

## Quarterly Planning Meeting (QPM) -Spiritual Friend Version-

### Planning Reminders

- Eccl 3:1-8, Ps 90:10-12 “There is a time and season for everything.” Some have said that wisdom can be reduced to knowing what season it is at any given time in your life. What is God doing in you, your marriage and your family and how can you best take responsibility for adjusting your time to cooperate with Him?
- “If you aim at nothing, you are sure to hit it.”
- “Insanity is doing the same thing and expecting a different result.” (AA)
- “You’re not doing something different until you are doing something different.” (WW)
- “Sometimes it is not enough to do your best. You have to do what is required.” (WW)
- “Come up above the trees to see the whole forest.”
- Think about how God has wired up your friend – his or her “way” – and how the decisions and plans you make can help them be true to his/her “way” (see Proverbs 14:8, 22:6, 30:18-19).
- Sometimes we have to sacrifice good things to make room for best things.
- “ We are never too old to be what we might have been.” George Eliot
- Are we having fun yet? (Ask each other, “Are you happy?” If not, what practical steps can you plan in so there is more chance your answer will be “yes” by the next planning meeting.)
- “May we *live* all the days of our lives.” Jonathan Swift
- Going slow is going fast.
- Good teams do things right; *great* teams do the right things.

### Tools Required (Before you meet, gather together...)

- a list of the topics you each wish to discuss (“Bring To” list)
- your calendars, planners or smart phones
- financial information
- wish list: vacation ideas, long term goals to work toward
- get alone in an environment conducive to communicating
- plan something fun to do afterward
- allow enough time (at least ½ day)

### Meeting Agenda

1. Review the Planning Reminders and pray before you begin.
2. Update and synchronize your calendars together for the next 4 months and schedule the next QPM to be held 3 months from now. Talk about the important things coming up from the perspective of "Planning Reminder" #1 above.
3. Take turns choosing which topic to discuss next. Choose from the “Bring To” lists and refer to the Master List, below.
4. Before you end, be clear on what steps you will each take to follow-through on your various decisions. Be sure you have the next QPM on your calendars.
5. Leave each other wanting more.
6. After your QPM, go do something fun together.

### Master List of Topics to Discuss

1. Spiritual life.

- a. Describe your current walk & growing edge with God
  - b. Discuss current/new disciplines, & goals for these disciplines
  - c. Status of personal devotions
  - d. Health of personal prayer life
  - e. Ministries you are involved in
  - f. Sabbaths, retreats & conferences
  - g. Sabbatical
2. Vacations (evaluate, plan)
  3. Dates (if married or dating)
  4. Love life (if married)
  5. Sins, temptations & challenges
  6. Health & fitness. Exercise routines and goals. Nutrition & diet. Special needs.
  7. Kids, parents, family priorities & responsibilities.
  8. Finances. Where do you stand and how are you doing re budget? Are you planning for future financial needs? How are you doing with tithe and giving to church and others?
  9. Balance and margin. Is there empty space (margin) in my life so I can be readily available to God and others? Is my life balanced and satisfying in my work, play, relationships, spiritual growth, physical health, finances, etc?
  10. Stuff. What needs to be maintained, repaired or replaced? Balance with possessions?
  11. Time. Review and modify weekly master schedules: work, ministry, exercise, recreation, school, and other regular commitments. Create a master weekly schedule that reflects how you want to live. What will an ideal week/ month/ quarter look like?
  12. Hobbies, recreation and play. Play replenishes the soul. What hobby and recreation are you currently involved in or what will you do to get going on these?
  13. Friendships. Do you each have a sustainer and a handful of maintainers as well as people you are serving and pouring into?