

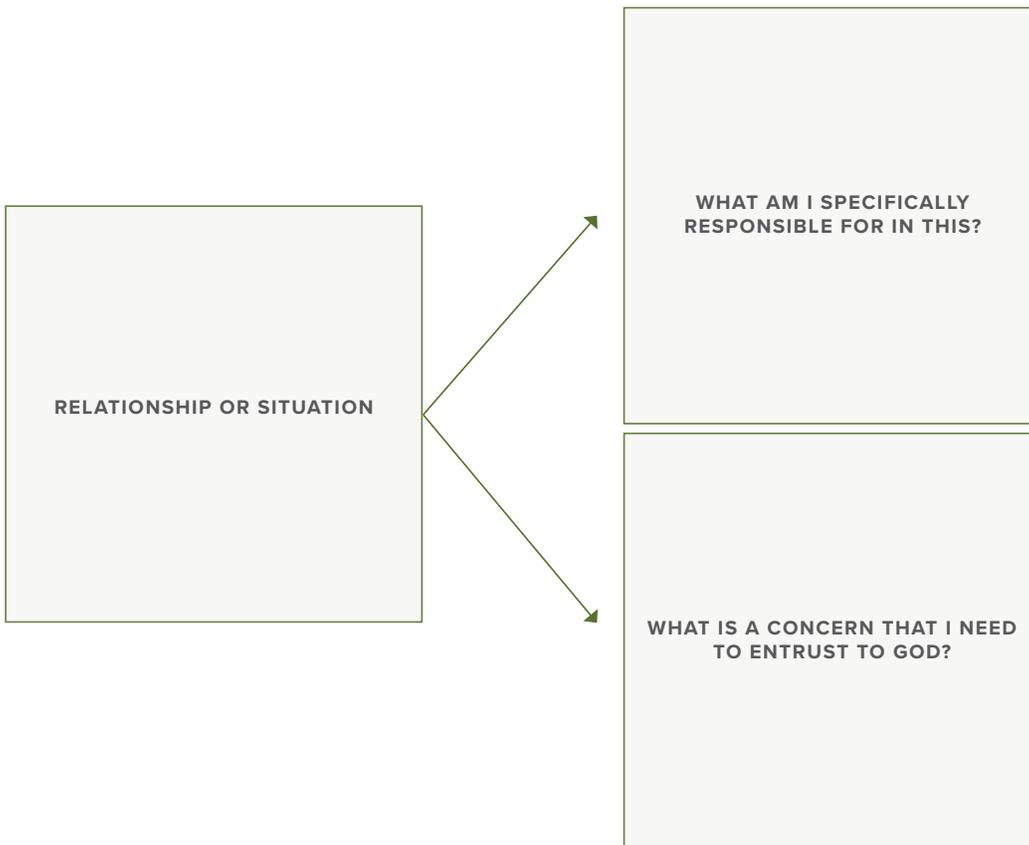
What relationships weigh heavily on you?

What consumes your thoughts?

What is heavy on your heart?

Use the grid on the next page to divide this list between **responsibilities**, **concerns**, and **not sure**. As you begin sorting, keep in mind that determining what our responsibilities are in terms of tasks is at times relatively easy. Discerning what our responsibilities are within specific relationships or situations is trickier and requires much thought, prayer, and input from others.

For example, if your sister is unstable and struggles with addiction or mental illness, what exactly is your responsibility to her struggle? If your spouse is overweight, what is your responsibility in his struggle? For those situations it may be helpful to take a relationship or situation and break it down to determine what specifically you are responsible for and what is a concern that you need to entrust to God.



DIVIDE THE LIST YOU CREATED INTO THESE CATEGORIES

RESPONSIBILITY Things which are up to me to accomplish and for which I will give an account to God.	CONCERN Things which are not up to me to accomplish, and instead I must entrust to God.	NOT SURE Things which I need clarity to discern whether they are my responsibility or whether I need to let them go.

Interact with your list in the following ways:

- Put a star beside items that consume most of your energy and time. As you look at the starred items, is your energy being deployed toward your responsibilities or your concerns?
- Circle any responsibilities that are suffering because your energy is going toward concerns or toward frivolous activities?
- Draw a small arrow beside any responsibilities that need to be shifted to the concern column, or vice versa.
- Put an asterisk by any items that are masquerading as responsibilities when really they are simply concerns.
- Draw a line through any items that need to be delegated to someone or removed from your list altogether because of the season of life you are in.

AS YOU CONTINUE TO LOOK AT YOUR LIST, CONSIDER THE FOLLOWING:

Are you justifying a ministry, relationship, or hobby by claiming it as a responsibility? What might be the reason behind that?

Your season in life gives you insight into your key responsibilities and relationships. What are five things you believe that God is directing you to give your attention to, and for which you will be held responsible during this season?

Who is being hurt by the way you are stewarding your energy and managing your responsibilities in this season? Who is being helped?
