



Retreat Guide

CREATING A

VISION

FOR YOUR LIFE

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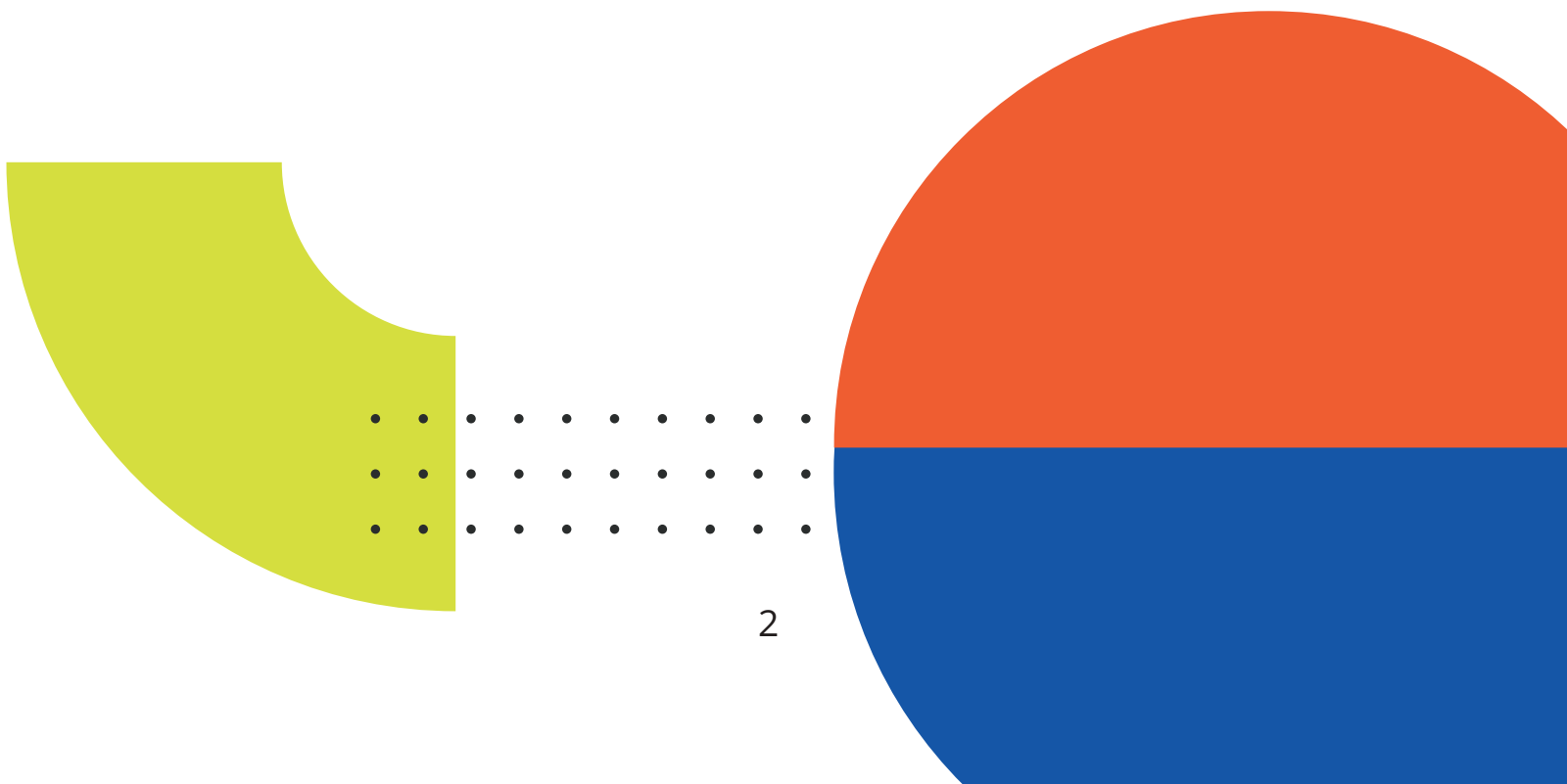
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WHY CREATE A WRITTEN VISION FOR YOUR LIFE?

