

spiritual adult

DISCIPLE ME

TRACK 4: MISSIONAL LIVING

ALIGNING PRIORITIES

ICEBREAKER: MY TOP FIVE

Imagine you had to rebuild your daily routine from scratch - but you could only keep five things. Everything else gets cut. What are you choosing first? Pick **ONLY 5** of the options below:

Coffee ☕	Sleep / Naps 😴	Podcasts 🎧
Phone 📱	Workout / Exercise 🏋️	Productivity 💻
Music 🎧	Social Media 📱	Snacks 🍷
Friends 👥	TV / Streaming 📺	Time Outside 🌳
Food 🍔	Quiet Time / Devotions 🙏	Hobbies 🧩
Family Time 👨‍👩‍👧	Driving / Alone Time 🚗	Shopping / Browsing 🛒
Creative Time 🎨	Sports / Competing 🏀	Shower / Getting Ready 🚿

Just like drafting a team, your picks reveal what you rely on most to get through the day. Some choices might be obvious, others might surprise you - but either way, it's a fun way to see what naturally rises to the top when your options are limited.

STUDY: A PRIORITY REVIVAL

When you're forced to choose, your priorities rise to the surface. The things you draft first are usually the things you depend on most, think about most, or feel like you can't go without. And if we're honest, most of us don't just organize our routines around what matters - we organize them around what feels urgent, comfortable, or within our control.

That's exactly where this next passage meets us. In **Matthew 6**, Jesus is speaking to people who are consumed with daily needs, survival, and security - what they'll eat, wear, and control. He's not dismissing those needs - He's reordering them. Because the real issue isn't that we have needs - it's what sits at the center of our lives that everything else begins to revolve around. **Read Matthew 6:25-34**

- What stands out most to you in this passage - and why?
- What do you find yourself worrying about most right now, and how do those things shape your decisions, priorities, or mindset?

- What do you think Jesus means by “seek first the Kingdom of God”?

As we continue to grow into Spiritual Adulthood, our perspective begins to shift in a meaningful way. We start to live with a deeper awareness that our lives are no longer centered on ourselves. We have a different King, we belong to a different Kingdom, and we are part of a greater mission. That realization begins to reshape how we think, how we prioritize, and how we live day to day. It means our lives are no longer driven by comfort, convenience, or control, but instead are aligned with purpose - joining in what God is doing and allowing our lives to reflect His Kingdom in the world around us.

ACTIVITY: WHAT’S AT THE CENTER

We all build our lives around something - whether we realize it or not. It might be success, comfort, relationships, control, approval, or security. These things aren’t always bad, but when they become central, they begin to shape our decisions, priorities, and direction. Jesus challenges this in Matthew 6:33, when He tells us to seek first His Kingdom. We realign our priorities not by removing our responsibilities, but by re-centering our lives around what matters most.

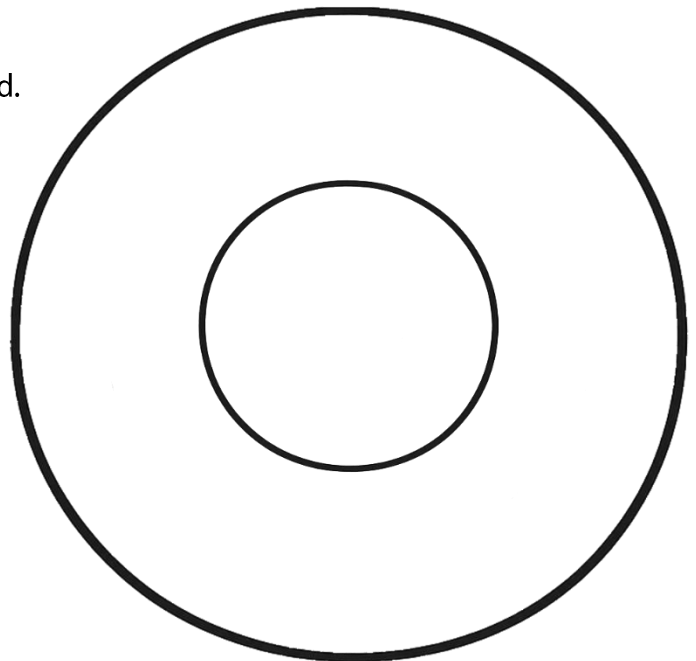
INSTRUCTIONS: Using the center circle to the right, write what you believe your life is currently built around.

Then, in the outer ring, list the things that take up the most of your time, energy, and attention. Consider:

- What do you think about the most?
- What drives your decisions?
- What do you fear losing?

After you complete the instructions above, **read Matthew 6:33 again.**

- What in your life is currently competing with God’s Kingdom for first place?
- If the Kingdom truly moved to the center, what would naturally shift in your priorities?



CHALLENGE: TIME AUDIT 🕒

This week, at the end of each day, take a few minutes to pause, track, and reflect on how you spent your time and energy. Consider where your attention actually went throughout the day and whether those choices reflected a life centered on God’s Kingdom.

Ask yourself: *Where did my time and energy actually go today?* and *Did that reflect the Kingdom being first?* Based on what you notice, choose one simple adjustment you can make the next day to better align your priorities with what matters most.