

Helicopter Flyover

What are you doing there Elijah?

Color:
-Red
-Green
-Yellow

Full Control

Partial Control

No Control

What's right?

What's wrong?

What's missing?

What's confused?

Helicopter Flyover Instructions

The first exercise is a HELICOPTER FLYOVER. It's an instinctive response to the question, 'How am I doing now?' - or to frame it in the language that God used with cave-bound Elijah, 'What are you doing here?'

What, in our lives now, is RIGHT, WRONG MISSING OR CONFUSED. And then we give each of those areas a COLOR; green means this is good, or okay (nothing is perfect!). Yellow means caution, watch this, this might become not so good. And Red means urgent attention needed!

If you want to get a little more specific, add an arrow to the color. The arrow shows the CURRENT TRAJECTORY of that area - arrow up means improving, arrow down means currently declining, and flat means this is just rolling along with no apparent trajectory either up or down.

And then, we consider HOW MUCH CONTROL we have in each of these areas of our lives, is it full, partial or none?

Simple Relational Audit



My CORE Friendships

Close, Getting CLOSER

Close, Moving AWAY

Friends, Getting CLOSER

Friends, Moving AWAY

Connections - Moving CLOSER

Simple Relational Audit Instructions

The second exercise is a SIMPLE RELATIONAL AUDIT. Elijah needed Elisha, and Jesus identified Peter, James and John as His core team, His 'inner three' the closest of His team of Twelve. Jesus' core team, were with Him at the transfiguration, at the raising of Jairus's daughter, and of course in the garden of Gethsemane. Consider the closeness of your friendships, and the trajectory of them. And are they based around function? Do some need investment, and some need to be let go, not in conflict, but because we realize that a season has passed? Married couples might want to do this exercise together!

Unlocking Stronghold Trails

Identify Them

Map Them

Name Them
Neutral or Fun Names

Repeat!

Replace Them
Phil 4:8

Arrest Them
Phil 4:8

Unlocking Stronghold Trails Instructions

The third exercise is UNLOCKING STRONGHOLD TRAILS....these are the mental circuits that we all take, we can slip into them almost without thinking - and that means that we can end up using a lot of emotional energy on what scripture calls 'futile' thinking. Ask the Holy Spirit to help you identify a trail (take one at a time), and then consider your 'stopping off points' in that trail - make a map of them if that helps!

Then name them, and start to arrest them - when you start meandering down that trail, stop it in the Name of Jesus! Begin to replace that trail journey, perhaps with a prayer of thanksgiving - and then repeat. It might take time to learn the art of 'arresting' our dead-end thoughts.

Replenishment

Putting fuel in our tanks.

