

PIVAT JOURNAL

7-Day

To Hear God's Voice & Follow His Plan

hearwelldone.org

PiVAT Journal

What is a PiVAT Journal? Where you write down what God told you. Jeremiah 30:2 – “This is what the LORD, the God of Israel says, ‘Write in a book all the words I have spoken to you.’” **This is your book.** God’s method for you to remember what He said, your **PiVAT Journal** for this month. Most journals are where you write down your ideas. This is where you write down God’s ideas for you, given through whatever means He chooses.

A PiVAT Journal contains **three kinds of pages:**

PiVAT Page – Get God’s plan for you today. (Four questions to use with your day planner) or use PiVAT as a day planner.

PRISM Page - Five Things You Can Do in God’s Word every day. (It will confirm His will for you – Romans 12:2)

CONVERSATIONS Page - Every conversation you have with God, yourself, or others, write it down.

Three things you must know:

- 1) God has a Plan for you today. (That’s PiVAT before dinner – get His plan for you for tomorrow)
- 2) God has a Word for you today. (That’s PRISM – Five things you can do in God’s Word every day.)
- 3) God has a Partner for you today. (A Daily Call – a 15-minute call before work sharing PiVAT and PRISM with a friend)

Your PiVAT Journal is God’s method to remember what He said! I Samuel 3:19,21 – “The Lord was with Samuel as he grew, and he let none of His words fall to the ground.” Everything God told Samuel was highly valuable to him, it’s why he wrote it down! See hearwelldone.org/topics – God’s way or man’s way, Write it down, Life purpose and direction...

How do you know God has a plan for you today?

Jer 29:11 – For I know the plans I have for you, declares the LORD; plans to prosper you not to harm you, plans to give you hope and a future. Jesus “Only did what His Father Told Him.” He set the example of giving up your day planner. Romans 12:1 – Present your body as a living sacrifice, means He makes the time decisions, not you. When you give your life to Christ – you’re now under new management. You can trust Him. He said, “My yoke is easy and my burden is light.”

How do you know God has a word for you today?

Matt 4:4 - “Jesus answered, It is written, ‘Man doesn’t live by bread alone, but by every word that comes from the mouth of God.’” That’s why Jesus, The Word of God in human form (the Word made Flesh) said, I am the bread of life! Romans 12:2 – But be transformed by the renewing of your mind that you may be able to test and approve what is that good and acceptable and complete will of God. PRISM His Word for you today, will confirm PiVAT His plan for you today!

How do you know that God has a partner for you today?

Hebrews 3:13 – Exhort one other daily, while it is called today so that none of you may be hardened by the deceitfulness of sin.” This is God’s plan for your victory - a Daily Call sharing His Plan for you and His Word to you. It’s where “iron sharpens iron, and you overcome by the blood of the Lamb and the Word of your testimony!

PiVAT helps you get God’s plan for you today, to **obey with time**, so you present your body a living sacrifice. PRISM is five things you can do today in God’s Word, to **transform your mind**, so God can confirm what He told you to do. CONVERSATIONS is where you write down everything God might be saying to you through others, even donkeys.

How to get a PiVAT Journal?

You can use Any Notebook for your PiVAT Journal! Just write a PiVAT, PRISM and Conversations page for each day.

Or **Download** a **PiVAT JOURNAL** from hearwelldone.org – learn to hear God’s voice and follow His plan.

3-Day PiVAT Journal: 8.5 by 11 or Twofold (8.5x11 folded in half). Print or use in Microsoft Word) (Includes How2)

7-Day PiVAT Journal: 8.5 by 11 or Twofold (8.5x11 folded in half). Print or use in Microsoft Word) (See 3day for How2)

31-Day PiVAT Journal: Includes multiple tools. Print, or use in MSWord, or **order spiral bound** from hearwelldone.org

The **PiVAT Journal Tools Guide** includes how and why for each PiVAT Journal Tool!

PiVAT – Get God’s Plan

What is PiVAT? **Four Questions to use** with your Day Planner – to get God’s plan for you today, not yours.

What is PiVAT? **A change of direction** from man’s way to God’s Way. (Prov 14:12)

What is PiVAT? **An acronym** for - Prayer, Vision, Accountability, and Testimony.

What are PiVAT Tools? - **Time obedience tools** for your day, week, month, and year. (Jer 29:11)

What is PiVAT? A Three-Part Day Planner - to get **God’s plan for you today**.

Part 1: **Four Questions** to Ask God, so **His plan** becomes yours today.

Part 2: **Time Slots** that God assigned for the things He told you to do today.

Part 3: **God’s To-Do List** for you today, not yours (that’s **PIVAT Maybe**).

Four PiVAT Questions:

#1 Prayer: What Do You Need Most from God Today? (See Relationship Topic - **The Best Question Ever**.)

#2 Vision: What is the #1 Thing God Told You to Do Today?

#3 Accountability: When Did He Tell You to Do It? (The specific time.)

#4 Testimony: What Did God DO Today? As you’re learning to obey, and What Did God REVEAL today? through your **PRISM Time** in His Word – those five things you can do in God’s Word every day.

Questions: These are Four Questions **to ask, not answer** – Ask God, He’ll tell you. He knows the plans He has for you!

James 1:5 – If any of you lacks wisdom, just ask God, and He will give it to you... without finding fault.

Time Slots: Don’t fill in timeslots yourself, ask God when. The #1 Thing He has for you today – will always have a timeslot. As will **His To-Do List** for you. Each item will have a time slot that He assigned. Do it then, or it probably won’t get done. No need to fill in every time slot, only what the Holy Spirit tells you.

God’s To-Do List: Only put here **what God said** to do today. Things pop up during the day - things you **could** do, things other people want you to do, but not what God told you to do. Write them below the column. These are just **PiVAT Maybe’s**. By the end of the day many of these PiVAT Maybe’s are done by others or don’t even matter. If any remain, ask God **if He wants** you to put them on your Official **PiVAT Maybe** List for this month. **Only write down in the right column** what God told you to do today. His list will usually be **shorter** than yours. Just **do everything** He told you. If something didn’t get done by **PiVAT before dinner** (your conversation with Him about tomorrow), then ask Him, **“Was this one You or me?** If it was Him telling you to do it, then **finish** what He told you. If it was just your ‘gotta do’ sneaking onto His To-Do List for you today, put it where it belongs, your **PiVAT Maybe** – for God to confirm, delay or delete.

Why Do PiVAT?

Jeremiah 29:11 – “For **I know the plans I have for you**, declares the LORD.” **He knows them, you don’t**. Ask and He’ll tell you. His plans for you are good! He wants to prosper you in the way chosen for you! God once asked me, “How will you walk in my plan for your life, if you don’t even know my plan for you today? Romans 12:1 – To “present your body a living sacrifice” means He sets your schedule, not you. See the **Relationship Topic** – God’s Way or man’s way.

Why Do PiVAT Before Dinner?

Before dinner is the **most consistent time** of your day. You might miss breakfast and lunch, but you won’t miss dinner. No matter when you finally eat, **before you do that**, is a specific time... If you know His plan for you tomorrow, you can **hit the ground running** when you awake. And it reminds you of **what He told you** to do today, so you can **finish strong**. Write down your **testimony** from today so you can overcome with it on your **Daily Call** tomorrow! (Hebrews 3:13) You can pray with your spouse before bed - what you both need most from God and what He told you to do tomorrow! And it lets God give you **counsel** in the night season - Psalms 16:7. He’ll confirm what He told you or give you new revelation.

What Does God Give?

The first question of PiVAT: **“What do you need most from God today?”** See the PRISM Topic: The Best Question Ever. This can be a difficult question because you won’t really know what you need most from God, unless you ask Him. If you don’t know, you might not notice when He is trying to give it to you. **What does God give?** The list could be infinite. II Peter 1:3 – “By His divine power the LORD has given us everything we need for life and godliness through the knowledge of Him who called us by his own glory and excellence.” What else does God give? Here are just a few:

Salvation, The Holy Spirit, His Word, Wisdom, Strength, Peace, Joy, Grace, Forgiveness, The Fear of the LORD, Faith, Deliverance, Ears to Hear, A Heart to Obey, Favor, Blessing, Daily Bread, His Thoughts, Counsel, Fruit, Hope, Love, Healing, Vision, Comfort, Instruction, Victory, Sleep, Rest, Light, Purpose, His Plans, The Details of the Plan, Understanding, Knowledge, An Assignment, Patience, Kindness, the fruit of the Spirit, Every Good Thing, Honor, Faithfulness, An Answer, A reply, Words to Speak, Skill and Ability, Success, Discernment, Promotion, An Instructed Tongue to sustain the weary, A Song, Compassion, Seed, Harvest, Judgments, The Spirit without measure, Gifts to Men, Joy in the Morning, A Wife Who Fears The LORD, Diligence, Increase, Health to your Body, Prosperity, The Power to get Wealth, True Riches, Grace to Give, Food, Provision, Abundance, Justice, Vindication, Rain, True Bread, Courage, A Friend, Beauty for Ashes, Restoration, The Desires of Heart, Happiness, Joy, Discretion, Direction, Revival, Reward, Revelation, The Garment of Praise for the spirit of heaviness, Laughter, Help, Boldness... what He gives is endless, everything you need, even that you didn’t know you needed.