Many singles live day to day, paycheck to paycheck, emotion to emotion, never pausing long enough to think about what they want for their lives. Spending time preparing for the next event, date, and career but rarely taking time to pray about and talk through what they want their life to look like and what their values and goals are. *Proverbs 29:18a* says, “Where there is no vision, the people are unrestrained...” Too many people today are living unrestrained, with no boundaries when it comes to their finances, their moral values, and their goals for the future.

Creating a written vision for your life will help you to identify your priorities, primary values, and goals for the type of life you desire. It will provide safety and security in knowing what direction you’re headed, and it will serve as a reminder of the commitment you made to reach these goals. This workbook is designed to be tackled gradually, allowing you to work on it during a solo retreat or over several planned sessions. Prior to diving into the workbook, take a moment to pray for divine guidance. If you encounter challenges in any section, pause, seek wisdom through prayer, and resume when you can focus without interruptions.



GOD'S VISION FOR YOUR LIFE

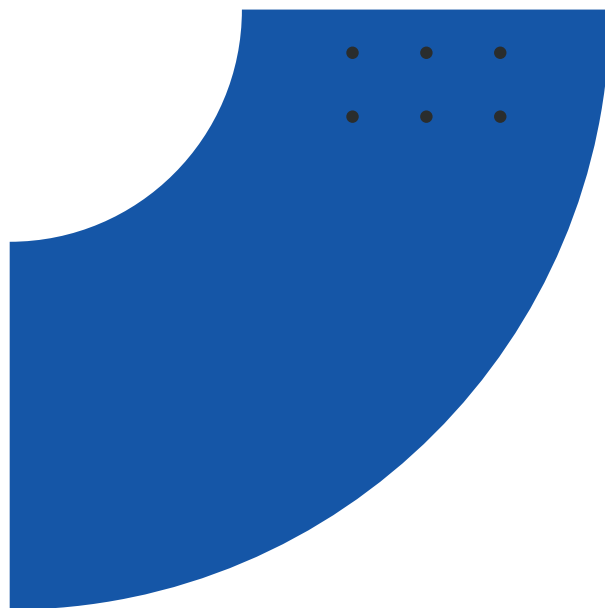
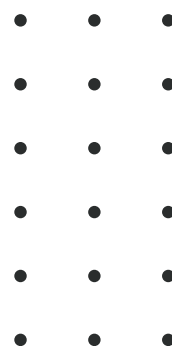
Before identifying the unique values and goals specific to your life, it's important to first understand what the Bible says about purpose. Read the following passages in order to discover purpose for life:

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

Jeremiah 29:11

And Jesus came up and spoke to them, saying, "All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age."

Matthew 28:18-20



I. IDENTIFYING VALUES

Our values are what guide the way we live our lives. The decisions you make on a daily basis are driven by the things you value.

Take some time to think about this list of values and what you might struggle with living out consistently.

Ask God to help you to see yourself rightly and then ask for His help daily as you strive to live a life honoring Him based on these values.

VALUES THAT I WILL START LIVING OUT

01 _____

02 _____

03 _____

04 _____

05 _____

EXAMPLE VALUES

Faithfulness

Being faithful in stewardship of God's gifts, including relationships and responsibilities.

1 Corinthians 4:2

Purity

Honoring God with pure thoughts, words, and actions, especially in the realm of sexuality.

1 Thessalonians 4:3-5

Integrity

Living honestly and uprightly, both in public and in private, reflecting God's character.

Proverbs 10:9

Humility

Cultivating a humble attitude that prioritizes the needs and concerns of others over oneself.

Philippians 2:3-4

Love

Practicing selfless love that mirrors the love of Christ, characterized by kindness, patience, forgiveness, and sacrificial giving.

