

The Life Jar - Workshops

The theory of the Life Jar is simple. The Jar symbolizes your Life - what you put into it and what you leave out. Your inspiration, motivation, values, intentions, actions, and the resulting effects and outcomes are product suggested by rocks, stones/pebbles and sand. (See illustration at right)



Our tendency is to concentrate our energy in our actions and values (vis. stones), and/or our outcomes and results (sand) without the substance and foundation of inspiration and motivation (rocks), leading us to ask, "What's the Point?" In order to give substance and foundation to your Life Jar, it is necessary to "Know Your Why." When you know your "Why,"

(<https://www.startwithwhy.com/learnyourwhy>) you can then intentionally choose what make up the rocks in your Life Jar.

Two videos for your consideration:

Simon Sinek's TED Talk that explains "How Great Leaders Inspire Action," (including knowing your Why)

https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action

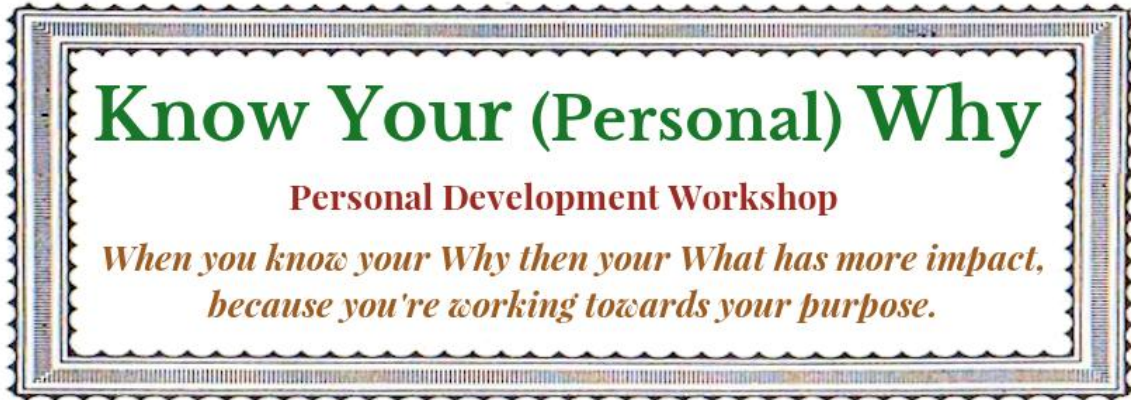
Michael Jr.'s "When you *know your 'why'* then your 'what' has more impact, because you're working towards your purpose."

<https://youtu.be/LZe5y2D60YU>

Why
motivation
purpose
cause
belief
inspiration

How
process
what sets us apart
unique value
actions

What
engage
product
services
resources
results



German Philosopher Fredrick Nietzsche said,
"He who has a why can endure any how."

Your WHY is your purpose, cause, and beliefs that inspire and drive you to do what you do. Your WHY defines your contribution and impact on the lives of others.
"Remember, people don't buy WHAT you do, they buy WHY you do it." Simon Sinek

1. What makes you come alive, inspires you?

Why?

What do you do with it/them?

2. What makes your blood boil?

Why?

What do you do about it/them?

3. What drives you?

Why?

What do you do about it/them?

4. List five of your core values and then explain why.

5. List 5 of your belief statements (I believe that....) and explain the life events that caused you to arrive at those beliefs.

6. How do you continue to support or contribute to each of these beliefs?

7. What are you most afraid of?

Why?

What do you do about it/them?

8. What or Who do you trust?

Why?

9. Who had the most impact or influence on you?

Why?

What lessons or beliefs did they impart to you?

10. Was there any guidance that would have influenced your life positively that you wish someone had given you when you were a teen?

If you could share that advice with younger generations, what would you tell them?

How would you want it to change their lives?

11. What makes you feel worthy?

Why?

What do you do about it/them?

12. What makes you feel vulnerable?

Why?

