

FLAPS DOWN - A Wise Flight Plan

Icebreaker: Are you more of a planner or go-with-the-flow type person? How so?

A wise flight plan requires a God-patterned rhythm of responsibility and rest...Do you balance the two? If not, which gets more weight?

*For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.
(Exodus 20:11)*

A brief theology of work...

- **Work is fundamentally good** – “...Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground.” (Gen. 1:28)
- **Work is personally frustrating** – “...Cursed is the ground because of you; through painful toil you will eat of it all the days of your life...by the sweat of your brow you will eat your food until you return to the ground...” (Gen. 3:17, 19)
- **Work is non-negotiable** – “So I saw that there is nothing better for a man than to enjoy his work, because that is his lot.” (Eccl. 3:22a)

What is good about your job? What is frustrating? How can you learn to enjoy what you do knowing that work is non-negotiable?

☛ *The flight plan fails when life's loads exceed your limits – “I cannot carry all these people by myself; the burden is too heavy for me. If this is how you are going to treat me, put me to death right now.” (An over-loaded Moses, Num. 11:14-15) –Do you feel like Moses, if so in what area(s)? What does it look like mentally, psychologically, spiritually, relationally when you are overloaded. In other words, what are your symptoms of overload?*

Some principles for building a wise spiritual flight plan this year... Pray for wisdom in this area as you read the next three bullets in order to make a real change in your life.

Be very careful, then, how you live – not as unwise but as wise, making the most of every opportunity, because the days are evil. (Eph. 5:15-16)

- **Your priorities must be set** – “She had a sister called Mary, who sat at the Lord’s feet listening to what He said. But Martha was distracted by all the preparations that had to be made. She came to Him and asked, ‘Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!’ ‘Martha, Martha,’ the Lord answered, ‘you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.’” (Luke 10:39-42) – **What would your lifestyle communicate about your priorities? What needs to be rearranged in order to look a little more like Mary in the story above?**
- **Your pace must be monitored** – “The LORD is my shepherd...He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul.” (Psalm 23:1-3) **How would you categorize your pace in life (chaotic, steady, slow, etc)? What and where are some of your quiet places you can/should go to slow down and be with God?**
- **Your purpose must be in focus** – “But whatever was to my profit I now consider loss for the sake of Christ. What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things.” (Phil.

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3:7-8a) If you were to write out a purpose statement for your life, what things would it include?

“I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.” (John 15:5)

Does your purpose statement include remaining/abiding in Jesus? If not, how can you give him some attention this 2020?