Matthew 7:7 – Ask and you will receive, seek and you will find, knock and the door will be opened to you. For everyone who asks receives, everyone who seeks finds, and to him who knocks, the door will be opened. John 15:7 – If you remain in me and my words remain in you, you will ask what you desire, and it will be done for you.

Life Purpose and Direction

Jeremiah 29:11 “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” **Jeremiah 10:23** – I know, O LORD, that a man’s life is not his own; it is not for man to direct his steps.

Isaiah 55:8 - “For my thoughts are not your thoughts, neither are your ways my ways,” declares the LORD. As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

Psalms 25:12 - “Who, then is the man who fears the LORD? He will show him which path to choose.”

Isaiah 48:17 – “This is what the LORD says, your Redeemer, the Holy One of Israel: ‘I am the LORD your God, who teaches you what is best for you, who directs you in the way you should go.’”

Psalms 32:8 – “I will guide you along the best pathway for your life. I will advise you and watch over you.” [NIV: I will instruct you and teach you in the way you should go, I will counsel you and watch over you.]

Proverbs 3:5,6 – “Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways submit to him, and he will direct your paths.”

James 4:13-15 - “Come now, you who say, ‘Today or tomorrow we will go to this or that city, spend a year there, carry on business, and make money.’ Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, ‘Whatever the LORD’s will is, that is what we will do.’” **James 1:5** - If any of you lack wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.” **Philippians 2:13** – “For it is God who works in you both to will and to act according to His good purpose.” **Psalms 138:8** – “The LORD will fulfill His purpose for me; your love O LORD, endures forever.”

PRISM – Get God’s Word

PRISM – is Five Things You Can Do in God’s Word Every Day. You don’t have to do them all at once, and you don’t have to do all five every day. But every time you do, God adds a blessing! It will transform your mind! (Romans 12:2)

PRISM can be done in 5 minutes, 15 minutes, 50 minutes, or 5 hours – however God leads you. Rather than just doing your devotions, PRISM keeps you coming back to God’s Word throughout the day, so you start to think like He does.

Why Do PRISM? - Romans 12:2 - Do not conform any longer to the pattern of this world, but be **transformed** by the **renewing of your mind**. **Then** you will be able to test and approve what **God’s will** is - His good, pleasing, and complete will. The secret: You understand PIVAT (God’s Plan for you today) through PRISM (God’s Word for you today). It’s how God proves His plans for you! (Rom 12:1-2) So you present your body as a living sacrifice – God’s plan not yours.

PRISM is:

P raise the Word: Praise through the Psalms verse by verse. (Psalms 56:4,10-11)

R ead the Word: Just read in context: chapter, section, or book. (Deuteronomy 17:19) (Use PIVAT Highlighters!)

I nsight from the Word: A chapter of Proverbs each day! (Proverbs 1:1-3) Get Wisdom! You need it!

S tudy the Word: Dig deeper: Use S.O.A.P. - **S**cripture, **O**bservation, **A**pplication, **P**rayer (II Timothy 2:15)

M editate on the Word: (Joshua 1:8) A verse, several verses, or PRISM Topic: **The Power of God’s Word** on a single subject. **Just take it with you** to meditate on it throughout the day.

PRISM P: Praise the Word – Praise the Word is simply reading one verse or two verses in Psalms and praising God **using the words of that verse**. Start each day with **Praise the Word!** If the Psalmist is grieving or complaining, praise in the positive. By the chapter’s end he figures it out, just Praise the Word with other scriptures that address this with truth!

PRISM R: Read the Word - Ask God **what book** of the Bible He wants you to begin reading through. Read the Word - is for continuity and context alone, not studying or memorizing. **A chapter a day** is a great start, even just a **section of a chapter**.

PRISM I: Insight from the Word – Read **One Chapter of Proverbs every day**. There are thirty-one days in a month and thirty-one chapters in Proverbs - no coincidence. God has given you a wisdom chapter for today. You need it!

PRISM S: Study the Word – Use S.O.A.P. Ask God what verse He wants you to study further – it could have come from your Praise the Word – in Psalms, your Read the Word – whatever book He has you reading, or your Insight from the Word, Today’s Proverbs Chapter. The secret of S.O.A.P. **These are questions to ask - not answer!** God will speak.

S: Scripture - God, what verse do you want me to **study further?** (Write out the verse)

O: Observation - God, what do you want me to **see** that I haven’t seen before?

A: Application - God, what do you want me to **do**, now that you’ve shown me this?

P: Prayer - God, **help** me! I can’t do this by myself. Help me to... (Ask Him for grace to do - what He just showed you).

PRISM M: Meditate on the Word – Ask God what Verse, or **PRISM Topic** He wants you to meditate on throughout the day. A **PRISM Topic** is the power of God’s Word on a single subject. A **Relationship Topic** – is a perspective from God’s Word on relationships. A **PRISM Topic Packet** is a grouping of related topics. Find them at hearwelldone.org/topics. The power of God’s word on a single subject will set your mind on things above, it will give you the mind of Christ, you’ll walk in truth, in wisdom and power, understanding, victory and joy!

Conversations – Every Conversation you have, with God, yourself, or others, write it down.

A **CONVERSATIONS Page** – is one of three pages in a PiVAT Journal. **PiVAT, PRISM, and CONVERSATIONS** page.

A **CONVERSATIONS Page** captures what God speaks to you each day through His Holy Spirit, or through others.

Revelation: God will speak to you in the night season, He may wake you up with a spiritual truth on your heart, new ideas, or something He wants you to do.

Ideas Page: Sometimes you get on a brainstorm, not necessarily the Holy Spirit revealing things, but things cluttering your mind. Write them in your PiVAT Journal on a Conversations Page. Ask God to reveal what's from Him, or not!

Quotes Page: If you hear someone say something on the radio, podcast, etc., write it down. Usually, when successful people are interviewed, they can't help but divulge their secrets. If nothing else, they reveal how they think. Whether worldly wisdom or God's truth, write down what they say, so you can ask God to reveal His truth versus deception.

Conversation Records: Every conversation you have with any person today; write down the things discussed, things important to them, things you learned, what they need, so you can pray for them. They are precious to God. Coffee shop meeting, 1:1 with your boss, or a conference call at work, write down what people say. You can pray for them, and God can teach you things through others. He'll help you discern between His wisdom, and the wisdom of the world.

Pastor's Sermons: Every time you go to church, bring your PiVAT Journal with you, and take notes. If you forgot, take notes on your phone and transfer them to your PiVAT Journal afterward. God often confirms through others what He told you to do - in your PiVAT and PRISM times with Him. He leads you and confirms through others!

Project Plans: You might have something God told you to do that has multiple steps associated with it. Use a Conversations Page for God to lead you in the planning process. Write what God puts in your heart, so He can add to it.

Daily Call: Record your Daily Call – a 15 Minute Call before work sharing PiVAT and PRISM with a friend and praying for each other. Write **their** PiVAT for today to pray for them exactly what God told them they needed most, and told them to do. You can thank God for the testimony He gave them as they obeyed, and pray for them later that day during the times God assigned them to do those things.

P4M: On your CONVERSATIONS Page when you write down your Daily Call. Include a P4M section at the end of their PiVAT for today. It's a record of what the Holy Spirit prays for you through each other. This captures powerful insight and encouragement as God speaks over both of you by the Holy Spirit through prayer.

How to Get a PiVAT Journal?

You can use **any notebook** as a PiVAT Journal. Just write a PiVAT, PRISM and CONVERSATIONS page each day; or download a PiVAT Journal free from hearwelldone.org. It will help you hear God's voice and follow His plan!

3-Day PiVAT Journal: 8.5x11 or 2-fold 8.5x11 folded over (with How to).

7-Day PiVAT Journal: 8.5x11 or 2-fold 8.5x11 folded over (days only).

31-Day PiVAT Journal: 8.5x11. Use in MS Word or print (needs binding).

*You can **Order** a printed spiral bound from hearwelldone.org.

PiVAT Journal Tools Guide explains all the PiVAT Journal Tools. Use in MS Word, print or order printed spiral bound.

PiVAT Yearly Packet – includes PiVAT Monthly's for the year. Just trim the margins to insert into your PiVAT Journal.