How do you deal with it/them?

13. What are your key characteristics and how did you arrive at them?

14. How do you become centered? (prayer, journaling, nature, mediation, silence....)
What event(s) led you to these practices?

15. Who is the most important person in your life at this moment?

Why?

What are you currently doing to show the individual?

16. What impact would you like to have on other people's lives?

Why?

What are you doing to achieve this?

17. Using one word sentences, how do you want to be remembered?

Characteristics:

Achievements:

18. How are you different than you were 10 years ago, 20 years ago, etc. What life event or series of events led to this change in character?

19. Do you have a favorite motto or quote? Why?

20. Describe your childhood in 10 words or less.

21. Describe your teen years in 10 words or less (Etc... Your 20's, 30's)

22. Do you feel that there is a rhythm or cycle where life events are repeated? Do you notice a pattern? If so, what was the pebble in the pond?

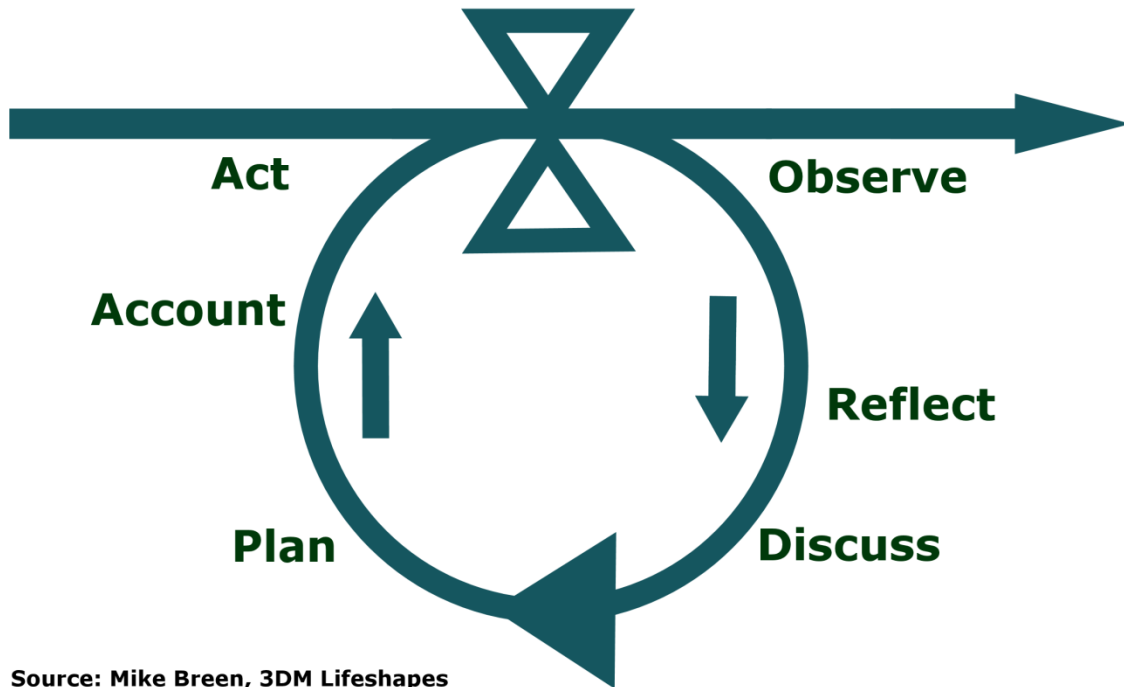
Action Verbs

Choose **three action verbs** that most appeal to you. Choose verbs that call to you and resonate with how you make a difference in this world.

