Session 44: A Service Commitment That Lasts: Putting It in the Plan

Phase 5 — Giving Back: Service, Leadership & Purpose · Block 1 — Service: Giving Back

Date: _____ My craving today (0–10): _____ One word for my week: _____

What we're learning

A commitment that lasts has the same anatomy as every durable thing in this curriculum: it is written, it is small enough to keep, it names a person, and it carries its own review date. Service entered in Appendix D stops being a mood and becomes a line item in the life being rebuilt — Health, Home, Purpose, Community — reviewed at day 30 like everything else in the plan.

- Written beats remembered Post, place, day, season, confirming name, and review date go into the Community section of Appendix D today, in ink, before anyone leaves the room.
- One post, kept, beats three posts, announced The plan holds one primary service post for this season. Additional helping stays informal and small; the plan protects focus the way it protects everything else.
- Review is part of the commitment At day 30 the questions are keep, adjust, or hand back — answered with the confirming contact, not alone at midnight. A commitment with a review date can bend without breaking.

Goals for this session

- ☐ I can write my service commitment into the 90-day plan (Appendix D) with post, schedule, and review date
- ☐ I can name the confirming contact for my service season
- ☐ I can set the 30-day review question for my service: keep, adjust, or hand back

Check-in

Read your current post card aloud — task, place, day, confirming name — exactly as written in Session 38. If it changed, say what changed and why.

Discussion — write your answers

Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.

1. Read your plan entry aloud to your partner: what is missing — name, day, or date?

2. What is most likely to knock this commitment down in the next 30 days, and what is the pre-decided answer?

3. Who, besides you, now knows this commitment exists? Why does that matter?

4. What is your 30-day review question — keep, adjust, or hand back — and who answers it with you?

Session 44 — Skill Practice

Plan entry and audit (in pairs): participants complete the service entry in Appendix D, then exchange plans and audit against the checklist — post, place, day, season, confirming name, review date, and the if–then from Session 42. Partners initial the audit. The facilitator collects the review dates for the program calendar.

My service entry for Appendix D — post, place, day, season, confirming name, review date, if–then:

My partner's audit initials, and what was missing:

My takeaway

The one thing from this session I most need to remember — in my own words:

Homework — this week's application

☐ Confirm the entered commitment with your named contact within seven days — a short conversation: 'Here is what I have committed to, and here is my review date.' Report the confirmation at the next session's check-in.

Space to do the homework and note how it went:

An optional Scripture handout for this session is available from your facilitator on request.

Block 2 — Mentoring & Leadership (Sessions 45–52)