1 Corinthians 13:4-7

Respect

Treating oneself and others with respect and dignity, recognizing the value of each person as created in the image of God.

Romans 12:10

Community

Valuing fellowship with other believers, and participating in Christian community for mutual support, encouragement, and accountability.

Hebrews 10:24-25

Servanthood

Embracing a servant-hearted mentality, following Jesus' example of serving others with humility and compassion.

Mark 10:45

Discipleship

Pursuing ongoing spiritual growth and discipleship, deepening one's relationship with God through prayer, study of Scripture, and participation in Christian disciplines.

2 Timothy 2:15

Hope

Maintaining hope and trust in God's plan and provision, even in times of uncertainty, knowing that He has a purpose and plan for each individual's life.

Jeremiah 29:11



IDENTIFYING VALUES (CONT.)

Now that you have identified 5 values that you will start living out, it's time to consider how you can actively reinforce these values through your daily actions. For instance, if one of your values to improve is community, what couple of actions will you take to grow or become closer to your community? You might choose an action item such as joining a life group and attending the group 2 times each month. This will provide you with actions to maintain the importance of this value. Utilize the space below and on the following page to outline 1-3 practical actions per value.

VALUES IN DECISION MAKING

VALUE:

ACTION:

ACTION:

ACTION:

VALUE:

ACTION:

ACTION:

ACTION:

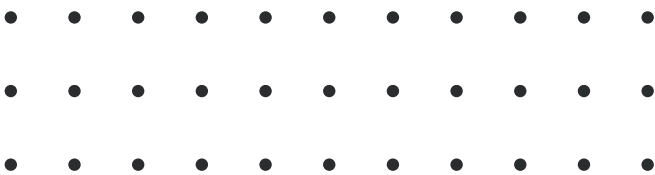


VALUE: _____
ACTION: _____
ACTION: _____
ACTION: _____

VALUE: _____
ACTION: _____
ACTION: _____
ACTION: _____

VALUE: _____
ACTION: _____
ACTION: _____
ACTION: _____

VALUE: _____
ACTION: _____
ACTION: _____
ACTION: _____



II. DECISION MAKING MATRIX



III. PERSONAL GOALS

The quality of your life will always be a by-product of your relationship with God. So part of your growth will be directly connected to your personal goals. Develop clear goals that you can work toward over the next year.

LIST 2 PERSONAL GOALS THAT YOU WANT TO ACCOMPLISH THIS YEAR THAT WILL HELP YOU GROW **SPIRITUALLY**:

1 _____

2 _____

Sample goals: commit to memorizing one new scripture per week; establish a routine of reading your Bible and spending ____ minutes each day with God; sign up for a Bible class at church.

*"And you shall love the
Lord your God with all
your heart, and with all
your soul,
and with all your mind,
and with all your
strength."*

Mark 12:30

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LIST 2 PERSONAL GOALS THAT YOU WANT TO ACCOMPLISH THIS YEAR THAT WILL HELP YOU GROW **INTELLECTUALLY**:

1 _____

2 _____

Sample goals: read 20 minutes each night; read _____ books per month; take a class on a subject that interests you.

LIST 2 PERSONAL GOALS THAT YOU WANT TO ACCOMPLISH THIS YEAR THAT WILL HELP YOU GROW **PHYSICALLY**:

1 _____

2 _____

Sample goals: eat healthy; exercise 30 min 3x per week; get more sleep; routine doctor visits; etc



LIST 2 PERSONAL GOALS THAT YOU WANT TO ACCOMPLISH THIS YEAR THAT WILL HELP YOU GROW **PROFESSIONALLY**:

1 _____

2 _____

Sample goals: register for a conference or webinar that helps to hone your skills; ask someone who is a few steps ahead of you to be your mentor.

LIST 2 PERSONAL GOALS THAT YOU WANT TO ACCOMPLISH THIS YEAR THAT WILL HELP YOU GROW **RELATIONALLY**:

1 _____

2 _____

Sample goals: increase your active listening, ask trusted friends for their honest assessment of where you fall short in your Emotional Intelligence and enroll in a class to grow in that area.