Accelerate	Demonstrate	Implement	Prioritize
Accomplish	Design	Improve	Promote
Achieve	Develop	Incorporate	Protect
Act	Diagnose	Increase	Provide
Activate	Direct	Influence	Raise
Administer	Discover	Inform	Reach
Advance	Dream	Innovate	Realize
Advertise	Drive	Inspire	Reason
Advise	Educate	Integrate	Recruit
Advocate	Eliminate	Invent	Research
Affirm	Encourage	Join	Resolve
Aid	Enforce	Lead	Respect
Amplify	Engineer	Learn	Save
Analyze	Enhance	Lift	Search
Appraise	Enlighten	Listen	Serve
Approve	Enlist	Love	Simplify
Arbitrate	Ensure	Manage	Solve
Assemble	Entertain	Manifest	Streamline
Assess	Establish	Market	Strengthen
Assist	Evaluate	Maximize	Summon
Balance	Examine	Measure	Surpass
Boost	Execute	Mediate	Target
Brighten	Expand	Merge	Touch
Build	Explore	Mobilize	Train
Clarify	Express	Motivate	Transform
Coach	Facilitate	Negotiate	Translate
Communicate	Forecast	Nurture	Travel
Compose	Formulate	Open	Uncover
Connect	Foster	Orchestrate	Unify
Construct	Fulfill	Organize	Unite
Convey	Gather	Overcome	Validate
Convince	Generate	Perform	Verbalize
Counsel	Guide	Persuade	Verify
Create	Help	Photograph	Worship
Cultivate	Identify	Praise	Write
Defend	Illuminate	Present	
Define	Illustrate	Prevent	
Deliver	Imagine	Print	

Know Your (Personal) Why Wrap Up

Life from Point A to Point B



Right Side: We have observed, reflected and discussed knowing our Why.

What is your Why statement:

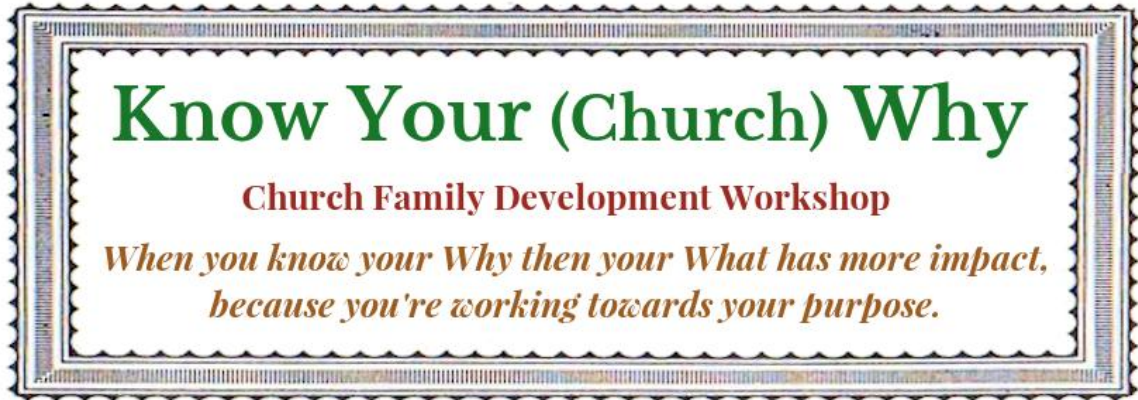
To _____ for _____ through _____.

Left Side: What are you going to do about it?

Plan:

Account:

Act:



German Philosopher Fredrick Nietzsche said,
"He who has a why can endure any how."

Your WHY is your purpose, cause, and beliefs that inspire and drive you to do what you do. Your WHY defines your contribution and impact on the lives of others.
"Remember, people don't buy WHAT you do, they buy WHY you do it." Simon Sinek

1. What drives our church?

Why?

What do we do about it?

2. List five of our church's core values.

How do we prove this?

Are they our core values, or are they core virtues?

How do we prove this?

3. Often a particular scripture is posted on all of our church's paperwork, website, etc..

Do we live up to its standards through our ministries and missions?

4. What are our church's key characteristics?

Seen from within our faith community?

Seen from within our living community/ies?

