

Passion & Energy Worksheet

Passion is strong and barely controllable emotion.

Philippians 3:13-14 *But one thing I do: Forgetting what is behind and **straining toward** what is ahead, I **press on toward** the goal to win the prize for which **God has called me** heavenward in Christ Jesus.*

1. What things in the past have caused issues in your life that are holding you back from passionately pursuing your calling in ministry?
2. How might you go about "forgetting them?"
3. What are you "straining toward" in your life? (One way to figure that out is to look at where you spend your time and money).
4. What "goals" in your life excite you?
5. Toward what do you think God is "calling" you?
6. How would you rate your energy towards these things (questions 1-5)?

A lot of energy |-----| Very little energy