

DISCOVERING YOUR DESIRES



**CHRIST
COMMUNITY**
CHURCH

DISCOVERING YOUR DESIRES

Delight yourself in the LORD, and He will give you the desires of your heart.
Psalm 37:4

What is your heart's desire?

The Bible uses the term “desires” to describe the bundle of motivations that you have—your passions, hopes, longings, dreams, ambitions, and affections—the things you care about, the things you love to do. All these comprise your **desires**.

We could call it an emotional heartbeat. Physically, every human being has a heart that beats just a little differently. The same is true *emotionally*. That is why there are some things that you care about very deeply, and there are other things about which you couldn't care less.

Desire (or passion) is caring about something bigger than yourself—something vital to you and significant in the grand scheme of things. A worthwhile desire is anything you pursue with God. And anything you pursue with God is truly worthwhile.

It is God who is at work with you—energizing and creating in you the power and desire—both to will and to work for His good pleasure and satisfaction and delight.
Philippians 2:13 (Amplified)

PERSONAL EXERCISE AND PREPARATION

This worksheet of exercises may help you determine what areas (people, tasks, projects, causes) you presently feel attracted to and are most passionate about. Take the time to think through these questions and pray that God will help you see more about who and what He created you to be and do. Circle or check the key areas of interest in each category.

Areas of Desires-

1. Desires that relate to particular groups of people:

The **people** that I would like to help most are:

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> Infants | <input type="checkbox"/> Children | <input type="checkbox"/> Youth |
| <input type="checkbox"/> Teen Mothers | <input type="checkbox"/> Single Parents | <input type="checkbox"/> College Students |
| <input type="checkbox"/> Divorced | <input type="checkbox"/> Widowed | <input type="checkbox"/> Singles |
| <input type="checkbox"/> Parents | <input type="checkbox"/> Young Marrieds | <input type="checkbox"/> Homeless |
| <input type="checkbox"/> Unemployed | <input type="checkbox"/> Elderly | <input type="checkbox"/> Disabled |
| <input type="checkbox"/> Prisoners | <input type="checkbox"/> Poor | <input type="checkbox"/> Hospitalized |
| Other: _____ | | |

2. Desires that relate to causes or issues:

The **issues or causes** that I feel strongly about are:

- | | | |
|---|--|---|
| <input type="checkbox"/> Environment | <input type="checkbox"/> Child care | <input type="checkbox"/> Politics |
| <input type="checkbox"/> Spiritual apathy | <input type="checkbox"/> Law/justice system | <input type="checkbox"/> International issues |
| <input type="checkbox"/> Abuse/Violence | <input type="checkbox"/> Evangelism | <input type="checkbox"/> Technology |
| <input type="checkbox"/> Addictions | <input type="checkbox"/> Poverty/hunger | <input type="checkbox"/> Literacy |
| <input type="checkbox"/> Education | <input type="checkbox"/> Marriage/Family | <input type="checkbox"/> At-risk children |
| <input type="checkbox"/> Economic | <input type="checkbox"/> Christ-centered parenting | <input type="checkbox"/> Ethics |
| <input type="checkbox"/> Abortion | <input type="checkbox"/> Health/Fitness | <input type="checkbox"/> Compulsive behavior issues |
| <input type="checkbox"/> HIV/AIDS | <input type="checkbox"/> Sanctity of Life | <input type="checkbox"/> Disabilities support |
| <input type="checkbox"/> Alcoholism | <input type="checkbox"/> Sexuality/gender issues | |
| <input type="checkbox"/> Deafness | | |
| <input type="checkbox"/> Financial | | |
| <input type="checkbox"/> Stewardship | | |
| Other: _____ | | |

3. Desires that revolve around certain functions: organizing things or assisting in practical ways...

A. Reflect on what you *enjoy* doing and think about more than anything else.

These are all things that bring you a certain amount of satisfaction, laughter, and joy. The activities you enjoy can be from many different areas of life, such as sports, hobbies, recreation, service, etc. To generate your list, think about the following questions:

- What makes you “come alive”?
- What fascinates you?
- When do you feel most fulfilled?
- What is something you would personally like to change in the world?
- What enjoyable activity or discussion would keep you up at night later than normal?
- What areas are you continually drawn toward?
- What needs do you love to meet?
- If time or money weren’t an issue, where would you donate your life?
- What would your closest friends say that you are really interested in and passionate about?

Prioritize your answers from above, listing them below in order, from highest to least.

1	7	13
2	8	14
3	9	15
4	10	16
5	11	17
6	12	18

B. Reflect on what brings you fulfillment (satisfaction).

What are one or two things from your top five or six answers on the previous page that bring you the most heartfelt fulfillment and satisfaction? To what areas are you consistently drawn?

Why do these things inspire you?

C. Reflect on your influence.

How could your involvement in these areas change the world around you? What would be the impact?

What result(s) would you like to see in people's lives from your involvement in these area(s)?

D. Reflect on your area of focus.

Are general themes to your desire(s) beginning to emerge? If yes, what are those themes?
Examples: investing in others, missions, health and fitness, serving single mothers, etc.

E. What do you feel have been your greatest achievements in life?

F. At the end of your life, what would you like to look back and know that you had done something about?

G. If you knew that you could not fail, what would you really *desire* to do with God's help?

With the general emerging themes of your desires, note on the next page the category in which your area of focus is best reflected.

DESIRE CATEGORIES FOR MINISTRY

DESIRE CATEGORY	DESCRIPTION	NOTES/WORDS/PHRASES THAT FIT WELL WITH MY FOCUS AREA
Worship Ministries	<i>The heart of these ministries is directed toward God by engaging the church in the Word, worship, song, the arts, tech arts, etc.</i>	
Connecting Ministries	<i>The heart of these ministries is assimilating visitors, attenders, and members into a relationship with Christ and the church through hospitality, fellowship, belonging and encouragement.</i>	
Discipling/Equipping Ministries	<i>The heart of these ministries is maturing believers in the area of their gifts, ministry, training, and leadership—serving a variety of life-stage and affinity-based groups for growth, accountability, and service.</i>	
Mission Ministries	<i>The heart of these ministries is focused on relating, reaching, and connecting unbelievers and the unchurched to a relationship with Christ and His church.</i>	
Caring Ministries	<i>The heart of these ministries is assisting people in the church and community with their physical, emotional, relational, and spiritual health through the grace, love, and resources of the Kingdom.</i>	
Supporting Ministries	<i>The heart of these ministries is freeing other people, leaders, and ministries from practical concerns to keep focused on their ministry goals. May involve structuring the systems and procedures to serve and support people and ministries.</i>	

Transfer your information to the “Your Desires” section of your DESIGN PROFILE at the front of this playbook.