5. Does our church understand, accept, encourage all forms of the Spiritual Disciplines?

Explain.

6. What are we, as our church, most afraid of?

Explain why.

How are we addressing these fears?

7. What make our church feel worthy?

Explain why.

What are we doing about it?

8. What makes our church feel vulnerable?

Explain why

What are we doing about it?

9. What impact would you like to see our church have on other people's lives.

Explain why.

What are we currently doing, or could eventually do, to achieve this?

10. Using one word sentences, how does our church want to be remembered?

Virtues?

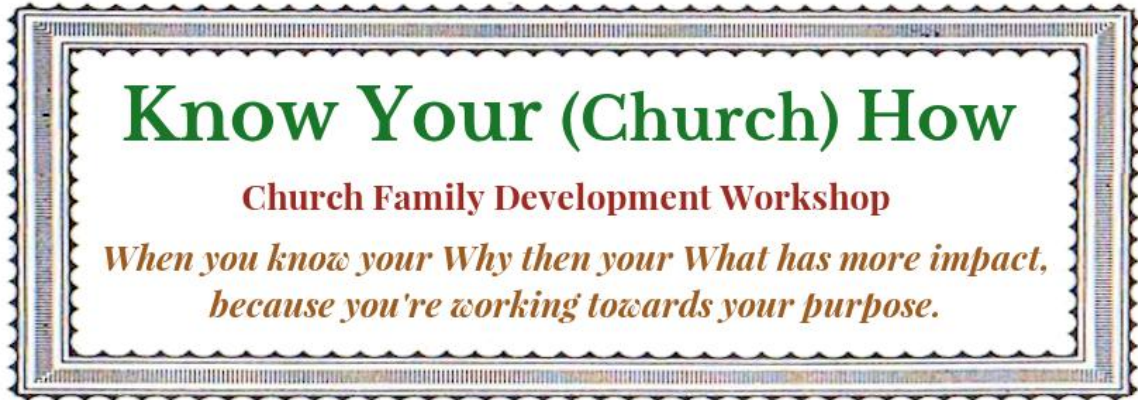
Achievements?

Lives transformed?

Action Verbs

Choose **three action verbs** that most appeal to you. Choose verbs that call to you and resonate with how you make a difference in this world.

Accelerate	Demonstrate	Implement	Prioritize
Accomplish	Design	Improve	Promote
Achieve	Develop	Incorporate	Protect
Act	Diagnose	Increase	Provide
Activate	Direct	Influence	Raise
Administer	Discover	Inform	Reach
Advance	Dream	Innovate	Realize
Advertise	Drive	Inspire	Reason
Advise	Educate	Integrate	Recruit
Advocate	Eliminate	Invent	Research
Affirm	Encourage	Join	Resolve
Aid	Enforce	Lead	Respect
Amplify	Engineer	Learn	Save
Analyze	Enhance	Lift	Search
Appraise	Enlighten	Listen	Serve
Approve	Enlist	Love	Simplify
Arbitrate	Ensure	Manage	Solve
Assemble	Entertain	Manifest	Streamline
Assess	Establish	Market	Strengthen
Assist	Evaluate	Maximize	Summon
Balance	Examine	Measure	Surpass
Boost	Execute	Mediate	Target
Brighten	Expand	Merge	Touch
Build	Explore	Mobilize	Train
Clarify	Express	Motivate	Transform
Coach	Facilitate	Negotiate	Translate
Communicate	Forecast	Nurture	Travel
Compose	Formulate	Open	Uncover
Connect	Foster	Orchestrate	Unify
Construct	Fulfill	Organize	Unite
Convey	Gather	Overcome	Validate
Convince	Generate	Perform	Verbalize
Counsel	Guide	Persuade	Verify
Create	Help	Photograph	Worship
Cultivate	Identify	Praise	Write
Defend	Illuminate	Present	
Define	Illustrate	Prevent	
Deliver	Imagine	Print	



German Philosopher Fredrick Nietzsche said,
"He who has a why can endure any how."

