

Action Plan: Getting Started

Grab a pen and a piece of paper, and let's get started! Pick a daily time and place to do your reading and daily devotional and stick to it. Make it a routine. This program will be extremely beneficial to you if you will apply it to your life.

As you know, when you are faced with overwhelming circumstances, it's hard to make the right decision unless you know the steps to take. Through this program and action plan, you will establish the steps you need to take.

This program will challenge you, and at times, you might feel uncomfortable, or you might think you're being judged, but please know that is not the intent. All materials have been created in God's love and with the thought of helping you.

The Program

The program is Bible-Based, Christ-Centered, and focuses on seven areas of your life over seven weeks. Through this program, you will be encouraged to examine and establish where you are with God in those areas. These seven areas are discussed in-depth in *Modern-Day Jonah: Stop Surviving, Start Living* and make up the framework for the 7-week action plan.

The program is based on my personal story of coming back to God. Now, you get to go through the process and establish a plan of action for your life.

The Seven Weeks

There are seven weeks in the action plan which are based on the chapters in *Modern-Day Jonah*. Each week contains five daily devotionals that are designed to challenge you, encourage you, and help you develop a deeper relationship with God. I would encourage you to do all seven weeks because you never know what God might reveal to you. The seven weeks are:

Week 1: Where are You with God

Week 2: Overcoming Mind Games

Week 3: Dealing with Pride

Week 4: Dealing with Forgiveness

Week 5: Developing Patience

Week 6: Apply the Right Wisdom

Week 7: Implementing a Daily Walk

The Daily Devotionals

Each devotional contains a passage of scripture, a personal thought related to that scripture, three reflection questions, and a prayer.

The three reflection questions will invite you to confess, identify, and create solutions to address your situation and improve your relationship with God. These questions are part of the 5-Step Process, which are explained below.

Please don't overthink these reflection questions—go with your first response. Your first response is often the right one.

Let me encourage you, don't get stuck, don't delay! Just start. Pick a specific issue or area of your life and start giving it to God!

The 5-Step Process

The 5-Step Process is a problem-solving approach that is designed to help you dig in and identify what's causing your issues. Once you have identified the issues, then you go to work on correcting them.

These steps are the “prescription” needed to overcome the Modern-Day Syndrome and deal with the “symptoms” you've created in your life. I've used these steps, and I continue to use these steps. The five steps are:

Step 1: Confess – the state of admitting or acknowledging your role in the matter. This means you confess your God your sins, and you confess your faults/actions to those you have wronged or hurt.

Step 2: Identify – establishing what's made you who you are and how you act. This requires you to be completely open and transparent with yourself.

Step 3: Create – to bring into existence, to build something. This is your plan of action. You write down what you need to do, how you are going to do it, and when you are going to do it.



Step 4: Implementation - the rubber meets the road. This is where you start applying God's wisdom to **your** life instead of your wisdom. To know God's wisdom, you must study His word.

Step 5: Reflection - looking back and making sure you are executing your plan and making sure you are applying God's wisdom.

These steps are linear (the Law of Order), HOWEVER, they are not static—this means you can create an action plan to change (Step 3), and then a day or month later realize that it's not working and have to start over again! Or you can identify (Step 2) where your original problem came from, but maybe you realize you didn't dig quite deep enough, and you missed the root issue. So, go back to step 2 and look at the problem again.

Remember, the daily devotionals address the first 3-steps, so don't forget to apply Steps 4 (Implement) and 5 (Reflect) to your life.

In closing, these steps are a proven, systematic approach which requires things to be done in the right order so the desired result can be achieved and they don't just apply to your spiritual walk with God—they apply to your finances, your relationships, your health, and your work.

When you start applying the 5-Step Process to all aspects of your life, you will be amazed at how things begin to change in your life. Your relationships will begin to change, you will start having clarity in matters, you will start having hope, you will start being passionate again, and most importantly, you will be honoring and glorifying God and Jesus Christ with your life.

*Access the Handling Life program
online at HandlingLife.org/Program*

*Group instructions are available online for
Sunday School, small groups, and Bible studies.*

Handling Life Daily Devotionals

Each daily devotional opens with a passage of scripture, followed by my insights related to that scripture. After the insight, you will be asked three questions which are geared to make you consider and reflect. These questions will invite you to **confess**, **identify**, and **create** solutions to improve your life. Don't overthink these reflections—your first response is often the right one and it's best if you can pick a specific problem or issue and work in that area. At the end of each devotional is a prayer which focuses on the overall theme of the devotional.

Let me encourage you, don't get stuck, don't delay! Just start. Choose an area of your life you want to work on and dig in!

After you have done the first 3-steps, don't forget Steps 4 (**Implement**) and 5 (**Reflect**). Implementation is where the rubber meets the road. It's where you are taking knowledge (God's word) and applying it (God's wisdom) to your life. Then reflection is looking back and making sure your executing it the right way and it's having a Godly outcome.

Lastly, this is a problem-solving approach that is meant to help you to dig in and identify what's causing your issues so you can correct them. These materials are meant to challenge you but not offend you. They are developed out of my own personal story and I felt led by God to develop them and share them with you. At times, things might get uncomfortable or you might feel like you're being judged, but please know, everything I've created is created in God's love in an effort to help you.

To access these materials, visit HandlingLife.org/Program