LIST 2 PERSONAL GOALS THAT YOU WANT TO ACCOMPLISH THIS YEAR THAT WILL HELP YOU GROW **PARENTALLY**:

1 _____

2 _____

Sample goals: seek out resources and information on parenting techniques, child development, and effective communication strategies; prioritize quality time; set boundaries.

LIST 2 PERSONAL GOALS THAT YOU WANT TO ACCOMPLISH THIS YEAR THAT WILL HELP YOU GROW **RECREATIONALLY**:

1 _____

2 _____

Sample goals: find a local club or group related to one of your interests, whether it's a book club, sports team, or art class, and make a commitment to attend regularly; unplug on a regular rhythm.



LIST 2 PERSONAL GOALS THAT YOU WANT TO ACCOMPLISH THIS YEAR THAT WILL HELP YOU GROW **EDUCATIONALLY**:

1 _____

2 _____

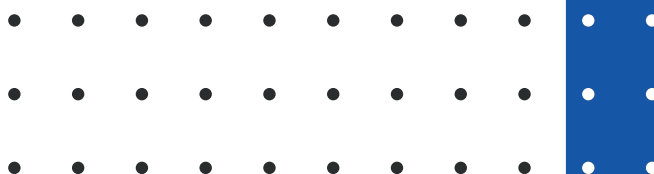
Sample goals: create a structured learning plan outlining your educational goals, milestones, and action steps to keep yourself accountable and track your progress over time.

LIST 2 PERSONAL GOALS THAT YOU WANT TO ACCOMPLISH THIS YEAR THAT WILL HELP YOU GROW **FINANCIALLY**:

1 _____

2 _____

Sample goals: create a budget; establish an emergency fund; save for a down payment on a home; fund your children's education; or achieve a certain net worth milestone.



IV. MINISTRY GOALS

One of the greatest ways to grow in spiritual intimacy with God is to serve others using the gifts God has placed within you. Take some time to identify 3 ministry goals that you can commit to over the next year. The following questions might help spark some ideas of how to use your unique talents and passions.

WHAT SPECIFIC AREAS OF YOUR CHURCH WOULD YOU MOST ENJOY BEING INVOLVED IN?
WHAT IDEAS DO YOU HAVE FOR MINISTERING BASED ON YOUR PASSIONS?
WHAT TALENTS OR GIFTS DO YOU THINK GOD HAS GIVEN YOU TO BE A BLESSING TO OTHERS?

SCAN HERE TO TAKE
A SPIRITUAL GIFTS
ASSESSMENT



“For even the son of man did not come to be served, but to serve, and to give His life a ransom for many.”
Mark 10:45

V. MASTER | MISSION | MOOD | MATES

The four "M's" are crucial aspects for mastering during seasons of singleness. Here's why each of them are important:

MASTER

A best friend, someone who is closer to you than anyone else, is also your confidant. Someone who can be trusted and with whom you can share personal and private things. Jesus is the companion who will never leave us. He is the Comforter, the Counselor, and the only one whose love for us is unconditional.

Proverbs 3:5-6

Ask yourself: When I'm anxious, fearful, or uncertain, and when I'm celebrating, who or what do I go to first? Is it Jesus?

MISSION

Intentionally live life daily, fulfilling the mission that God has for you individually and as followers of Christ in the Great Commission. As you identify your gifts and apply them to your distinct and personal role in His Kingdom, you will find fulfillment in that purpose and avoid distractions that may interfere.

Matthew 28:19, 1 Peter 4:10-11

Ask yourself: When was the last time I used my spiritual gifting to further God's Kingdom? Or am I using my gifts to further my own Kingdom?

MOODS

Waiting for anything, including a mate, is not easy. It tests every part of us; mind, body, and soul. Through the different stages of this process, deepening your relationship with Jesus with prayer and study is key. In this waiting stage, you will learn to love Jesus more than anything or anyone you've waited for.