Your WHY is your purpose, cause, and beliefs that inspire and drive you to do what you do. Your WHY defines your contribution and impact on the lives of others. "Remember, people don't buy WHAT you do, they buy WHY you do it." Simon Sinek

Take time to observe and reflect on what you individually can offer to promote our church's WHY through its various ministries and missions:

1. Spiritually:

Those areas where I am capable:

Those areas where I am limited:

Those areas in which I need to grow:

2. Physically:

Those areas where I am capable:

Those areas where I am limited:

3. Time:

Those times when I am able:

Those times when I am limited:

4. Resources:

Those areas where I am capable:

Those areas where I am limited:

5. Emotionally:

Those areas where I am capable:

Those areas where I am limited:

Know Your (Church) What

Church Family Development Workshop

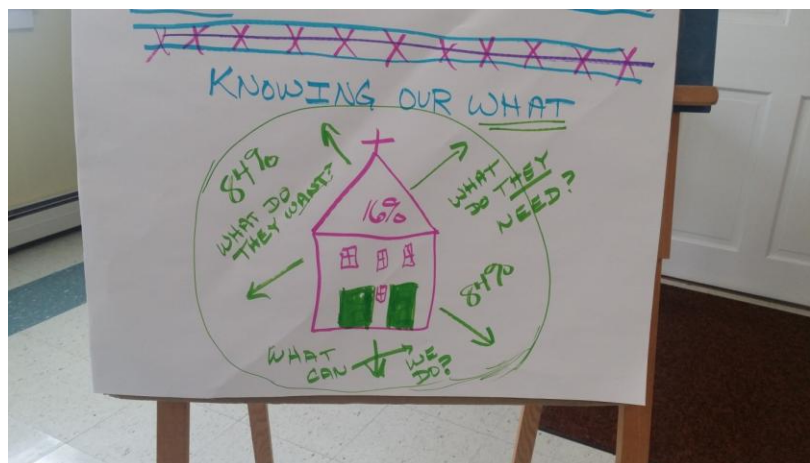
*When you know your Why then your What has more impact,
because you're working towards your purpose.*

German Philosopher Fredrick Nietzsche said,
“He who has a why can endure any how.”

Your WHY is your purpose, cause, and beliefs that inspire and drive you to do what you do. Your WHY defines your contribution and impact on the lives of others. “Remember, people don’t buy WHAT you do, they buy WHY you do it.” Simon Sinek

Take time to observe and reflect on what your church can offer to promote your church's WHY through its various ministries and missions.

PLEASURE and
 PREFERENCE
 or
 PURPOSE and
 PROJECTION



PART ONE:

Paradigm Shift: “Come, Listen, Leave” or “Come, Learn, Do”

Please read the article Come, Learn, Do (see Appendix A)

by Pastor Lena Mark

<http://www.peterboroughumc.org/come-learn-article-pastor-lena-mark/>

1. When we're gone, who will be left to carry on the torch?

2. Which Future?
 - A. Pleasure and Preference:
 1. Death of the church;
 2. Retirement church: set in their ways, nostalgia and comfort, unmovable;
 3. Transition church: only grows by other Christians moving into the area.
 - B. Purpose and Projection:
 1. Vital: risk taking, value and validate, evangelical (relationship with God, sharing your story, telling the Good News).

Please read the article from Faith It:

10 Things You Won't Find in a Church That Attracts Millennials

by Frank Powell

<http://faithit.com/10-things-wont-find-church-attract-millennials-frank-powell/>

Response and reaction:

PART TWO

A. Do we meet the Job 29 Challenge? Read Job 29. (see Appendix B)
What is the justification and validation of our ministries? Prove it.

B. Why reinvent the wheel? God has already told us what we should be doing. After each of the following scriptures list what God is telling us to do.

