

Passion Exercise

"Delight yourself in the Lord and He will give you the desires of your heart" (Psalm 37:4). God embedded within you certain desires to serve others. Some long to make a difference in the lives of a group of people (e.g., children, the homeless, unbelievers). Others want to help improve some aspect of society at large. These include social institutions like government, education, or the church. The following exercise will help you clarify the desires of your heart.



What dream would you pursue if there were no barriers or worries?



What ministry projects or ideas have you heard about that sound very exciting?



What brings tears to your eyes?



What does God have you doing right under your nose – the things around you?



What topic of discussion would keep you up late into the night?



What gets your heart pumping faster whenever you hear, talk or read about it?



Which groups of people attracts your spirit like a magnet?

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| • Infants | • Young marrieds | • Athletes | • Military |
| • Pre-schoolers | • Married couples | • Educators | • Media |
| • Children | • Parents | • Entertainers | • Politicians |
| • Junior high | • Seniors | • Executives | • Poor |
| • Senior high | • Internationals | • Laborers | • Women |
| • College age | • Other races | • Homeless | • Veterans |
| • Single adults | • Other religions | • Men | • Other? _____ |



What hobbies, crafts or skills do you enjoy in your free time?

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|--------------|----------------------|---------------|-------------------|
| • Acting | • Financial planning | • Painting | • Speaking |
| • Car repair | • Gardening | • Photography | • Storytelling |
| • Carpentry | • Graphic arts | • Politics | • Teaching |
| • Computers | • Home repair | • Reading | • Time management |
| • Cooking | • Interior design | • Research | • Word processing |
| • Drawing | • Music | • Sewing | • Writing |
| • Exercising | • Office work | • Singing | • Other? _____ |



Which experiences in life were so hard that they brought you to your knees?



What path have you walked that was so beneficial you want others to walk it, too?