Psalms 37:4

Ask yourself: Do I allow my moods to affect my contentment or how I interact with others?

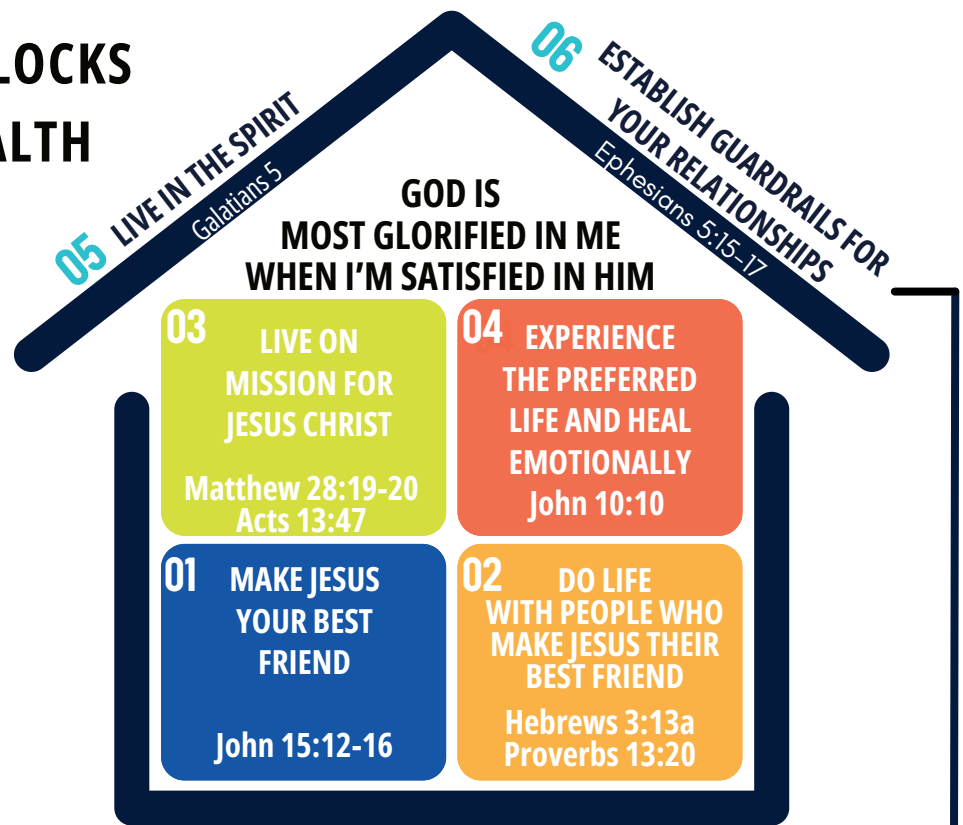
MATES

Mates include friendships, family dynamics, and potential spouses. If you want to position yourself for marriage and attract the same caliber of mates, deepen your relationship with the Lord. Perfect love is God's love, and He is not only your best friend but your counselor, comforter, confidant, and so much more.

Proverbs 18:24

Ask yourself: Who have I surrounded myself with? Are my closest relationships a distraction or propelling me toward my desired life?

VI. SIX BUILDING BLOCKS OF SPIRITUAL HEALTH



INDICATORS TO KEEP YOU FROM A CRASH ←

When we embark on a dating journey hoping to find a spouse, we can often become blind to warning signs that are designed to keep us safe.

Take heed of these seven indicators that will let you know if you are veering away from your values and toward a crash.