Micah 6:8:

8 He has told you, O mortal, what is good;
and what does the Lord require of you
but to do justice, and to love kindness,
and to walk humbly with your God?

Matthew 22:36-40:

36 “Teacher, which commandment in the law is the greatest?” 37 He said to him, “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ 38 This is the greatest and first commandment. 39 And a second is like it: ‘You shall love your neighbor as yourself.’ 40 On these two commandments hang all the law and the prophets.”

Luke 9:1-6:

9 Then Jesus[a] called the twelve together and gave them power and authority over all demons and to cure diseases, 2 and he sent them out to proclaim the kingdom of God and to heal. 3 He said to them, “Take nothing for your journey, no staff, nor bag, nor bread, nor money—not even an extra tunic. 4 Whatever house you enter, stay there, and leave from there. 5 Wherever they do not welcome you, as you are leaving that town shake the dust off your feet as a testimony against them.” 6 They departed and went through the villages, bringing the good news and curing diseases everywhere.

Matthew 25:34-36:

34 Then the king will say to those at his right hand, ‘Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; 35 for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, 36 I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.’

Matthew 28:19-20:

19 Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”

The foundational piece:

Luke 24:49:

49 And see, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high.”

PART THREE:

Taking into account the verses mentioned, write a one -two sentence summary of where the church should be concentrating its ministries. Write a scriptural action plan. Set attainable goals.

PART FOUR:

It's not about preference and pleasure. It is about purpose and projection. If we want to pass the torch we must reach the majority of Americans who are unchurched and/or dechurched. We must provide value and validation to them.

What do they want?

What do they need?

What can we do?

Newspaper challenge: Go through the local papers and identify the needs and wants of your community.

What do those in our communities need?

What do those in our communities want?

What can we do about it, using our scriptural action plan?

PART FIVE:

Time to make a ministry action plan. Set attainable goals and metrics to know when your goal is met.

Goal:
Metrics:

Goal:
Metrics:

Goal:
Metrics:

*Bible verses listed in NRSV using BibleGateway.com

Appendix A

Come, Learn, Do

by Pastor Lena Mark

<http://www.peterboroughmc.org/come-learn-article-pastor-lena-mark/>

For the past decade, and the last few years in particular, churches and pastors have been bombarded by a plethora of “experts” pushing their latest ideologies regarding the “cultural shift” that has been happening within the church. We are inundated with seminars, resources, and new terminology that supposedly addresses this cultural shift. But after all the discussions, the planning, the enthusiasm, and the trial runs, most often we, as pastors, are the ones left trying to explain why these programs and ideologies tend to fail within three to five years of commencement, leaving congregations feeling both incompetency and failure.

I, too, once believed in a cultural change occurring within the church, and within society. Now, however, I believe that it goes much further – much deeper. Instead of a simple change of culture, I believe we are living in and witnessing an irreversible paradigm shift, and one that is simply not being addressed by the church “experts.”

This paradigm shift is obvious when looking at the *moda d’operandi* of church. “Come, Listen, Leave,” had been the accepted practice for generations since the great revivals of the 1800’s. Now, however, and in particular with the Millennial generation, the accepted practice is, “Come, Learn, Do.” This young generation is not interested in merely hearing a good sermon and good music, as it demands life-changing, life-enhancing lessons which go hand in hand with opportunities of Christian apprenticeship in the real world. No longer is it accepted to just “be” a Christian, as this new generation demands proof. It is not a matter of walking the walk or talking the talk, but of both walking and talking in a unified force.

And this paradigm shift is what is creating an ever widening gap between the older generations that make up most of our congregations and the younger generations that are turning en force to those social and religious opportunities that provide the atmosphere to “Come, Learn, and Do.” As pastors, we often find ourselves falling within the gap. The older expect and desire only to “Come, Listen, and Leave” to the frustration and ire of those who desire to “Come, Learn and Do.” It demands of the pastor, patience, grace, understanding and the wisdom of Solomon. And I, for one, am often left feeling that if the church is going to move into the future, we must be willing to move with this paradigm shift or the baton will be dropped and not retrieved.