Daily Call

What is a Daily Call? A fifteen-minute call before work sharing PiVAT and PRISM with a friend.

5 Minutes: You share your PiVAT for today,

5 Minutes: They share theirs,

5 Minutes: Pray for each other.

Write your Daily Call on a new “Conversations Page” in your PiVAT Journal.

A **Daily Call** – is actually applying Hebrews 3:13 – “But exhort one another daily while it is called today so that none of you may be hardened by the deceitfulness of sin.” **A Daily Call is following** Ecclesiastes 4:12 – Though one may be overpowered by an enemy, two can withstand him, and a cord of three strands is not quickly broken. You and your friend are two, and Holy Spirit is the third strand. **A Daily Call is putting into practice** Revelation 12:11 – They overcame him (the accuser, the adversary, the devil) by the blood of the lamb and by the word of their testimony... If you will have a Daily Call (Hebrews 3:13) - if you will exhort **one other** daily, you will be **challenged, sharpened, encouraged**, and your **relationship with God will grow** like crazy in just a few days – because you’ll be learning to obey what He tells you to do each day. You will be ‘overcoming by the word of your testimony,’ and you will be exhorting one other daily, just like He commanded. Few people have ever really ‘exhorted one other daily.’ Taking God at His Word is life-changing!

Before you begin a Daily Call:

1. **Ask God to help you do PiVAT before dinner** (Get God’s Plan). **Print out** the 7-Day PiVAT Journal.
2. **Do PRISM** each day, those five things you can do in God’s Word. It’s how He confirms what He told you to do!
3. **Ask God who** He wants you to walk with. If He commanded you to do it, He’s got someone for you.
4. **Invite** them to join you in a Daily Call for a set number of days, 3-Day-Challenge, 7-days, 30 days, however God leads.
5. **Set a Daily Call time** - Early is better - before your workday begins. Monday-Friday, Saturday & Sunday off.
6. **Read the How2’s** for PiVAT PRISM, Conversations, and Daily Call - in the **PiVAT Journal Tools Guide**.
7. **Expect Growth!** – God will grow you as never before! It’s just what happens when you obey daily.
8. **Begin** – just start today!

How To Do A Daily Call: Whoever calls first at the daily call time – begin immediately by sharing your PiVAT for today. No small talk, get right to it. Maybe a quick prayer, “God, help us glorify you in these next few minutes, amen.” Then start immediately. Five minutes – you share your PiVAT for today, Five minutes - they share theirs, Five minutes - pray for each other. That’s it. One of the most powerful things you can do – is a Daily Call (PiVAT Call). It will change you - because it puts you daily in a place of obedience, where God can bless you.

Helpful Hints for a Successful Daily Call:

1. **Do PiVAT before dinner** – Don’t eat before spending five minutes with God, getting His plan for you for tomorrow.
2. **Set an early Daily Call time** before your workday begins. It’s the only way to be consistent with it.
3. **Do not go over the 15 minutes!** You can talk more if you want, just call back on another phone call.
4. **Share only what you wrote down** on your PiVAT sheet during your five minutes. If the calls get too long, you’ll stop.
5. **Write down their PiVAT for today** to pray for them at the end of the call, and even later today as God leads you.
6. **Write down what God spoke through prayer.** God will speak through your prayer! Write down what He says.
7. **PiVAT Calls are same gender only.** Honor your spouse or future spouse by saving intimate conversations for them.
8. **Text your Daily Call Partner** when you finish PiVAT before dinner. It will encourage them!

PiVAT before dinner is the hardest thing you’ll ever do in life, because the devil will do anything to stop you from your conversation with God, and this Daily Call that you overcome him with. He knows Hebrews 3:13, Ecclesiastes 4:12, and Revelation 12:11 work! The power of two by two; learning to fully obey with time, thoughts, and money, overcoming by the blood of the lamb and the word of your testimony is life-changing! Just start! God will lead you to His good! You will overcome with your testimony. He promised! Your Daily Call will grow you spiritually! It’s unavoidable when you obey!

PiVAT WEEKLY - Give God Your Week Planner Week of:

Jeremiah 10:23 – I know, O LORD, that a man’s life is not his own; it is not for man to direct his steps.

P:
V:
A:
T: (a)
.(b)

M		T	W	R	F	S		Su
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<p>P: Prayer: What do you need most from God this week? (You won't know, Ask Him, and He'll tell you)</p> <p>V: Vision: What is the number one thing He is telling you to do this week? (Top 3)</p> <p>A: Accountability: When is He telling you to do it? (The specific day, date, and time)</p> <p>T: Testimony: (a) The Top 3 Things God did this week– as you're learning to obey, and (b) The Top 3 Things God Revealed this week – through His Word. (PRISM)</p>	<p>Do PiVAT WEEKLY before the week begins. Fill In the Dates for the week, then Fill In the Hourly Time Slots that God reveals. You don't have to fill in every time slot yet, only what God shows you so far. PiVAT is a change of direction: from man's way to God's Way. Proverbs 14:12, Isaiah 55:8-9, Jeremiah 29:11 – For I know the plans I have for you... See hearwelldone.org</p>
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PiVAT Weekly – Know God’s Plan for you this week.

What is PiVAT Weekly? A Time Obedience Tool – Four Questions to get God’s plan for you this week. **PIVAT** - is a change of direction from man’s way to God’s way. Jeremiah 29:11 For I know the plans I have for you - plans to prosper you not to harm you, to give you hope and a future.

PiVAT Weekly is PiVAT from a Weekly Perspective: 4 Principles of Faithfulness applied to this week. PiVAT Weekly helps you obey with time decisions. It lets God plan your week – so you follow his plan. **PiVAT is Prayer, Vision, Accountability, and Testimony.** PiVAT Weekly can be done in five to ten minutes – Do PiVAT Weekly on Sunday – to get God’s plan for you this week. Isaiah 55:8 – There is a way that seems right to a man, but the end thereof are the ways of death. Isaiah 55:8 – For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. Romans 12:1 – I beg you brothers and sisters to present your body a living sacrifice, holy and acceptable unto God which is your reasonable act of worship. For your life to be a living sacrifice, God takes over your calendar. You live by His plans - to prosper you.

PiVAT Weekly is a 2-Step Process

#1 Do **PiVAT Weekly on Sunday** - to get his plan for you this coming week.

#2 Do **PiVAT before dinner** each day - to get his plan for you each day.

STEP 1: Do PiVAT Weekly on Sunday before the week begins. Every Sunday afternoon, take ten minutes and Ask God for HIS PLAN for you this coming week - Monday - Sunday. Don’t wait until the week begins, by the time you get around to it, you might miss something He had for you.

Doing PiVAT Weekly on Sunday gives you the opportunity before the week starts to **pray and share with your spouse** – what you both need most from God - and what He is telling you to do this week. Doing this on Sunday also allows God to **counsel you in the night season** (Psalms 16:7) By morning, God will either confirm His plan in your spirit, or He may clarify your understanding of what He wants you to do this week. Remember, **God is not obligated to reveal** everything that will occur in the next seven days, but **if we ask** for His plan, He will tell us specifically, and show us things to come. Psalms 32:8 – “I will instruct you and teach you in the way you should go – I will guide you with my eye upon you.” John 16:3 – But when he the Spirit of truth comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and **he will tell you what is yet to come.**

STEP 2: Do PiVAT before dinner - Get God’s plans for you for tomorrow – He will lead you in what steps you must take tomorrow to fulfill what He told you to do this week. **Screen all interruptions** or ‘change of plans’ this week through Him. Emergencies do arise; other obligations do come up on short notice. **But is this really** what God wants you to divert your attention to? Or is it the devil’s distraction to keep you from what God told you to do this week?

Update your **PiVAT Maybe To-Do List!** Each week presents many opportunities to **deviate from** God’s original plan and focus on something different. Anything that would change or alter your course this week **FIRST** goes on your PiVAT Maybe To Do List – for God to confirm, delay, or delete. Every new opportunity – even for good things, is not necessarily God’s Plan for you this week. **What is God telling you to say “No” to?** That’s a big part of obedience. Be sure you hear and obey. Walk in the Spirit in time decisions. PiVAT, PiVAT Maybe, and PiVAT Weekly will train you to hear His voice, walk in the Spirit and respond to people and situations as He directs.

How To Fill Out PiVAT Weekly?

