

CHASING LIST

List the things that you are currently chasing and why you are chasing them. Take time to think about them and be honest. Remember, these are things where your time and energy go. Here are some examples you may want to write down: Job, Career, Education, Friends, Family, Kids, God, Social Media, Hobbies, Working Out, etc. Be as specific as possible.

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Feel free to jot down more than on the space available above! There's no shame in being honest with yourself about what you are chasing, and that honesty will make becoming a better chaser much easier.

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IMPORTANCE CHASING LIST

Refer back to your original list. Now, list those things in the order of their importance in your life. If you have thought of any other things you are chasing since you made that list, be sure to add them in here. I'll help you with number one and two.

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CHASING GOD

How often do you currently pray and read scripture?

Why have you found it difficult to be consistent at praying and reading scripture?

Why is it important to you that you pray and read scripture?

When are you going to pray and read scripture?

CHASING SOMEONE

Who are you chasing?

Why are you chasing that person?

Where is he/she going?

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CHASING FAMILY

For Married Men

What do prayer and reading scripture currently look like in your marriage?

What do you want it to look like?

When are you going pray and read scripture/devotion with your wife?

What are you going to do for your date night with your wife, and when are you going to do it?

How well do you listen? How can you listen and respond better?

What are ways that you can make your wife feel B.A.D.?

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Chasing Family

For Married Women

What do prayer and reading scripture currently look like in your marriage?

What do you want it to look like?

How can you help your husband lead you well? If he hasn't been reading with you or does not lead you, how can you lead him?

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CHASING FAMILY

For Singles

What do you want prayer and reading scripture to look like in your marriage or relationships?

How can you prepare yourself now to make sure that happens?

What areas in your dating life or your relationships in general do you think you can improve on?
Listening? Pursuing? Responding? Etc.
