
Determining Priorities Exercise

by Chaplain Joy Smith

Psalm 90:12 "So teach us to number our days, that we may apply our hearts unto wisdom."

1. Think of what it would be like if you were to know that you only had one year left in which to live. (Think of yourself as healthy within that year). Write within this exercise what you would most like to do within that year?
2. Think now of how you would want to spend the next six months, if that were the time frame you had left to live. Write your thoughts on this.
3. If you only have 3 months to live, what would you most want to do during that period of time?
4. Now, imagine that you know there is only one month left to live. How would you want to spend that month?
5. If you were to know that you only have a week to live, how would you want to spend that week?
6. To finish the exercise, imagine there is only one day to live. What would you do with that day?

After responding to the six journaling exercises above, thank God for giving you life and for helping you clarify your priorities. Here is a question to consider: Is there any reason why you can not carry through with your responses to #5 and #6 above? If there is a reason, journal on that reason and prayerfully follow what you believe God is leading you to do.