STEP 1 Prayer: What do you need most from God this week? You won’t know, ask God, He’ll tell you – James 1:5. Before you fill in time slots – first ask God what you need most from Him. This may or may not be related to his V:Vision for you this week. He knows what you will face in the next seven days, He’s already been there. He will reveal during **your PiVAT Weekly** as much as He chooses. But He will likely leave some things unmentioned, so you grow in walking daily by His Holy Spirit. Remember, His ways and thoughts are very different from ours (Isaiah 55:7-9). And He knows

what you need before you ask Him. (Matt 6:8) Asking Him what you need most – also prevents you from asking amiss. God’s plan for you is to be a **different person before the week is done**. Whether a week of blessing, or of trials (which are still a blessing), God wants you to be more mature, more complete, and more conformed to His image by Friday, than you were on Monday, Saturday, and Sunday too! When asking God what you need most from Him this week. Think in terms of what God gives. The fruit of the Spirit is a great start (Galatians 5:22) but the list of what God gives is extensive. And don’t think because things are going ‘OK’ in your life, that **you don’t need anything** from Him. To fulfill the purpose He has for you this week – you will need things beyond yourself. If you only knew what He can give you’d be asking Him for more – and more often! (See the Relationship Topic – What Does God Give?)

Step 2 Vision: What is God telling me to do this week? The Top 3 Things (Hab 2:2) Ask God for His Number 1 priority for you this week (beyond just going to work or going to school). Then ask Him for the #2 and #3 Priority He has for you. These may be family, ministry, career, or personal. It may be “Print out a new PRISM Topic to meditate on, or prepare for next week’s final exam, or leave work on time for your daughter’s soccer game on Thursday. Maybe spend concentrated time in prayer, cut a neighbor’s lawn, or call someone who needs encouragement. Ask God, He’ll tell you.

Step 3 Accountability: When is He telling me to do it? (The specific day and time) – I Chronicles 14:14-16. Accountability is always the specific day and time God is telling you to do it. Monday 3 p.m. or Tues and Thurs 7-9 p.m. **If God tells you** to do something **He will also tell you when** He wants you to do it. Whatever God has for you to do, He also has a time for you to do it. His order of things, His perfect timing. Just ask Him, and He’ll tell you.

Step 4 Testimony: What did God **DO** this week? (Top 3 Things) as I’m learning to obey, and What did God **REVEAL** this week? Through my PRISM time in His Word. Write the top 5 things God did this week, and the Top 5 things He revealed in your PRISM time with Him. Just go back and pick the highlights from this week – from each day’s Daily Call Testimony: and write them in your PiVAT Weekly. You’ll be amazed at how God answers prayer and what He accomplishes in and through you within a week’s time. The power of your testimony cannot be overstated. It is not just an encouragement to others – it’s a way that God has designed **for you to overcome** the adversary! Revelation 12:11.

Praying you will lead or join a **PiVAT Small Group** – Six to Eight Daily Callers (PiVAT Partners) meeting one hour each week, to share PiVAT Weekly and pray for each other. This is provoking one another to love and good works. This is a venue that demonstrates I Cor 14:31 - So each of you can prophesy so that every one of you may be instructed and encouraged. A PiVAT Small Group – helps you do this! It is life changing. God speaks! In a short time, you can go deep, and build deep friendships based on truth, obedience, and testimony, what God says and reveals.

Step 5 Ask GOD how He wants you to fill in the Time Slots this week. Remember – PiVAT Weekly is God’s calendar for you this week, not your own. Ask God what time commitments He wants you to keep. Then fill in the time blocks He tells you. Don’t just assume that what you usually do is what He wants you to do this week. Ask Him. Then, block out the times He tells you. **DON’T try to fill in every time slot!** If God tells you to do something at a certain time, block the time. But He isn’t obligated to reveal everything for the coming week right now. He wants to lead you day by day in your **PiVAT time with Him before dinner**, and also **moment by moment throughout the day** as you get better at yielding to His will, truly walking in the Spirit. You may want to reference PiVAT Monthly, to verify what monthly assignments from God fall into this week’s calendar. You can also reference your PiVAT Maybe To-Do List after the fact, and double-check with Him on anything He might want you to add for this week, but it’s best to just let God fill in PiVAT Weekly and the Weekly Calendar as the Holy Spirit prompts you. PiVAT Monthly and PiVAT Weekly are not maybe to-do’s – they are God’s To-Do’s for you (just like PiVAT Daily) just from a longer-term perspective. They result from you seeking God for His plan for your week and your month. It’s good to review to be sure that whatever He has for you to do this month or this week, that you also know **the days and times** He wants you to complete them. As God reveals His perfect will and agenda for you this month, He will reveal some through PiVAT Monthly at the beginning of the month; He will reveal a little more of His plan for you during your **PiVAT Weekly** time before the week begins. He will reveal still more during **PiVAT before dinner** each night, and finally **moment by moment – as you check in with Him** throughout the day – He will surely lead you, guide you and instruct you in the moment. This practice of hearing and obeying is an

acquired skill – but it is exactly what followers of Christ do. Jesus was the perfect example. He **only did** what His Heavenly Father told him. Great joy, true fruit, and eternal success await you as you learn to hear and obey, monthly, weekly, and daily.

Frequently Asked Questions about PiVAT Weekly?

What if something throws my whole week “Off Schedule?” First, make sure it’s really what God wants you to do. Every emergency is not ‘your emergency.’ If something completely alters your week, God is not surprised. He may have chosen not to reveal it to you last Sunday afternoon during your PiVAT Weekly time - seeking Him for His plan for you. Remember, **the goal is not staying on schedule, but walking in the Spirit.** If something pressures you to get ‘off schedule’ from what you feel He revealed on Sunday for your week, just check in with God. **He either wants you to change course** and accommodate it, or **make the tough choice to say, “NO”** to other people’s expectations of you, or what you’d rather do, and be faithful to **what He told you to do** this week. This is a **“walking with God,” “hearing and obeying” process.** It takes some time to get used to. But it gives **great opportunity** for close communication, just want He wants. He loves you! Don’t think that God isn’t interested in your schedule throughout each day this week. **He loves the close communication.** Nothing is too insignificant for Him. **He delights in giving you His direction.** Giving Him your day planner and weekly calendar is demonstrating a heart fully devoted to Him, willing to obey whatever He says. He is searching the earth to and fro looking to show himself strong on behalf of obeyers like you! II Chronicles 16:9

If I’m doing PiVAT every day – Do I really need PiVAT Weekly? – As much as we grow in learning to hear and obey God’s leading through **PiVAT before dinner** each day, it’s amazing the perspective difference, when we seek Him for the week. Asking Him for His plan for our week – allows us to **see beyond the day-to-day** perceived obligations that tend to blind us to the greater things He wants to bring about in our character and mission. We typically wouldn’t think of asking... “If I’m reading God’s Word every day – do I still have to go to church every week?” What God reveals in His plans for you weekly is an increased and unique perspective. Not that God can’t prompt us each day – to accomplish this week’s objectives, **we just benefit greatly** when we can talk to Him about the forest, not just the trees. I would encourage you to **spend time with Him** Daily and Weekly to get His plans for you; and also to ask Him before each month and year begins. (PiVAT Monthly, and PiVAT Yearly). You will experience the great blessing of His guidance from different time perspectives. It will help you to “number your days aright,” so you may gain a heart of wisdom. - Psalms 90:12

What if I missed PiVAT Weekly on Sunday? That’s OK, just start now. Don’t worry about what you missed, even if it’s Wednesday. Get His Vision and To Do’s for you for the rest of this week. Ask Him for the day and time He wants you to complete them, and just start. Ask Him to help you make up for any lost time. He will! Don’t miss out on the blessing of hearing and obeying for the week!

FINAL THOUGHTS – on PiVAT Weekly – First PiVAT, now PiVAT Weekly, this is getting kinda crazy! We understand - it may be a little new. But if you ever want to grow in anything in life, you can only grow by experiencing something new. And there is **no better investment** than getting God’s plans for you and walking in them! If you’re a time management geek - or day-planner junkie, your **greatest challenge** will be **relinquishing control** – checking in with your Master. If you are a ‘seat of the pants’ kind of person, this will be new. You might think it’s overkill, but please do it! **Don’t let the devil lie to you!** This is not “works salvation,” or putting tasks above relationships. Your time belongs to God! He created you for a purpose; He knows better than you – how to set the course for your day and week. All you need to do is surrender to Him! Try it! Give Him a chance – **His plans are better than yours!** For your good, to prosper you! Be faithful for a season, you can always go back to the control freak or the chaos you came from. Ask God for someone to walk with on a Daily Call (See the **3-Day Challenge**, and ask God for a **PiVAT Small Group.**) Grow in obedience together! Overcome by your testimony together! It will change your life!

PiVAT – Give God your Day Planner **Day & Date:**

Do PiVAT Before Dinner – to get God’s plan for you for tomorrow. Let God make your time decisions. (Romans 12:1)

Principles of Faithfulness

The Times of God’s Choosing

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PiVAT Decision Tool – Discern God’s Will for You **Date:**

God’s Way versus Man’s Way applies to every decision. (Isaiah 55:8-9.) Ask for wisdom and direction.