Physical

Spiritual

Emotional

Intellectual



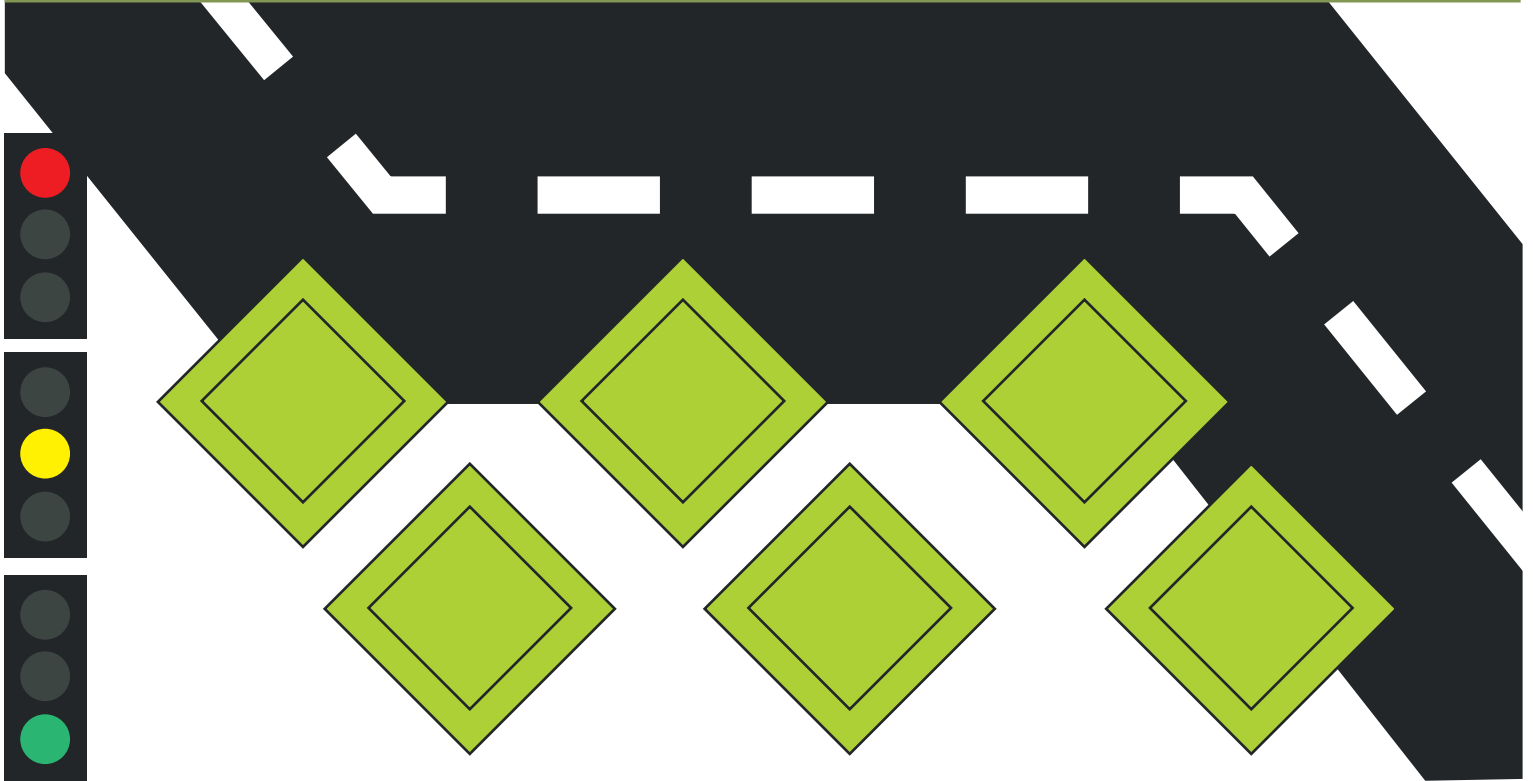
Replenishment Instructions

The fourth exercise is about REPLENISHMENT - consider, what do you do that puts fuel in your tank. Think about fuel that comes from PHYSICAL activity, exercise, sports etc. THEN consider fuel that you get EMOTIONALLY (being outdoors, date nights, hobbies etc) INTELLECTUALLY (reading, podcasts, documentaries etc) and SPIRITUALLY (church, bible reading program, worship music etc.)

Don't worry too much about what fits where - these four words are offered, not to compartmentalize our lives, but just trigger our thinking. Consider what you are actually doing to refuel - and what you might do in the future. If you like, add a color and an arrow!

