

✨ Values Discovery Process (Biblical Principles)

1. Guided Visualization / Journaling Exercise

Invite participants to prayerfully reflect and journal:

- **Visualization Prompt:** *Imagine standing before God at the end of your life. What do you hope He says about how you lived?*
 - What qualities defined your character?
 - How did you treat others?
 - What legacy did you leave?
- **Biblical Anchor:** *“Well done, good and faithful servant”* (Matthew 25:23).

- **Journaling Questions:**
 - What moments in life felt most aligned with God’s will?
 - When did I feel most fulfilled and at peace?
 - Which Scriptures inspire me to live differently?

2. Value Sorting Activity

- Provide a **list of 50+ values** (examples: integrity, compassion, stewardship, justice, humility, perseverance, generosity, love, faithfulness).
- Ask participants to sort values into three categories:
 - **Very Important**
 - **Somewhat Important**
 - **Not Important**
- **Biblical Anchor:** *“Test everything; hold fast what is good”* (1 Thessalonians 5:21).
- Encourage prayer during sorting: *“Lord, show me which values reflect Your heart.”*

3. Narrowing Down to Top 5–7 Core Values

- From the “Very Important” pile, prayerfully select the **5–7 values** that feel most essential.
- Write a **supporting Scripture** for each chosen value.
- Example:
 - **Integrity** – “*The integrity of the upright guides them*” (Proverbs 11:3)
 - **Compassion** – “*Be kind and compassionate to one another*” (Ephesians 4:32)
 - **Faithfulness** – “*Great is Your faithfulness*” (Lamentations 3:23)
 - **Stewardship** – “*It is required of stewards that they be found faithful*” (1 Corinthians 4:2)
 - **Love** – “*The greatest of these is love*” (1 Corinthians 13:13)

4. Integration & Application

- **Daily Practice:** Choose one small action each day that embodies a core value.
- **Prayer:** Ask God to strengthen these values in your life.
- **Reflection:** Revisit your list monthly to ensure your goals and decisions align with your values.
- **Biblical Anchor:** “*The righteous will never be shaken*” (Psalm 112:6).

✓ This process helps you to move from reflection → sorting → clarity, while grounding values in Scripture.