

## Application Helps!

About the third or fourth time sharing a quiet time with someone, I will share the acronym SPECK. This contains five helpful questions for identifying possible applications:

Sin = is there are sin I need to confess?

Promise = is there a promise I can claim?

Example = is there an example I can follow?

Command = is there a command from God I need to obey?

Knowledge = is there any new knowledge of God I can praise Him for?

After a couple weeks using this tool, I teach them another acronym, "SMART" which helps them take a vague notion of an application and make it transformational.

Specific = what exactly are you going to do?

Measurable = how will you be able to know when you've done it?

Accountable = what are your plans for having someone hold you accountable? (Does this ever help!)

Realistic = have you attempted too much or kept it doable?

Timely = don't say "In five years I will..." life change best happens when you're doing something soon In response!

After reading, "in everything give thanks for this is the will of God," a friend shared, "I need to be more thankful." When I asked her what that would look like, she wasn't sure. Going through the SMART checklist helped her further process until she identified a solid application that was very do-able. She decided to write a note to a very difficult person in her life and share what she appreciated about them. Was she ever surprised how it changed her heart, bringing peace after she did this. Truly it's in the doing that transformation occurs!