

# Personal SUMMIT



## Purpose:

A "Personal Summit" is a powerful discipline that enables you to evaluate your life and redirect yourself toward healthy living. It is recommended that you create a monthly allotment of time for reflection, evaluation, and implementation.

At the heart of a personal summit are three core components.

- Extended time to meet with and listen to God.
- Time to reflect on the progress and patterns of your life.
- Time to update your goals and plans and their impact on your schedule for the next 30-90 days.

## Tips for your personal summit:

- Get out of the office. Isolation and quiet will enhance your ability to focus and experience God. (ideas: Large libraries, Catholic monasteries, a friend's house, etc.)
- Schedule your Summits a full year out. Get them in the calendar and stick to them ruthlessly.
- If you're having trouble getting started or keeping the commitment, try going away with someone else for added accountability. Do lunch and pray together to start the afternoon.
- Unpack your mental suitcase when you first arrive (and throughout the day): Keep a pad of paper handy to jot ideas and "to-do's" that waft into your mind during the day. You'll know they won't be forgotten so you can get back to your summit.
- Keeping a "tickler" file in your desk drawer and drop in articles to be read, quotes, books or other ideas to be prayed through all month long. Drop the file in your briefcase the day before your summit.
- Bring a notebook and a couple of pens (in case one stops working).

Have you felt overwhelmed by the pace of your life? It is easy to get caught up in the frenetic pace of life. Jesus understands how busy life can get. It says in Mark 3:20, "One time Jesus entered a house, and the crowds began to gather again. Soon he and his disciples couldn't even find time to eat." A personal summit is an act of purposely taking a time out to reflect on your life and your life's direction.

This will be a guide to help you in your personal summit. This is an intentional step to reconnect with God in the same manner of Jesus Christ. Luke 5:15-16, "But despite Jesus' instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. But Jesus often withdrew to the wilderness for prayer." If Jesus needed the time to get away for self care, so do we.



# Personal Summit Outline

## Set the tone:

Go for a walk but purposely slow down to take in your environment. Listen to relaxing music as you walk. Take deep breaths and release any tension that you may be feeling..

## Start the process

Find a place to sit down and jot down a prayer.

Sample starters:

- Lord, today I am wrestling with...
- Lord, it is hard to slow down because...
- Lord, I am thankful for...
- Lord, I want to grow better at...

## Reflection on roles:

Journal about your roles in life.

Family Member	Boss/Employee	Leader
Friend	Follower of Jesus	Other roles

Specifically, spend time journaling your thoughts about how you have been doing during the last month in each of the unique roles that you have. Make sure to take time to celebrate “the good” over the last number of weeks as well as being honest about blockages or frustrations that you are facing. Ask God to reveal important issues to you.

## Reflection on goals:

Take a look at your calendar and goals from the previous month. What went well? What could have gone better? What patterns are emerging? How does your assessment of the past month need to influence your plans for next month? You should have a good handle on the core issues/goals that you need to act on in the next 30-60 days. Schedule time blocks in your calendar you will devote to those issues. Treat these times as any other non-negotiable appointment. Follow the 80% rule: Don't put a block of time in your calendar unless you are 80% confident you will act on it.

## Wrapping up:

Look through 2-3 books that you meant to start reading. Do any of the book speak to you? Start reading .Confirm that you have scheduled next month's summit. Close in prayer.