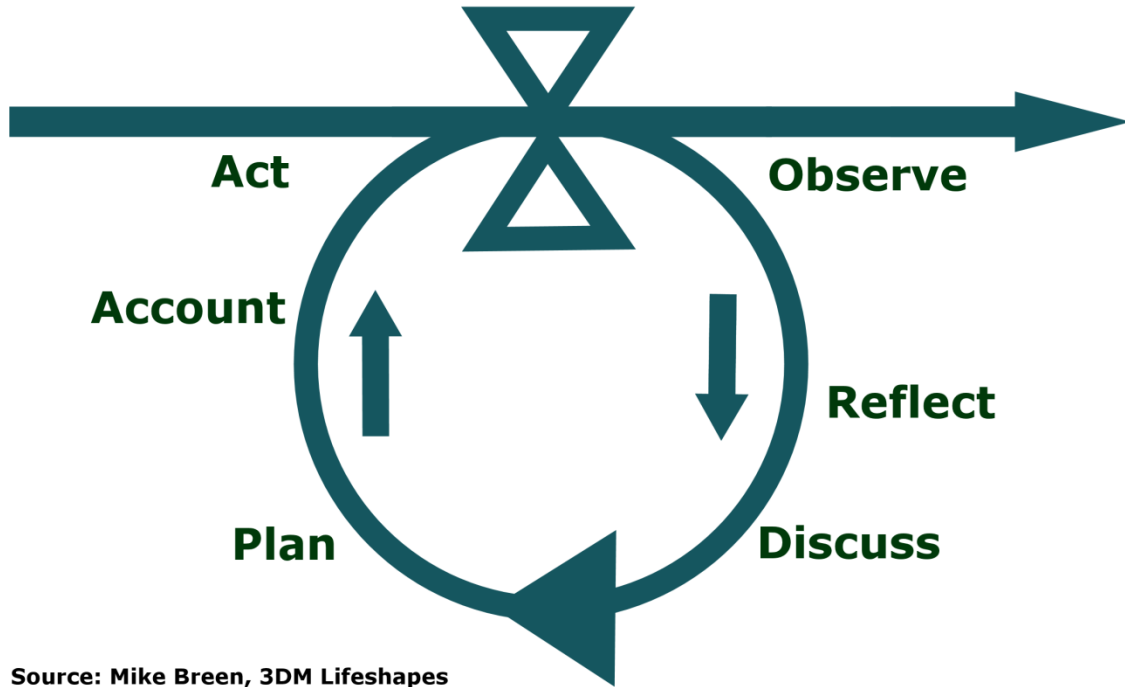
Appendix B

29 Job again took up his discourse and said:

2 “O that I were as in the months of old,
as in the days when God watched over me;
3 when his lamp shone over my head,
and by his light I walked through darkness;
4 when I was in my prime,
when the friendship of God was upon my tent;
5 when the Almighty[a] was still with me,
when my children were around me;
6 when my steps were washed with milk,
and the rock poured out for me streams of oil!
7 When I went out to the gate of the city,
when I took my seat in the square,
8 the young men saw me and withdrew,
and the aged rose up and stood;
9 the nobles refrained from talking,
and laid their hands on their mouths;
10 the voices of princes were hushed,
and their tongues stuck to the roof of their mouths.
11 When the ear heard, it commended me,
and when the eye saw, it approved;
12 because I delivered the poor who cried,
and the orphan who had no helper.
13 The blessing of the wretched came upon me,
and I caused the widow’s heart to sing for joy.
14 I put on righteousness, and it clothed me;
my justice was like a robe and a turban.
15 I was eyes to the blind,
and feet to the lame.
16 I was a father to the needy,
and I championed the cause of the stranger.
17 I broke the fangs of the unrighteous,
and made them drop their prey from their teeth.
18 Then I thought, ‘I shall die in my nest,
and I shall multiply my days like the phoenix;[b]
19 my roots spread out to the waters,
with the dew all night on my branches;
20 my glory was fresh with me,
and my bow ever new in my hand.’
21 “They listened to me, and waited,
and kept silence for my counsel.
22 After I spoke they did not speak again,
and my word dropped upon them like dew.[c]
23 They waited for me as for the rain;
they opened their mouths as for the spring rain.
24 I smiled on them when they had no confidence;
and the light of my countenance they did not extinguish.[d]
25 I chose their way, and sat as chief,
and I lived like a king among his troops,
like one who comforts mourners.

