

***Cure for the Common Life* by Max Lucado**

Here are summary notes on *Cure for the Common Life* by Max Lucado. As you reflect upon the questions, scripture verse, and strategies, may the Holy Spirit lead you in your next step upon your vocational journey:

I Peter 4:11: *If anyone minister, let him do it as with the ability which God supplies, that in all things God may be glorified through Jesus Christ.*

"When God gives you an assignment," says Max Lucado, "he also gives the skill. Study your skills, then, to reveal your assignment." (Lucado, p. 2)

Lucado identifies three areas to reflect upon:

- ✓ What you do (do well and enjoy)?
- ✓ Where you do it in your everyday life?
- ✓ Why you do it?

Read your life backwards by reflecting upon your S.T.O.R.Y.

- S—strengths; how do you get things done?
- T—topics; what do you like to work with?
- O—optimal conditions; what triggers motivation?
- R—relationships; what is your preferred role?
- Y—your YES!; when do you feel God's pleasure in fulfilling your purpose?

Strategies for ongoing reflection:

- Identify the "sweet spots" of your childhood, youth and adult life
- Now choose 4-6 of those "sweet spots" and describe the "action details"
- For each, summarize the details of how you went about doing the things you did and what was most satisfying
- Identify your themes by asking questions
- Put together your STORY:
 - Story Themes--I love to....
 - Topics—What do I like to do and with whom
 - Optimal conditions--I work best when....
 - Relationships--I am at my best in the role of....
 - Yes!--I can....