

## SESSION 4: THE FOUR QUADRANTS

### Welcome, Review Study/LIFE Starter Journaling: 20 minutes

Discuss the how your values and passions are redirecting your priorities.

### Session #4 Teaching: Integrity and Balance: 5 minutes

Today, we are going to have another working session, where we do the "4-Quadrant Exercise" to really think about how balanced our life is. Are we living a balanced life of integrity, or are we **OUT OF BALANCE and OUT OF GOD'S ORDER?**

This week's session starts with the **Definition of Integrity**:

#### **in-teg-ri-ty**

1. The quality of being honest and having strong moral principles; moral uprightness.  
"he is known to be a man of integrity"
2. The state of being whole and undivided.  
"upholding territorial integrity and national sovereignty"

I never realized that the state of "being undivided" was part of the definition of "integrity." The state of "being undivided" to me, speaks to balance in life. In order to fully understand our "balance" and make sure that we are living out of integrity, we need to look at and assess all quadrants of life. Those quadrants are, (1) **personal/professional growth**, (2) **work life**, (3) **relationships/family and** (4) **community/church**. According to the definition of "integrity," there is none if there's not a state of "being whole and undivided!" Ultimately, **YOUR purpose should be not be segmented, but applied through every area of your life!**

"A false balance is an abomination to the Lord, but a just weight is his delight." Proverbs 11:1 (ESV)

That verse is, on the surface, talking actual weights and balance like you'd find in a market or in construction. But the next verse talks about pride and the following, integrity. So while the picture may be of a scale in a market, the application is to us personally. God wants us in balance and living in integrity. So, today it's time to consider those 4 quadrants and write down some goals on the sheets in your workbook about what are some improvements/goals you can make. Remember, this is a time to think **RADICALLY**. If you've been around PBC's LIFE Studies, you know that is one of our core values. When making changes in our life to have more balance and integrity, we need to be willing to turn 180 degrees from certain things to allow the better things of God to become our priorities. This will be another week to do just that!

For homework this week, I'm going to ask you to bring this exercise home again and ask your spouse, or those closest to you, to answer the same questions for themselves AND for YOU! Practically, think this week about things you **don't want** to do, and actually **don't need to do**. Things you **don't want to do**, but actually need to do. Things you **want to do** and actually **need to do** and finally, things you **want to do**, but actually **don't need to do**. After discussing this session with those closest to you, make a list of things that need to be reprioritized (to discuss with your group next week). Also, PLEASE make time to dig into the LIFE Starters Journaling process, as it will allow the Holy Spirit (through the Bible) to make these weekly sessions come alive in your heart!

Before starting this exercise, pray together as a group for the Holy Spirit to open up your mind and heart to create Godly goals in these quadrants!

### **Individual Application - 4-Quadrant Exercise: 35 minutes**

Look at YOUR 4-quadrants:

**(1) PERSONAL/PROFESSIONAL GROWTH, (2) WORK LIFE, (3) RELATIONSHIPS/FAMILY AND (4) COMMUNITY/CHURCH.** List at least three (3) items in each quadrant you would like to achieve

#### **Quadrant #1 Personal Growth and Development:**

<b>1</b>	<hr/> <hr/>
<b>2</b>	<hr/> <hr/>
<b>3</b>	<hr/> <hr/>
<b>4</b>	<hr/> <hr/>

#### **Quadrant #2 Relationships and Family:**

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<b>2</b>	<hr/> <hr/>
<b>3</b>	<hr/> <hr/>
<b>4</b>	<hr/> <hr/>

**Quadrant #3 Business and Work:**

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2	<hr/> <hr/>
3	<hr/> <hr/>
4	<hr/> <hr/>

**Quadrant #4 Community and Church:**

1	<hr/> <hr/>
2	<hr/> <hr/>
3	<hr/> <hr/>
4	<hr/> <hr/>