Life Jar Workshops Wrap Up

Life from Point A to Point B



Source: Mike Breen, 3DM Lifeshapes

Right Side: We have observed, reflected and discussed knowing our Why, How and What. What do we feel God is saying to us as a community and as a church?

What is your Why statement:

To _____ for _____ through _____.

Left Side: What are we going to do about it?

Plan:

Account:

Act:

More Know Your Why Resources

Start With Why - The Golden Circle video

<https://www.startwithwhy.com/learnyourwhy>

TED Talk: How Great Leaders Inspire Action video

http://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action

Know Your Why - It's Important <https://www.didownie.com/know-your-why-its-important/>

Worksheets:

Do You Know Your Why 4 Questions to Tap the Power Of Purpose

<http://www.forbes.com/sites/margiewarrell/2013/10/30/know-your-why-4-questions-to-tap-the-power-of-purpose/>

Discover Your Why Workbook <http://liveyourlegend.net/email-updates/>

Discovering Why Purpose Pack <http://sourcesofinsight.com/discover-your-why/>

Finding Your Why Worksheet <http://abbymherman.com/find-your-why/>

The Entrepreneurs Guide to the WHY, HOW & WHAT Of your Business

<http://decideyourwhy.com/>

Value Proposition Worksheet <http://www.marketingexperiments.com/blog/wp-content/uploads/MarketingExperiments-Value-Prop-Worksheet.pdf>

Brand Positioning Statement Worksheet http://contagious-ideas.com/wp-content/uploads/2012/09/BCSI-Brand-Positioning-Worksheet_FNL.pdf

27 Questions to Ignite Your Spark <http://liveyourlegend.wpengine.netdna-cdn.com/wp-content/uploads/2016/04/27-Questions-to-Ignite-your-Spark-2016.pdf>

Discovering Why Purpose Pack Whytelligence <http://sourcesofinsight.com/wp-content/uploads/2009/07/purposepack.pdf>

Christian Know Your Why links:

These two Redeemers worksheets (<http://www.redeemers.org/filerequest/1739.pdf> and <http://redeemers.org/filerequest/1767.pdf>) reference The Why, a paperback with a companion workbook you can buy

One Little Word worksheet <http://dianemarra.typepad.com/files/one-little-word-worksheet-2012-3-pages-1.pdf>

Know Your Why: Finding and Fulfilling Your Calling 7 Day Devotional

<https://www.bible.com/reading-plans/2912-know-your-why-finding-and-fulfilling-your-calling/day/1>

Know Your Why - Part One <http://www.lifeway.com/leadership/2017/01/17/know-your-why-part-one/>

Know Your Why <https://www.theodysseyonline.com/know-your-why>

How to Know Your "Why" & Love Intentionally & Authentically

<https://countingmyblessings.com/love-intentionally/>

This workbook was developed by Pastor Lena Mark and Melissa French, from Peterborough United Methodist Church www.peterboroughumc.org

Sources include:

27 Questions to Ignite Your Spark from [Live Your Legend](#) (must subscribe)

Discovering Why from [Whytelligence](#)

© 2017 Peterborough United Methodist Church

This work is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License.

You may share and modify this workbook but please do not develop commercial products with it.