See [hearwelldong.org/resources/PiVAT Decision Tool](http://hearwelldong.org/resources/PiVAT%20Decision%20Tool) – for How to Use This Tool to help discern God’s Will for you!

DECISION TO BE MADE: Stated Specifically.	
DECISION DEADLINE: Day/Date Any decision required prior to Or dependent on this one?	
DELAYED DECISION: What’s the cost of indecision?	
DECISION IMPACT: Risks or consequence of the wrong choice?	
DECISION ALTERNATIVES: Separate PiVAT Decision Tool?	
God’s Word: What Scriptures directly or indirectly address?	

PRO’s: Why would I do this? (Ask God, He knows)	Additional Information: Revelation, Mitigation, Resolution of Outstanding Issues. Further information required?
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2.	
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5.	
CON’s: Why wouldn’t I do this? (Ask God, He knows)	Additional Information: Revelation, Mitigation, Resolution of Outstanding Issues. Further Information required?
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www.hearwelldone.org

What would you like to do? & Why? (Is this flesh or Spirit)	
Counselors: Whose counsel did I seek? Counsel Given? Does this decision impact them? How?	
Consequences: positive or negative that might result.	
Confirmation: What would prove this decision right?	
FINAL DECISION: What is the Holy Spirit telling me to do? How do I know? Is this the right time? Does my spouse agree? Do I have peace?	

PiVAT Decision Tool – Discern God’s will for you.

What is a PiVAT Decision Tool? A Discipleship Tool that helps you **seek God’s direction** for decisions you face and **discern His will for you** in this decision. Are you facing a decision right now? Life is full of decisions. Big ones, like: ‘Should I marry this guy?’ ‘Should I attend State University?’ Should we take this job promotion, buy this house, or car. Or smaller ones like ‘Should I go to camp this summer, or attend men’s conference next month?’ **God has a perfect will regarding this decision** you are now facing. But you must know: His way is often (if not always) different than ours – in fact, hugely different. Isaiah 55:8-9 “For my thoughts are not your thoughts, neither are your ways my ways,” declares the LORD. As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.” **In decision making – there’s God’s way, and man’s way.** Proverbs 14:12 – There is a way that seems right to a man, but the end thereof are the ways of death. James 1:5 – If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. **No decision is insignificant.** You either **make them on your own** (which means – in practice – you consider yourself the LORD of your life), or you **ask God what He wants you to do** in His perfect timing. (Which means He is the LORD of your life). Nothing is too small for him, God’s way vs. man’s way always applies. He loves to show you which way to go, even in the small things!

Why use the PiVAT Decision Tool for big and small decisions? 1) The PiVAT Decision Tool helps you **clearly define** the decision to be made; factors, motives, alternatives, God’s Word, Godly Counsel and God’s perfect will for you in this situation. Your PiVAT Decision Tool not only helps you seek His will, but also follow Scripture in determining it. 2) The PiVAT Decision Tool helps you separate between mental thoughts, human emotions, and spiritual insight. I Peter 4:7 - The end of all things is near. Therefore, be clear-minded and self-controlled so that you can pray. The PiVAT Decision Tool is not a magic button that you just fill out the form, and the right answer pops out on the other end. **The purpose of this tool** is to help you count the cost from God’s perspective which is complete, not your viewpoint which is limited. Luke 14:28 – Which of you, wishing to build a tower, does not first sit down and count the cost to see if he has the resources to complete it? 3) The PiVAT Decision Tool helps you **seek God on even the factors** that affect this decision; it encourages you to seek Godly Counsel and submit to God’s perfect will and timing for you in this situation. Sometimes surrendering to His timing is even more difficult than surrendering to His will. Trust Him! He will lead you in the way chosen for you, in the way that is best for you – because He loves you, and you asked.

Some Thoughts About Decision Making - How you make decisions is very important. Not just because right and wrong choices carry significant life impact, but because **the way you make decisions reveals who is the LORD of your life.** How do you make decisions? Do you just go by gut feel? Do you make the call, right or wrong, and live with the consequences? Do you procrastinate until you have no real choice, by default the choice is made for you? Even in simple decision making there is God’s way and man’s way. God’s way is best. He’ll show you if you ask. **Kinds of Decision Makers: Decisive types:** These, pride themselves on making a decision and sticking to it, right or wrong. They believe “decision makers make things happen.” These people typically can be prideful comparers of themselves with the “weak” who “can’t make up their mind.” The problem with Decisive Types is they can be decisively wrong with lasting consequence. God’s Word for the Decisive Types: James 4:13-15 – Come now, you who say, “Today or tomorrow we will go to this or that city, spend a year there, engage in business and make a profit.” Yet you do not know what your life will be like tomorrow. You are just a vapor that appears for a little while and then vanishes away. Instead, you ought to say, “Whatever the LORD’s will is, that is what we will do.” **Indecisive Types:** These struggle in making decisions at all. They often fear making the wrong choice and end up being left with no choice at all. They procrastinate hoping things will just work out, or they fear disappointing people who may or may not even be affected. **Needlessly delayed decisions rarely end up** with better results. God’s Word for Indecisive Types: I Kings 18:21 – “Elijah came near to all the people and said, “How long will you hesitate between two opinions? If the LORD is God, follow Him; but if Baal, follow him.” But the people didn’t answer him a word. **God’s Way of Making Decisions:** James 1:5 – If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. Psalms 25:12 – Who is the man who fears the LORD? He will instruct him in the way he should choose. Psalms 32:8 – I will instruct you and teach you in the way you should go: I will counsel you with my loving eye upon you. Isaiah 48:17 – This is what the LORD says, your Redeemer, the Holy One of Israel: “I am the LORD your God, who teaches you what is best for you, who directs you in the way you should go. Eph 5:17 – So then, do not be unwise, but understand what the will of the LORD is.”

I Chronicles 12:32... Men of Issachar, who understood the times and knew what the people of God should do...

How To Fill Out your PiVAT Decision Tool: Before you begin: **Ask God to show you what He wants you to do.** Every decision has God's way and man's way. And God promised, if you lack wisdom, ask God, and He will give it to you!

Decision to be made: Stated Specifically: Ask God to help you clearly define and state the decision to be made. The decision statement should not include the word "or". Not "Should I buy the red car or the blue car?" Instead: Should I purchase the red car for \$5000? **Decision Deadline Day/Date:** Any Decision required prior to or dependent on this one? Some decisions require another decision to be made first. Ask God which ones. He may want a separate PiVAT Decision Tool for each of those also. Sometimes you don't have enough information yet to make a decision. Ask God what additional information is needed in order to discern His will for you, maybe more details about the job or opportunity.

Delayed Decision: What is the cost of indecision? If I delay this decision, what is the cost? Ask God, "Is now the time to make a decision on this? Sometimes a decision is premature – not enough things have transpired. Other times God's will is clear, it's time to stop praying and start obeying! The PiVAT Decision Tools helps! **Decision Impact: Risks or consequence of a wrong choice:** It's good to understand the weight our decisions hold, to guard against making rash ones. If we choose wrong, what might the consequences be? **Decision Alternatives:** Separate PiVAT Decision Tool? List alternatives specifically. Do nothing is always an alternative – with consequence. What other options are there? Ask God if there are any alternatives you haven't thought of. Some merit their own Decision Tool. **God's Word: What Scriptures directly or indirectly address this?** God's Word says Ask God for wisdom, seek a multitude of Godly counsel, patience versus impatience. It also contains principles which apply to every decision you face: money, relationships, sex, work, family, marriage, parenting, legal, professional. Search the Scriptures. See PRISM Topics! **PROS: Why would I do this?** (Ask God, He knows). If God has you move forward, what are the key reasons you would do this? **CONS: Why wouldn't I do this?** (Ask God, He knows) If God says no, what are the key reasons not to do this? **Additional Information:** Revelation, Mitigation, Resolution of Outstanding Issues. Further Information Required? PROS and CONS have additional information, mitigating factors, positive or negative offsets that should be considered. "Flexible hours" often means evenings and weekends. Mitigation refers to how negatives can be minimized or neutralized. Rarely do decisions have zero downside or risk. Resolving the key negatives may be a requirement for moving forward. God can move mountains and remove them, but some mountains are indications of a closed door. Sometimes further information is needed before you discern God's will. Usually when God reveals a course of action for you to take regarding a decision, there are things to be resolved – to move forward. At times the CONS may outweigh the PROS ten to one, but God told you to do it, which overrides the rest. **Caution: God will never have you violate Scriptural principles.** The end does not justify the means. Some CONS are just fear talking, some PROS are just greed talking. "It might not work out" is not a legitimate CON, "God helps those who help themselves" is not a PRO – that's not even in the Bible. Ask God to reveal your motives, and remove emotion, fear, greed, and pride, so you can clearly hear His voice. **What would you like to do and Why** (Is this flesh or Spirit) It's good to be honest about what you would really like to do - but know your motives behind it. Just getting this out on the table (God knows it anyway) lets you step back and look at the same decision from outside your personal preference. **God gives us the desires of our heart, but sometimes He wants to change our desires,** so He can give us what's best. Be honest about what you want, then seek Him for what He wants. Counselors: Whose counsel did I seek? Counsel Given? Does this decision impact them? How? God's Word clearly tells us to seek Counsel: Holy Spirit, Word, Spouse, Parents, Godly Friends, Professionals. Others have been there, ask God for discernment. The best counsel is from Godly obeyers who don't stand to benefit from this decision. Seek counsel separately, and when possible, gather counselors together. One person's idea may spark further insight and consensus from others. **Consequences: Positive or Negative** that may result. No decision has zero consequence. Understand what you will face when following God's will, ask Him how to address negatives in the way He wants you to. Confirmation: What would prove this decision right? What things if they happen, would validate your choice? **FINAL DECISION: What is the Holy Spirit telling me to do?** How Do I Know? Is this the right time? Does my Spouse agree? Do I have peace? "I gotta do something..." is not the Holy Spirit talking. Don't move unless He tells you. If your spouse is not on board, wait for unity. God is bigger than your spouse. God's decision comes with God's peace. **If you know God's answer, your peace will remain when times get tough.** Remember, in every decision you face there is God's way and man's way. God's decisions are different than ours. Even His way to arrive at decisions is different than ours. He said He would lead you in the way you should go and show you the best path to take. Seek Him on every decision big or small. Ask Him and He will tell you, He promised. Then trust Him.