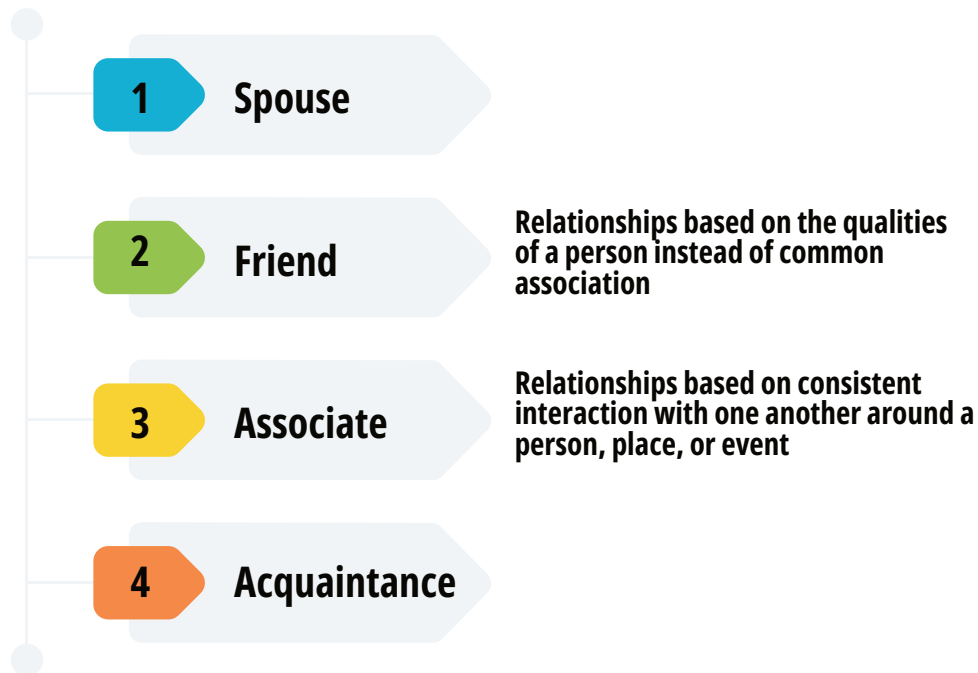
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| 01 | Regularly evaluate your core group of friends. Ask if they are headed in the same direction that you want to go. | 04 | Remember that the wise see all of life as connected. A fool sees everything as disconnected. |
| 02 | When you feel the pressure to be someone you are not, you should rethink that relationship. | 05 | There is safety in numbers: Do not ride in a car or eat a meal with the opposite sex alone. |
| 03 | When you hope the people you care about most don't know your whereabouts, you should not be there. | 06 | We are acceptance magnets, therefore relentlessly guard your heart. |
| | | 07 | It is unwise to say, "I'll go, but I won't participate". Wisdom says, "I will not be in proximity to what is misaligned with my values". |

VII. PRE-DECIDING

Life can be overwhelming and chaotic for many of us, juggling careers, children, friendships, and various other responsibilities. During such a busy time, pre-decide the level of intimacy we will experience in our relationships. Healthy boundaries are a good thing, and when we pre-decide these things it helps us stay strong.

Rate yourself on these pre-decisions to determine if you're prepared for a healthy relationship.

FOUR LEVELS OF INTIMACY - WHICH LEVEL CAN YOU HANDLE?



EVALUATION: How to determine the level of INTIMACY you're currently ready for? Answer the questions below to determine the level that is healthiest for you in opposite-sex relationships.

DO YOU HAVE A SEXUAL ADDICTION? Y / N

HAVE YOU EXPERIENCED SEXUAL TRAUMA IN THE PAST? Y / N

HAVE YOU HAD A BREAK BETWEEN RELATIONSHIPS THAT LASTED LESS THAN A YEAR? Y / N

DO YOU HAVE SAME SEX BEST FRIENDS? Y / N

IF YOU ANSWERED "YES" TO MORE THAN TWO OF THESE QUESTIONS, YOU SHOULD STAY AT THE ASSOCIATE LEVEL. IN ALL CASES IT IS IMPORTANT TO REMEMBER THAT UNTIL MARRIAGE, OUR RELATIONSHIPS ARE AS BROTHERS & SISTERS IN CHRIST.