My Core Values

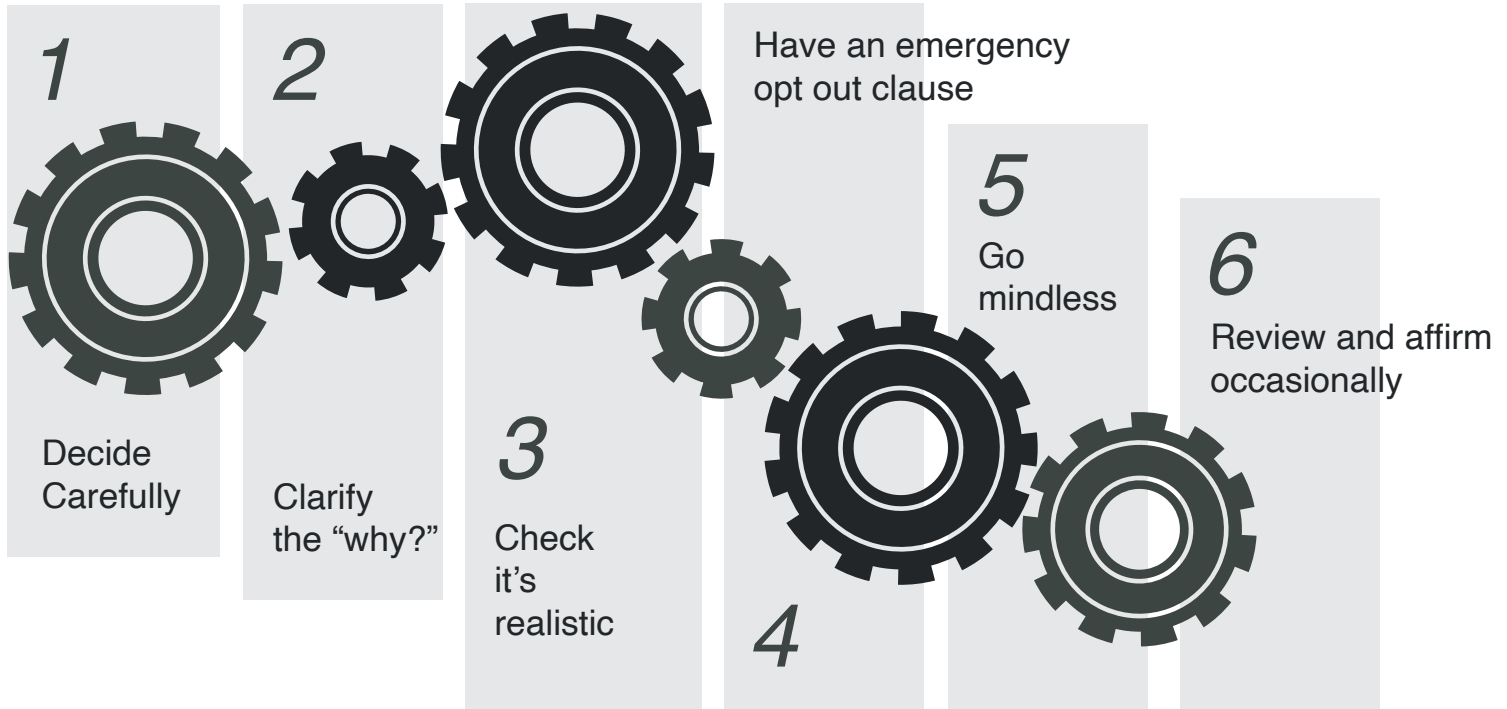
Our rules for the road



Core Values Instructions

The fifth exercise nudges us to consider our CORE VALUES. What are the rules of the road for us in life? One way to tell is to consider what drives us crazy when those around us don't live by those values! And then think about how you are currently doing in living in those values, because when we consistently live outside of our values, we tilt into invisible stress. Again, if you like, add a color and an arrow!

Creating 'Mindless' (Anchor) Habits



Mindless (Anchor) Habits Instructions

The sixth and final exercise is about CREATING MINDFUL AND THEN 'MINDLESS' ANCHOR HABITS. Think carefully about what habits you want to establish or re-establish. Consider why you want to take that step, check it's realistic, preset what emergencies might cause you to suspend that habit for a day, and then go 'mindless'. The anchor is set, the decision is made, so no negotiation!

I'm praying that these simple exercises will help us to partner with the Holy Spirit in our 'reset!'