PiVAT Resolution Tool – To Restore Relationships **Date:**

God's Way versus Man's Way applies to everything. Ephesians 4:3 - Make every effort to keep the unity of the Spirit through the bond of peace.

State The Issue: Specifically state the issue, problem or disagreement in one sentence. (Don't use "You.")	
DELAYED RESOLUTION: What's the cost of not resolving?	
Background: What Happened? As I Perceive it	
THOUGHTS – What did you think when this happened?	
FEELINGS – How did it make you feel?	
GOD'S WORD – What does God's Word say about this?	
DEEPER ISSUES Is There a Bigger Issue tied to this?	
Did you Believe the Best? Did you go to the Person First? Or tell someone else first. Forgiveness Needed? Make it right with everyone.	
SEQUENCE: First Things First Deal with the offense first, then, deal with the way it was addressed.	
Sin Involved? Was any sin committed What Does God's Word say re: this?	
CONFESSION NEEDED? From / To, For What? (Log 1st, Speck 2nd.)	
FORGIVENESS NEEDED? From Whom To Whom, For What? (Log First)	
WORDING – Will You Forgive Me For xyz? What I did was wrong for abc reason. (Not why I did it, why I was wrong for doing it.)	
WORDING – I Forgive You. I give up my right to hold it against you.	
RESTORATION REQUIRED? From /To Steps Required? Actions Needed?	
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DO BETTER? What could we do better next time?	
ANYTHING ELSE – between us? that needs addressed? Separate PRT?	

PiVAT Resolution Tool – Conflict Management God’s Way

What is a PiVAT Resolution Tool? - A Discipleship Tool that helps you resolve conflict and restore relationships.

Are you currently in conflict with someone? Is there any relationship in your life that is strained or distanced due to an issue or issues which remain unresolved? Words or actions misunderstood, misinterpreted, resulting in offense? Do you have a strained relationship with anyone right now? Could it even be your spouse, a relative, parent, child or sibling, or former friend? Do you have an effective way to resolve it? God said as far as it depends on you, live at peace with all men. In relationships, just like everything in life, there is God’s way and man’s way. One area sure to challenge every person, even believers in Jesus, forgiven, with new life in Christ, is conflict. Living in a broken world, with broken people operating in a broken sinful nature; conflicts, disagreement, disappointments, hurt, and offenses are sure to come. When we are disappointed or offended, it builds a wall between people. Relationships become strained and can remain unreconciled for years. Some people hold grudges for decades, or a lifetime! Many avoid that person altogether; close relatives don’t talk for months or longer. Marriages end in divorce because they never learn how to handle conflict in a Godly way according to His Word. They don’t understand how to resolve conflict with humility, truth, true repentance, forgiveness, and restoration which enables healing, and the broken relationship to be made whole – even better.

God wants relationships to be restored! He died for you so this would be possible. Why is conflict and conflict resolution such a tough battle for so many? Why are so few people skilled in it? Why does it seem so difficult to maintain healthy and growing relationships in which we treat each other with love and respect? Why is the status quo of relationships – strained ones, leading to separation of friends, families and marriages? First is our **sin nature**, which always prefers ourselves rather than our new nature in Christ which obeys God and prefers others. Second, **humility** is rare, and hard to walk in, unless you surrender to God’s Word and God’s will by the Holy Spirit. It is the foundation of every successful relationship. Third, most people are not good at **listening**. They want to be understood more than they want to understand the other person. Fourth, **pride** is the root of strained relationships. “They should apologize to me!” Which is exactly what they think you should do. No apology ever comes; both parties are still waiting on the other. If any “apology” does come, it’s usually just surface acknowledgement in an attempt to get an apology from the other, or merely ease the tension, not seek resolution and restoration. Fifth, it’s just **awkward**. You could ask someone to forgive you if you wronged them, but to approach someone who has offended you? It seems weak, vulnerable, unmasculine. If I was wronged, it’s difficult to address without losing face. What am I going to say? “You hurt my feelings.” What am I, four years old? Sometimes just a tool which redirects the focus from the conflict to a healthy process can help. Ultimately without humility, true repentance and forgiveness, conflict is temporarily “looked over,” yet unresolved feelings remain. That’s why healing cannot occur. Poor conflict resolution serves only to increase the arsenal of unresolved conflict, and each hurt is compounded on top of the former, to be piled onto the next offense when it surely comes. It’s how relationships remain toxic, end altogether, or never mend.

God’s way is better! His Word tells us how to treat each other and how to respond to each other. Please review the PRISM Topic: Kindness, and the Relationship Topics: How to Treat Others, along with Forgiveness and Restoration, foundational truths for strong relationships. **For me personally**, especially in marriage, it became obvious after many years that the skill of conflict resolution was absent from our relationship. We loved each other, but never truly resolved conflict so the relationship could be restored. Instead, we just kicked the can down the road. We didn’t talk through the disagreement; we just ignored it. We avoided the conflict rather than resolve it. Unavoidably, that snowball of unresolved conflict kept growing until it crushed every next argument, blowing it out of proportion because of the added baggage which had nothing to do with the present situation. We couldn’t have any disagreement which didn’t include all of the bitter feelings of previously unforgiven, unresolved offenses, adding to the offense of this one.

Several years ago, God gave me a tool called **The PiVAT Decision Tool**. It revealed a **better way of making decisions**. Not only to discern God’s will in this situation or decision, but it revealed the importance of **how we arrive at** that decision. Teaching a way that honored God, respected others, and followed God’s Word and wisdom in the decision-making process. We now use it all the time! I asked God if there might be a tool similar to the PiVAT Decision Tool, which I could use **to resolve conflict** God’s way. Praying that God would reveal it to me, I started writing a one-page

PiVAT Resolution Tool, that used some of the same truths that God had revealed from His decision-making process. **This PiVAT Resolution Tool** has helped us resolve conflict in a new way that results in true listening and understanding, true repentance and forgiveness, and a healed relationship. Not just avoiding the conflict, or sweeping it under the rug, but resolving it. The process gives insight as to why the conflict arose, how to seek forgiveness and begin the restoration process. It helps us discover what we can do in the future to avoid conditions that breed conflict, and instead create an environment that promotes agreement, love, and preference of the other. The **PiVAT Resolution Tool** can be used by any two parties equally committed to resolving a conflict, mending and growing relationships. If one person wants to, and the other doesn't, it is unlikely to resolve the conflict, but it will still help you. The tool is not magic, it just leads you to self-reflection, seeking God, and deep listening to the thoughts, perceptions, and feelings of the other, so true understanding takes place.