VIII. WHAT'S NEXT?

Hopefully, this workbook has been helpful in your growth, dreams, plans, and commitment to different areas of your life that will ultimately serve to strengthen your journey as a single Christian. Extraordinary lives of purpose and fulfillment don't just happen; they result from intentional effort driven by a clear vision.

You have now identified core values to guide your decision-making and are committed to action steps for each value. You have outlined action steps to enhance various aspects of your personal growth and relationship with God. Additionally, you have set goals for your personal and spiritual development so that you are intentional about your growth.

The final step to ensure this vision workbook becomes a consistent part of your life is to decide now how you will keep the vision in front of you as you navigate through your busy schedules, work, family, and the demands of life.

Use the following commitment to identify when you will evaluate, revise if needed, and remember the values, goals, and vision for your life.

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IX. COMMITMENT AND PLEDGE

MY VISION COMMITMENT

I commit to reviewing this vision workbook (twice a week, weekly, every 2 weeks, monthly). I have identified an accountability partner and permitted them to hold me accountable for my goals.

Signature

PREFERRED LIFE PURITY PLEDGE

I pledge to flee from sexual immorality.

I believe that sex is a gift from God to be experienced only in the covenant of marriage.

I pledge before God to abstain from sex or sex-related activities until I get married.

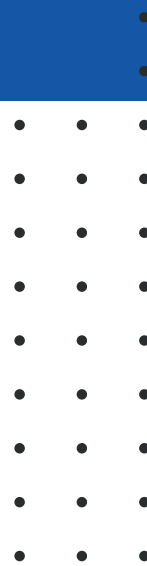
Should I not get married, I pledge to live a life without sex or sex-related activity.

I pledge to find my satisfaction in God.

I pledge to live my life in community.

With my signature, I mark my commitment to a life of purity of mind, heart, and body to honor God.

Signature



X. DAILY AFFIRMATIONS

I am strong and mighty. I have the same power that raised Christ from the dead dwelling inside of me. I am a weapon of righteousness in a world of darkness.

I am not my past. I am not what I did. I am who God says I am. He says I am forgiven. He says I am redeemed. He says I am free.

I am not a hostage to unhealthy thoughts. The weapons I fight with are not the weapons of this world. I have divine power to demolish strongholds.

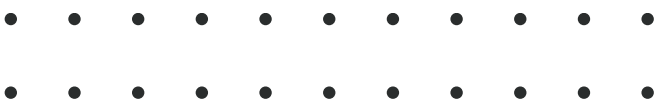
I have the mind of Christ directing my thoughts. I have the Word of God guiding my steps.

I demolish every pretension that sets itself up against the knowledge of God. I take every thought captive and make it obedient to Christ.

Worry is not my master. I trust in God. His peace guards my heart, guards my mind, and guards my soul in Christ Jesus.

My God has not given me a spirit of fear, but a Spirit of power, of love, and of a sound mind.

The Lord is my helper. I will not be afraid.



DAILY AFFIRMATIONS (CONT.)

I am not a slave to my habits. I am not a prisoner to an addiction. I have been rescued from the power of darkness and brought into the kingdom of God's light.

I am empowered. I am chosen. I am called. I am a masterpiece of God, created in Christ Jesus, to do good works which God prepared in advance for me to do.

My God will bless me abundantly, so that in all things, at all times, having all I need, I will abound in every good work.

My God is for me. My God is with me. No weapon formed against me will prosper.

Nothing can separate me from God's love. Not death. Not demons. Not the present, nor the past. No power on earth will ever separate me from the love of God that is in Christ Jesus my Lord.

I am not what I have or buy. My identity is in Christ—and Christ alone.

By God's power, I can change.

I cast my cares on God because He cares for me.

My life belongs to God. Daily I seek Him, and daily He directs my steps. I know His voice, and He leads me to His perfect will.

My confidence is in Christ—and Christ alone. Because His Spirit lives within me, I can do everything He calls me to do.

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