BREAKTHROUGH (+)** moments in order of impact using the worksheet below.

10. $\frac{(+)}{(-)}$

9. $\frac{(+)}{(-)}$

8. $\frac{(+)}{(-)}$

7. $\frac{(+)}{(-)}$

6. $\frac{(+)}{(-)}$

5. $\frac{(+)}{(-)}$

4. $\frac{(+)}{(-)}$

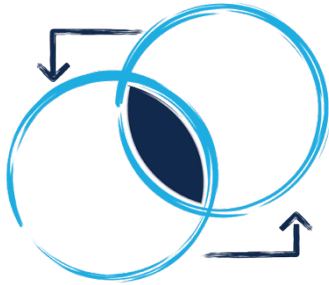
3. $\frac{(+)}{(-)}$

2. $\frac{(+)}{(-)}$

1. $\frac{(+)}{(-)}$

SUMMARY STATEMENT:

In one sentence, summarize how God has used your breakdowns and breakthroughs to shape you. _____



THE WAY OF FRUITFULNESS

EXERCISE 4: BENT

PERSONAL PERSPECTIVE

Personality

- What kind of activities give you energy (even if they are hard)? _____

- In what situations do you feel most “yourself?” _____

- What is a time you got lost in flow or focus? What were you doing? _____

- What kind of problems are you instinctively drawn to solve? _____

SUMMARY STATEMENT:

Add to:

	✓

Gifts / Skills

- What gifts/skills come most naturally to you? What gifts/skills have you worked to develop? What comes easily to you but seems hard to others?

- What kind of work or service fills you with joy or purpose? _____

SUMMARY STATEMENT:

Add to:



OUTSIDE PERSPECTIVE

Personality

- What kind of person do others say you are when you are at your best? _____

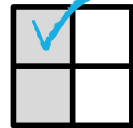
- What kind of person do others say you are when you are at your worst? _____

- What traits do others say define how you lead, relate, or show up? _____

- What insights have you gained from personality profiles like DISK, MBTI, etc.?

SUMMARY STATEMENT:

Add to:



Gifts/Skills

- What roles do people often ask you to fill? _____

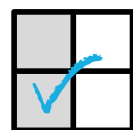
- What affirmations have you consistently received? _____

- Describe a time when some told you, "You're made for this." _____

- What do people thank you for? _____

SUMMARY STATEMENT:

Add to:



BENT MATRIX

OUTSIDE

PERSONAL

PERSONALITY

SUMMARY STATEMENT

(What others have said about how you show up)

SUMMARY STATEMENT

(How you experience your natural tendencies)

GIFTS/SKILLS

SUMMARY STATEMENT

(What others see that you are uniquely gifted at)

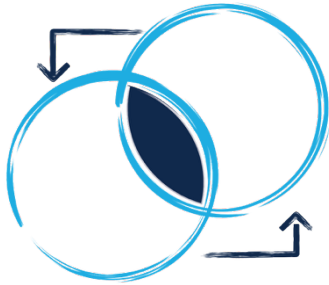
SUMMARY STATEMENT

(What you've noticed that you are effective at doing)

SUMMARY STATEMENT:

My "bent" is to _____

in a way that _____



THE WAY OF FRUITFULNESS

EXERCISE 5: BLESSING

List 3-6 moments where someone later said you helped, encouraged, or supported them significantly, especially in times of difficulty or spiritual need.

<i>Situation</i>	<i>What did you do or offer?</i>	<i>Result/Impact</i>
e.g. a friend in grief	Sat with them and listened/prayed	Helped them to cope

CONTEXT CLUES

- What kind of setting were you in for these blessing moments? Charity, community, family? _____

- Were these acts of blessing planned or spontaneous? _____

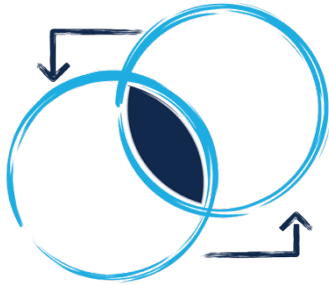
- What role were you in? Mentor, friend, pastor, family, etc.? _____

- What types of people do you naturally gravitate toward helping? Naturally avoid? _____

SUMMARY STATEMENT:

