

Objective & Big Idea:

Emphasizing the benefits of understanding and navigating through life stages.

BIG IDEA: Life Stage Awareness frees us for greatest impact in every stage of life.

How it Works:

Talk through the benefits of life stage awareness while giving the fill in the blank answers.

Define the 5 Life Stages as written in provided chart.

Ask participants to identify their current life stage and also consider what may be keeping them from stepping successfully into the next.

Coaching Tips:

Recognize the wide variety of contexts your participants may be operating in because of stage of life. Encourage them to consider the place where they are giving the Lord their work, not only traditional 9-5 jobs. For example: in the home, school, volunteering, etc.



Reference:

Journey 1, pg. 99


Session 10

Life Stage Identification

Five Benefits of Understanding and Using Life Stages

1. A life stage perspective _____ INCREASES _____ SENSITIVITY _____
to God's leadership at any given time.
Ask yourself: "What is God saying to me at this time based on my current life stage?"
2. A life stage perspective _____ ACCELERATES _____ MOVEMENT _____
toward God's next chapter by minimizing delays.
Ask yourself: What is keeping me from advancing to the next stage?"
3. A life stage perspective facilitates _____ BETTER _____ DECISION-MAKING _____
for personal development and vocational calling.
Ask yourself: Do I need a better fit in my existing vocational vehicle (right seat on the bus) or do I need a new vehicle?"
4. A life stage perspective _____ CREATES _____ STABILITY _____
during times of transition, trials, confusion and complexity in life.
Ask yourself: "How can I experience more peace and rest by trusting God in my life right now?"
5. A life stage perspective highlights _____ PRACTICES _____ AND BARRIERS _____
to finishing well throughout all stages of a lifetime.
Ask yourself: "What decisions today will help prepare me for for increased contribution at the end of life?"

5 Life Stages

Taken from Start by Jon Acuff

Age	Life Stage	Description
0-20	LEARNING	I am still actively seeking a sense of my life's vocational trajectory.
20s		
30s	EDITING	I am adding and deleting responsibilities in my life as a result of a growing understanding of my vocation.
40s	MASTERING	I know my life's vocation and I am getting better at it.
50s	HARVESTING	I am reaping the benefits of a certain degree of mastery in my vocation.
60s	GUIDING	I am helping others in a similar vocational journey.
70+		

Current Life Stage _____

Is there something keeping me from successfully moving to the next life stage?