You probably shouldn't approach everyone in your life history who has hurt you. Sometimes people who have harmed you whether intentionally or unintentionally, are not interested in mending the relationship, nor walking with you in healthy relationship habits. There are people you should not be in relationship with. God hasn't called you to everyone. God may want you to forgive them just for your own healing, not for them, and move on. Let God heal the wounds they've caused, look to Him, move past the hurt, and move on from relationships that God doesn't have for you. Digging up old wounds with people who will never or should never again be a part of your life is unwise and will not bring the result you want. **Only seek resolution with people God directs you to.** You must seek God to understand this. Some relationships are broken for a reason; God does not want you to have any interaction with them. He still loves them, leave them to God, you just move forward in the love, forgiveness, blessing and the hope of Jesus. Walk in the Word, walk in the Spirit, and cultivate relationships with believers in Christ who are humble, loving, Christ-followers. Build relationships that demonstrate to the world what the love of Jesus looks like. God said, that's how they will know you are believers. Not by the T-shirt you wear, but by the relationships you cultivate and demonstrate. They'll know you believe in Jesus by how you love one another.

Praying that this PiVAT Resolution Tool will help you follow God's ways of relationship building, conflict management, and true love of one another. Resulting in healing, complete restoration and fruitful relationships. Wholeness – nothing broken, nothing missing. All glory to God, the Healer!

HOW TO FILL OUT the PiVAT Resolution Tool. God's way and man's way applies to everything. Ephesians 4:3 – Make every effort to keep the unity of the Spirit through the bond of peace.

DATE: Today's Date

STATE THE ISSUE: Specifically state the issue, problem or disagreement in one sentence. Do not use the word "You." Rather use the words, "It appeared to me that..." or "It seemed like." Don't get into all your thoughts or feelings. Just state the conflict or the issue that has strained the relationship.

DELAYED RESOLUTION: What is the cost of not resolving? What will happen if this remains unresolved? What could the lingering effects be or develop into?

BACKGROUND: What happened as I perceive it? Just the facts of the conflict, what transpired that led to misunderstanding or offense. (Once again, do not use the word 'you.')

THOUGHTS: What did you think when this happened? These are separate from feelings. What did you think? Whether how you perceived what they said or did, or what you thought when those actions occurred.

FEELINGS: How did it make you feel? What emotions arose as a result of your interpretation of their words, or your perception of their actions. What did you feel about what they said or did, or what happened?

GOD'S WORD: What does God's Word say about this? Ask God to reveal any Scripture that could apply in this situation, to your part of their part. Any truth from His Word which may apply.

DEEPER ISSUES – Is there a bigger Issue tied to this? Sometimes an offense, slight, or mistreatment is exacerbated by a broader issue. This is just a microcosm of something bigger, that generates thoughts or feelings about something else they once said or did, or even something that someone else may have said or did in the past, that you associate with them or this conflict.

DID YOU BELIEVE THE BEST? Did you go to the Person First, or tell someone else first? Forgiveness Needed? Make it right with everyone. When this happened, did you assume they were guilty of doing that to you? Or did you assume they didn't say that, or didn't mean that? Did you assume they acted with mal-intent, or that it was just an innocent mistake, which just came out wrong or didn't sound right. Did you go directly to the person with whom you had conflict, or did you talk with others about it. What forgiveness is needed from whom to whom? Is there any additional person affected, what might be needed to make things right with them?

SEQUENCE: First Things First. First deal with the offense, then deal with the way it was addressed. Resolve the conflict of the words or action, then resolve the conflict of the reaction, or the way it was communicated. "I shouldn't have done that, but you shouldn't have spoken to me about it in that way." True, but first address the original act, word, or behavior that should have not occurred. Then you can address any poor communication which transpired in reaction to the offense. "You ate the cookie out of my lunchbox! Yes, I cussed you out, but..." Deal with the cookie first, then the cussing problem."

SIN INVOLVED: Was any sin committed? What does God's Word say regarding this? Was any sin committed by either party? What does God's Word say about that sin?

CONFESSION NEEDED: From whom, to whom, for what? First address the log, then the speck. God's Word says, don't try to take the speck out of your brother's eye, when you have a log in your own. First take the log out of your own eye, then you will be able to see clearly to help them take the speck out of theirs. Given what happened, what confession, apology and request for forgiveness is needed from whom to whom? Specifically, for what?

WORDING: I forgive you. That means, "I give up my right to hold it against you." When confessing and granting forgiveness always say, "Would you please forgive me **for**... xyz." Be sure to state specifically what you did, admit it was wrong, and again say, "Would you please forgive me for...xyz." When responding, specifically state what you are forgiving them for. No need to say that it was wrong, they already admitted it! And don't give backhanded forgiveness. "I forgive you for stealing my cookie and making me cuss at you." No. No one makes you cuss at them; you chose to. Don't conflate or combine issues. Confess, Request and forgive the specific thing, not compound things. See the Relationship Topic – **Forgiveness & Restoration**. That process is separate from the PiVAT Resolution Tool. This tool just help you get there, so you can follow God's way of seeking and granting forgiveness.

RESTORATION REQUIRED: From whom, To whom. Steps Required; Actions Needed. Confession can be offered and forgiveness sought can be granted. Yet restoration may require further action. Identify from whom to whom. It may require the offender to buy the wronged person another cookie to replace what they stole. Or four cookies to make up for the evil intent of theft. Zacchaeus said, "Right now I give half my possessions to the poor, and if I have stolen anything from anybody, I will pay back four times what I stole. Jesus' immediate response, "Today, Salvation has come to this house." It wasn't the prayer Zacchaeus said, it was the **action he took** that made things right. That's restoration. Doing what you can **to make up for** what you did. So the person wronged has no doubt of the sincerity of the one seeking forgiveness.

DO BETTER: What could we do better next time? Rarely in any conflict is one person completely innocent, and the other completely at fault. Occasionally this is the case, but more often than not, both parties could do things differently

to prevent any misunderstanding or avoid any conflict. You could have asked for the cookie, or bought it from them, or traded them something for it. If you had two cookies, you could have shared one with them. Often there is something you could do that would have made the offense less likely to occur. What could you do to bless people, not merely to avoid conflict, just to love well. **Don't get confused**, malicious actions shouldn't be excused or placated. Thou shalt not steal. Period. You don't have to do something nice for someone, so they don't steal from you, or placate them so they don't mistreat you. That's on them, not you. But in other situations, actions whether preceding or after the fact, could enable stronger relationships, even anticipated opportunity to demonstrate kindness.

ANYTHING ELSE BETWEEN US? That needs to be addressed. (Separate PiVAT Resolution Tool?) Is there any other larger issue, or former baggage that needs to be discussed? Any old unresolved issues between us that have been unaddressed and need to be forgiven; so trust can be restored and the relationship strengthened?

Recently, I had taken offense at something April did. We were hosting a large number of overnight guests, and she was working hard at preparing food for them. I came into the kitchen and started doing things to help, which apparently was of no help. Her words of dismissal offended me. More accurately, I let her words offend me, instead of giving her the benefit of the doubt, believing the best, and desiring to truly help her in the way that she needed, rather than the way I preferred, believing it was helpful. Walking through the **PiVAT Resolution Tool** helped me understand my own feelings and gave me a vehicle to share my taken offense in an objective way that we both could look at together, rather than just accuse her of the bad things I felt she did. She listened to me share my thoughts entirely - following the PiVAT Resolution Tool, without interrupting, and did something unexpected. She one by one, mentioning each item I raised, admitted that she should have handled it differently, apologized for what she did, why it was wrong, and asked me to forgive her. It so disarmed me, I didn't know what to do, or what to say. Our history of arguments always had been the offender defending themselves, or the offended reiterating their offense, and a greater fight would ensue from the apology conversation than even the original conflict. But that didn't happen. I felt completely heard. She didn't interrupt me or become defensive. She humbled herself and genuinely sought forgiveness, which of course I had no choice but to grant her, and yet I was still bothered. Where was the additional fight that always occurred at this point? And it couldn't have all been her fault. What was I missing? I had to ask her, "So what do you really think? What do you really want to say? I know I'm not entirely without fault." And her answer? "It doesn't matter. I'm responsible for my part." Which led me to apologize for my response, and my lack of 'believing the best,' but she didn't require it. Her humility and true apology, the admission of her part, and sincere request for forgiveness completely lifted the burden of the offense I had felt. The restoration process had already begun.

When you offend someone and are approached, be humble, do not defend yourself. Let them share their entire **PiVAT Resolution Tool** with you. Don't interrupt them, even when they get a fact wrong or misread your intent. Hear them out fully and take responsibility for your part. Their reaction is immaterial. Address the offense you caused and make things right. Unrepentant people consider reactions more egregious than the offense they committed. If they do, just make peace and move on. There is nothing righteous about continuing relationships with manipulators. Resolution doesn't require full concurrence of opinion. Don't take offense at opinion, they have a right to it. If they are offended by your opinion rather than your words or actions, identify the difference, respect theirs, and seek forgiveness not for your opinion but for any actions which wronged them. Pursue friendships with believers in Jesus who love one another from the heart. If you've caused offense, seek forgiveness and restoration. Love well which demonstrates the love of Christ.