I often find myself being a blessing when I _____

These moments have shown me that I am someone who _____



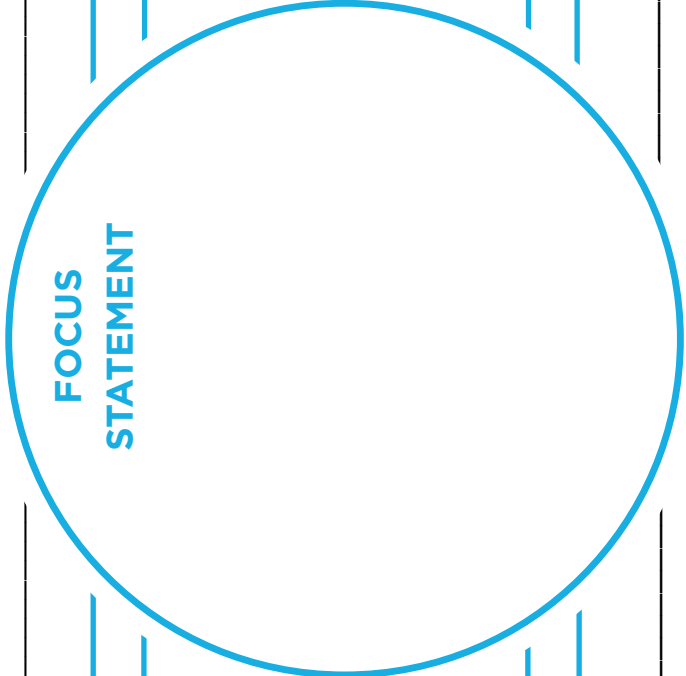
THE WAY OF FRUITFULNESS

EXERCISE 6: FOCUS STATEMENT

Add your summary statement from the previous exercises to their respective box on the next page. As you consider how God has sovereignly shaped you through these, write your focus statement in the circle.

BACKGROUND _____

BUILDERS _____

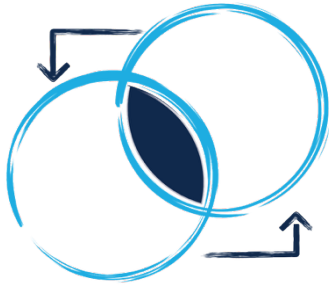


BREAKDOWN _____

BREAKTHROUGH _____

BENT _____

BLESSING _____



THE WAY OF FRUITFULNESS

EXERCISE 7: FLOW WORKSHEET

It is helpful to recognize the FLOW moments in our lives. Moments where God visits us and impacts our lives in unexpected ways. Use this worksheet to identify 2-3 FLOW moments. Categorize them, and write 1-3 words you would use to encapsulate the impact of your experience

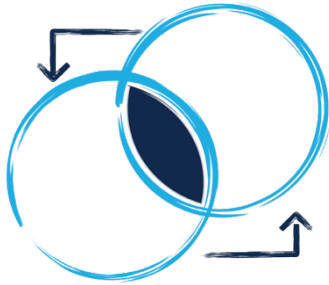
FLOW MOMENT: List 2-3 Flow Moments (Tip: See the Breakthroughs & Breakdowns worksheet)	CATEGORY: Circle which category best describes this Flow Moment & summarize its impact.	
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Unexpected Suffering	Exciting Opportunity
	Dead End	Divergent Perspective
	<i>Summary:</i>	
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Unexpected Suffering	Exciting Opportunity
	Dead End	Divergent Perspective
	<i>Summary:</i>	

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Unexpected Suffering	Exciting Opportunity
	Dead End	Divergent Perspective
	Summary:	

SUMMARY STATEMENT:

Choose 1-3 Scripture passages to read and remember when your next Flow Moment occurs. _____

Summarize/Personalize these Scriptures in 1 truth statement.



THE WAY OF FRUITFULNESS

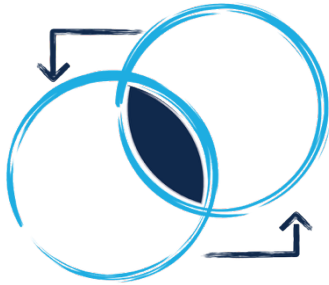
EXERCISE 8: ILLUMINATION *(Part 1 - Inspiration)*

This worksheet will help you identify how God’s Word speaks directly to how you can make goals. Take some time away to pray and ask God for direction. Journal here what Scripture passages God has illuminated for you recently. What themes and patterns emerge?

SCRIPTURES: <i>List passages that God has been bringing to your attention.</i>	THEMES: <i>List themes/patterns that stand out to you in these passages. Circle/highlight the top 3.</i>

SUMMARY STATEMENT:

Based on the themes you highlighted above, where do you sense God might be leading you and your goals? _____



THE WAY OF FRUITFULNESS

EXERCISE 10: VALUES

Take a few moments to review all of the previous worksheets and look for words and themes that show up most often in your previous reflections. Record these in the word cloud below.



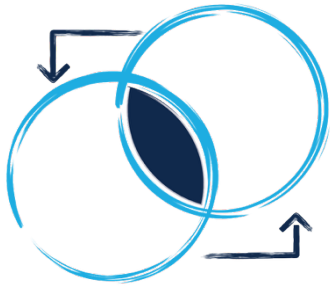
Based on this word cloud, list 3-5 constructive values—values that are aspirational, corrective, or experiential for you. Then, list 3-5 destructive values—values that could sabotage your constructive values.

