

SESSION 4: THE FOUR QUADRANTS

- **Small Group Discussion:** 15 minutes
 - **Discuss the how your values and passions are redirecting your priorities.**
- **View Video #4:** 10 minutes
- **Small Group Discussion:** 15 minutes
 - **Discuss the “integrity” involved in a balanced life.**

Definition of Integrity

in·teg·ri·ty

1. *the quality of being honest and having strong moral principles; moral uprightness.*

"he is known to be a man of integrity"

2. *the state of being whole and undivided.*

"upholding territorial integrity and national sovereignty"

I never realized that the state of “being undivided” was part of the definition of “integrity.” The state of “being undivided” to me, speaks to balance in life. In order to fully understand our “balance” and make sure that we are living out of integrity, we need to look at and assess all quadrants of life. Those quadrants are, (1) **personal/professional growth**, (2) **work life**, (3) **relationships/family** and (4) **community/church**. According to the definition of “integrity,” there is none if there’s not a state of “being whole and undivided!” **Ultimately, YOUR purpose should be universal and apply to all areas of life!**

Proverbs 11:1 (ESV)

11 *A false balance is an abomination to the Lord, but a just weight is his delight.*

• **Individual Application - 4-Quadrant Exercise:** 35 minutes

Look at YOUR 4-quadrants:

(1) **PERSONAL/PROFESSIONAL GROWTH**, (2) **WORK LIFE**, (3) **RELATIONSHIPS/FAMILY AND** (4) **COMMUNITY/CHURCH**. List at least three (3) items in each quadrant you would like to achieve.

Quadrant #1:

Personal Growth and Development:

1. _____

2. _____

3. _____

Quadrant #2:

Relationships and Family:

1. _____

2. _____

3. _____

Quadrant #3:

Business and Work:

1. _____

2. _____

3. _____

Quadrant #4:

Community and Church:

1. _____

2. _____

3. _____