Praying that the **PiVAT Resolution Tool** will grow your skills of conflict management, and healthy relationships. Conflict resolution demonstrates the love of Jesus, which reveals we belong to him. The **PiVAT Resolution Tool** isn't a magic button. Filled in boxes do not mean the heart of the offender is sincere or the offended person has truly forgiven from the heart. But it will help you **discover** your own heart, and the heart of the other person. It will enable resolution and true healing if you are humble, willing to listen, willing to seek and grant forgiveness. The more you grow like Jesus and walk in the Spirit the less this tool is needed. See PRISM Topics: How to Treat Others, Forgiveness & Restoration, and Kindness. Praying you will grow in the Word of God, and the fruit of the Spirit, so you love one another deeply.

Relationship Topic – Forgiveness and Restoration

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In life, people will wrong you, and you will likely wrong others. It strains relationships. You can either make things right, or leave them unaddressed and unresolved. Things are different between those in the world, and those who know Christ, who are commanded to love one another as an example to the world. When wrongs occur, it's important to try to make things right. God says, "As much as it depends on you, live at peace with all men." Unforgiveness can result in grudges and broken relationships, it could even end in bitterness and defilement. Hebrews 12:14-15 - Make every effort to live in peace with all men and to be holy; for without holiness no one will see the Lord. See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. The world's way is to apologize if you have to. God's way is true forgiveness and restoration. (PiVAT Resolution Tool – Conflict Management God's Way.)

In strained relationships, there can be no true restoration without forgiveness; there can be no forgiveness without confession; and there can be no confession without repentance. We must forgive those who wrong us, so a root of bitterness doesn't grow up, but that won't restore a relationship. Restoration is a two-way street, and it starts with repentance.

Repent:

To **feel pain, sorrow, or regret** for what one has done or neglected to do; but also - **a turning, and a turning from** that motive and behavior that wronged someone. Repent: To **change your course** of conduct **on account of your regret**. To be sorry for a sin, to seek forgiveness, and then cease to practice it.

Confess:

To **verbally acknowledge** a fault, crime, or misdeed (to someone). **To own or admit as true**, to assent to; to acknowledge, as after a previous doubt, denial, or concealment. Assent: to admit a thing as true.

Seek Forgiveness:

Seeking Forgiveness **fully confesses and admits** your guilt, and asks the offended **to not hold your sin against you**, so that your relationship can be restored.

Rather than a defense of one's actions, seeking forgiveness addresses the issue, and the relationship.

- 1) Seeking Forgiveness **confesses** and admits both the **offense committed, and the wicked motive** of the heart that produced it.
- 2) Seeking Forgiveness **communicates** the **repentance** of your heart, the **commitment to change** the course of conduct which resulted in the offense, and the willingness to make amends, ("to give back or replace what was stolen").
- 3) Seeking Forgiveness **Humbly Requests** that the offended not hold the offense against you.

To Forgive means:

To willingly **give up your right** to hold something against someone.
To **cease to feel resentment** against, on account of a wrong committed.
To **pardon**, to **overlook** an offense, to **treat the offender as not guilty**.

Restoration:

Restore: To bring back to its former state. To bring back from a state of ruin, to give back, make return or restitution of anything taken away or lost. Restoration: The act of restoring or bringing back to a former place, station, or condition; the fact of being restored; renewal; re-establishment; as the restoration of friendship between enemies, the restoration of peace after war.

An apology is different. An apology is...

- A) **Something said or written in defense or justification** of what appears to others to be wrong. Or,
- B) an **acknowledgement intended as atonement** for some improper act.

To apologize: (make an apology)

A) To **make a defense** or excuse, (from which we get the word “Apologetics”), or

B) To **make acknowledgement** of some fault or offense, **with expression of regret** for it by way of amends.

Mere Apology versus Seeking Forgiveness and Restoration:

Wording is important! Not just saying **“I’m sorry.”** You might be sorry you got caught, you might be sorry they got offended, but not sorry for the sin you committed. You might be sorry they feel differently than you do regarding this issue or situation. Not **“I apologize.”** You could just be making defense of your action, or just seeking absolution.

“Would you please forgive me for stealing your sandwich. It was selfish, it was wrong. I wish I hadn't done it, would you please forgive me?”

An apology may be accepted or rejected.

Technically, an accepted apology is an acknowledgement of the statement of the offender.

A mere apology without seeking forgiveness; is still an unresolved conflict.

The momentary tension may pass, but the unresolved feelings or issues may continue bubbling beneath the surface to re-surface at a later date. A mere apology is postponed or delayed resolution (a squandered opportunity to make things right between you and another person. A mere apology undermines and prevents complete restoration. “No problem” is not the same as “I forgive you.”

Seeking Forgiveness

Wording is important. **“Will You Please Forgive Me For:”**

1) **State** the offense specifically

2) **Admit** the wicked motive that produced the offense

3) **Regret - Express the regret** that repentance requires

4) **Commit - Express the commitment to change:** your sinful motive, **and** the course of conduct that resulted in the offense (producing the fruit of repentance).

Example: **“Will you please forgive me for** taking your sandwich from the refrigerator? I saw your name on it – but I was hungry and took it anyway. I guess that makes it stealing. Will you please forgive me for stealing from you?”

Notice this fully admits not just the wrong action, but the true sin the offense represents. Sincerely seeking forgiveness means you don’t defend your actions, but instead, you fully admit and take ownership of them. Hunger is irrelevant. Being hungry doesn’t give you the right to steal their sandwich. Then **restitution** may be in order. “I will buy you a new sandwich for tomorrow, and a Coke to go with it, I want to make this right.”

Forgiveness Granted

Wording is important. Don't say, 'No problem,' or 'No big deal.' It is a big deal! Don't just say, it's ok, or we're good, specifically grant them forgiveness. **“I forgive you.”** Forgiveness granted is the **complete closure** of the apology – it's **the remaining half** of the equation. It means the offended relinquishes their right to continue to hold the offense against the offender. Then restoration of the relationship can begin.

"Johnny, I forgive you for taking my sandwich."

Don't say, "I understand you were hungry," that's immaterial. Don't excuse their boorish behavior, there's no excuse! But don't brow beat them either. "I forgive you for stealing my sandwich, for thinking you're better than everyone, for your utter rudeness, and the complete ugliness on the inside of your evil heart." That is not granting forgiveness, it's accusation, false, and only proves you didn't really forgive them from the heart.

Instead, you might just say. "**I forgive you** for taking my sandwich." Thank you for being humble and making up for it, I'm certainly not perfect myself. I appreciate the sandwich and coke for tomorrow. We're good, I don't hold anything against you. Thanks for making up for it. We're totally good." Sometimes just, "I forgive you, we're good," is good enough, but let them know you forgive them. It's how forgiveness happens, and restoration begins.

The Big Test: Forgiveness is one of the big tests in life. You will wrong someone eventually. Will you humble yourself and seek their forgiveness? Will you make amends for what you did wrong? You will certainly be wronged by someone eventually. Will you forgive them from your heart, and decline the right to hold anything against them? God clearly said, Matthew 6:14-15 "If you forgive your brother when he sins against you, your Father in heaven will forgive you. But if you do not forgive your brother when he sins against you, neither will your Father in heaven forgive you."

What Does God Do?

I John 1:9 - If we confess our sins, he is **faithful** and just to **forgive us** our sins and **cleanse us** from all unrighteousness.

Psalms 103:12 - As far as the east is from the west, so far has he **removed our transgressions** from us.

Isaiah 43:25 - I, even I, am He who **blots out your transgressions**, for my own sake, and remembers your sins no more. I, yes, I alone, will blot out your sins **for my own sake** and will never think of them again (NLT)

Micah 7:19-20 - Who is a God like you, who **pardons our sin** and **forgives the transgression** of the remnant of his inheritance? You do not stay angry forever but **delight to show mercy**. You will **again have compassion** on us; and will **tread our sins underfoot** and **cast all** our iniquities into the depths of the sea.

Hebrews 8:12 - For I will forgive their wickedness and will **remember their sins no more**.

What is a PRISM Topic? The power of God's Word on a single subject.

What is a Relationship Topic? A perspective from God's Word on relationships.

What is a PRISM Topic Packet? A grouping of related PRISM and Relationship Topics.

These are part of the M: Meditate on the Word of **PRISM** – (Five things you can do in God's Word every day).

Ask God what 'PRISM Topic' He wants you to meditate on today, and take it with you! It will help you transform your mind with his Word. (Romans 12:2) hearwelldone.org/topics

**“His Master replied, ‘Well done, good and faithful servant!
You have been faithful with a few things; I will put you in charge over many
things. Come and share in the joy of your Master! - Matthew 25:21**

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