<i>CONSTRUCTIVE VALUES</i>	<i>DESTRUCTIVE VALUES</i>

Expand on your constructive values, adding definitions, descriptive adjectives, and supporting Scriptures that bring these values to life.

<i>CONSTRUCTIVE VALUES</i>	
VALUE:	Definition:
Demonstrated By:	Supporting Scripture(s):
VALUE:	Definition:

Demonstrated By:	Supporting Scripture(s):
VALUE:	Definition:
Demonstrated By:	Supporting Scripture(s):
VALUE:	Definition:
Demonstrated By:	Supporting Scripture(s):
VALUE:	Definition:
Demonstrated By:	Supporting Scripture(s):



THE WAY OF FRUITFULNESS

EXERCISE 11: SETTING GOALS

Use the following worksheets to breakdown your Annual Focus, Bold Goals (Annual), Challenging Goals (Quarterly), Straightforward Goals (Monthly), and Weekly Goals. Consult your previous exercises to find your Focus Statement, Flow Statement, and Values.

ANNUAL FOCUS

FOCUS STATEMENT

FLOW STATEMENT

VALUES

ANNUAL FOCUS

BOLD GOAL

BOLD GOAL

BOLD GOAL

STRENGTHS

WEAKNESSES

OPPORTUNITIES

THREATS

BOLD GOAL (ANNUAL)

ANNUAL FOCUS

FOCUS STATEMENT

FLOW STATEMENT

BOLD GOAL

DUE: _____

LINKED VALUES

DOMAIN

CHALLENGING GOALS (QUARTERLY)

Q1

Q2

Q3

Q4

RESOURCES

RELATIONSHIPS

ANTICIPATED BARRIERS

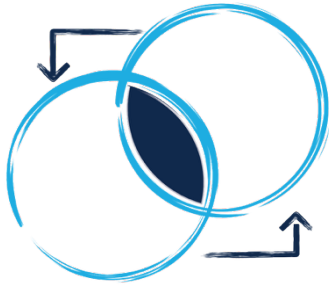
EAT THE FROG (TOP CHALLENGE)

CHALLENGING GOAL (QUARTERLY)

ANNUAL FOCUS	BOLD GOAL
FOCUS STATEMENT	FLOW STATEMENT
CHALLENGING GOAL DUE: _____	
LINKED VALUES	DOMAIN
STRAIGHTFORWARD GOALS (MONTHLY)	
M1 DUE: _____	M2 DUE: _____
M3 DUE: _____	M4 DUE: _____
RESOURCES	RELATIONSHIPS
ANTICIPATED BARRIERS	EAT THE FROG (TOP CHALLENGE)

STRAIGHTFORWARD GOAL (MONTHLY)

ANNUAL FOCUS	BOLD GOAL
QUARTERLY GOAL	
FOCUS STATEMENT	FLOW STATEMENT
STRAIGHTFORWARD GOAL DUE: _____	
LINKED VALUES	DOMAIN
WEEKLY GOALS	
W1 DUE: _____	W2 DUE: _____
W3 DUE: _____	W4 DUE: _____
RESOURCES	RELATIONSHIPS
ANTICIPATED BARRIERS	EAT THE FROG (TOP CHALLENGE)



THE WAY OF FRUITFULNESS

EXERCISE 12: ANNUAL/QUARTERLY CHECK-INS

Use the following exercises to conduct an annual/quarterly review. Feel free to use whichever exercises you find to be the most helpful:

- **FOUR HELPFUL LISTS** (*What's Right?, What's Wrong?, What's Confused?, What's Missing?*)¹
- **SWOT ANALYSIS** (*Strengths, Weaknesses, Opportunities, Threats?*)²
- **EISENHOWER MATRIX** ³

Another helpful tool is [Rhythms: Moving from Surviving to Thriving in Ministry](#) by Andy Addis. This book and accompanying workbook will help you to discover and engage healthy, biblical rhythms for thriving in your ministry.

¹ The Four Helpful Lists tool was initially developed by Tom Paterson of The Paterson Center.

² The SWOT Analysis tool was initially developed by Albert Humphrey at the Stanford Research Institute.

³ The Eisenhower Matrix was initially developed by Dwight D. Eisenhower and popularized by Stephen Covey.

FOUR PERSPECTIVES:

WHAT'S RIGHT? <i>(Optimize)</i>	WHAT'S WRONG? <i>(Change)</i>
WHAT'S CONFUSING? <i>(Clarify)</i>	WHAT'S MISSING? <i>(Add)</i>

CORE ISSUES TO ADDRESS:

SWOT

	HELPFUL	HARMFUL
INTERNAL FACTORS	STRENGTHS	WEAKNESSES
EXTERNAL FACTORS	OPPORTUNITIES	THREATS

EISENHOWER MATRIX

	UGENT	NOT URGENT
IMPORTANT	DO IMMEDIATELY	DECIDE WHEN TO DO IT
NOT IMPORTANT	DELEGATE FOR COMPLETION	DELETE THESE TASKS