

## Purpose of the Process

The purpose of the “Sacred Covenant” process is to assist you in developing clarity of mind about the divine inspirations that are seeking to express themselves through the activities of your life. This is done with the intention of revealing a deeper understanding of the creative dynamics operating within your experience of life. Engaging this process ultimately brings inner wisdom in the form of “Self-Knowledge.” Ultimately, your “Sacred Covenant” is a description of how the “Will of God” is being uniquely expressed through you.

❖ “An unexamined life is not worth living.” ...Socrates

## Overview of the Process

The process of creating a “Sacred Covenant” for your Ministry is not completely *linear*. It involves considerable introspection and revision, and should not be rushed. Furthermore, you should always feel free to go back and revise it at any time. Although the following instructions are laid out in steps, this is only done as a matter of convenience. For example: You may already have specific Intentions in mind before you have clarity about the Purpose. So, use those Intentions to help you identify your Purpose. Ironically, naming your Purpose may inspire you to go back and alter your Intentions. Be open to following your inspirations and be willing to make lots of changes as you go along. Work in pencil or on a computer to facilitate making those changes.

❖ “All human suffering is caused by resistance to change.” ...Thomas Troward

## 1. Naming Your Ministry (Use Name Worksheet)

Begin creating a “Sacred Covenant” by naming your Ministry. This is the first step to focusing your creative intention. The name of your Ministry is its “*holistic symbol*,” in that it is a symbolic representation of the whole Ministry. The principle behind naming your Ministry is that “*whatever you can name, you can change*.” Just as you would pray for a person by their name to change their life for the better, you can pray for your Ministry by its name in order to expand its expression. Following are suggestions for creating a name for your Ministry:

- Keep it short and to the point. One to three words should be sufficient.
- It should *inspire* you by containing one or more “*qualities of God*.”
- Make it easy to remember by being rhythmic, imaginative and playful.
- It should relate to the outer nature of the Ministry; yet, also have a symbolic meaning.
- Whenever there are dual activities within your Ministry that need to be contained in the name, look for words that will include them both.

❖ “Whatever you can name, you can change.” ...Old Metaphysical Saying

## 2. Word That is Your Purpose (Use Purpose Worksheet)

Identify the “*Word of God*” that will be the “*Divine Purpose*” of your Ministry. This is the single quality of God that you are willing to “*make flesh*” through the activity of your life expression. This Word is the *Spirit* of your Ministry. It is important to recognize that the Divine Purpose of your life and Ministry is not a job description. It is a “*state of consciousness*” that is seeking to express Itself as the form of your life. In essence, It is a formless quality that has the ability to express Itself through you in order to *formulate* Itself into your experience of life. Following are a couple of suggestions for finding the “*Word that is your Purpose*.”

- Look for the “*Quality of God*” you would most like to *experience* through the expression of your Ministry.
- It should create a feeling of *inspiration*. In other words, a “*felt sense*” of life affirmation.
- It will often seem to be the “*Quality of God*” that is most *obstructed* in your endeavors.

❖ “And the Word was made flesh, and dwelt among us, full of grace and truth.” ...John 1:14

## Creating a Sacred Covenant 3-13.2

### 3. Analyzing Your Activities (Use Activities Analysis Worksheet)

The purpose of this exercise is to expand your awareness of the conditions that are currently operating in your life. You will be using the “*Activities Analysis*” worksheet to complete this step of the process. Begin by entering your Ministry Name and Purpose at the top of the sheet, and then simply follow the instructions given at the beginning of each section. Following are a few tips to assist you in completing the worksheet:

- Try to make your responses as brief as possible. Attempt to economize your words.
  - Wherever you have more than three responses to a particular question, pick only the three most important ones and drop the rest of them. The purpose of this process is to concentrate and prioritize.
  - Try to be as honest and true to your feelings as you can in filling out the worksheet.
  - If necessary, utilize the “*Fear to Faith*” worksheets to develop clarity and promote healing in those areas where you are encountering difficulties.
- ❖ “Awareness is Curative.” ...Timothy Galway

### 4. Identifying Your Intentions (Use Intentions Worksheet)

You could consider your Intentions as specific instructions that you are giving to the “*Spirit of your Ministry*.” In other words, you are guiding the expression of the “*Word that is your Purpose*” into particular channels of activity within your Ministry. Ultimately, your Intentions are what you are asking Spirit to do through you. Following are some suggestions to consider in creating your intentions:

- For most Ministries, three to five Intentions will be sufficient.
  - They should be stated in a *single* sentence that describes how the “*qualities of God*” will be expressed in the world, *with a minimal reference to forms*.
  - They should be *objectiveless* and *open-ended* to the point where you could never check them off as being fully completed.
  - They should never require any other particular person to do anything or to change in any way. Such statements contradict *free will* and create dependency.
  - At least one or two of your Intentions should be dedicated to serving others. If possible, try to include some service to *humanity* as one of your Intentions.
  - If appropriate, you might want to include an Intention that supports your relationship to those who might be affected by your Ministry. (i.e. spouse, family, partners, friends etc.)
  - Always include a statement regarding your intention to be fully supported and financially prospered, or provided for, in the expression of your Ministry.
- ❖ “What always manifests is your intentions.” ...St. Germaine

### 5. Creating the Vision (Use Vision Worksheet)

Review your “*Activities Analysis*” and see if there are any particular qualities that seem to repeat themselves. Also, look for any qualities that seem to *inspire* a positive emotional response in you. Use these qualities to create a “*Vision Statement*,” as follows:

- It should be a statement of how you would like to “*see*” the purpose of your Ministry being expressed in the world.
  - It should be stated in a *single* sentence that describes how the “*qualities of God*” will be expressed in the world, with a minimal reference to forms.
  - Preferably, it should only be a few words that could almost be used as *slogan* or “*catch phrase*” that describes your Ministry.
- ❖ “Where there is no vision, the people perish.” ...Proverbs. 29:18

# Creating a Sacred Covenant 3-13.3

## 6. It Is Written... (Use Scripture Worksheet)

To adopt a quote of Truth that relates to your Ministry can be a very inspiring tool. It is a “*statement of authority*” that has the power to bring your awareness back to *Truth* whenever doubts begin to arise around your endeavors. Such a quote can serve as a “*form of remembrance*” of the true Power that is working through your Ministry. Scriptural passages are often referred to as the “*promises of God.*” Consequently, when you adopt one of these passages, it is like saying that your Ministry is built on a promise from God Almighty. Following are some suggestions for finding your “*Quote of Truth:*”

- It should express a “Principle of Truth” that relates to your Ministry.
- It should always create a felt sense of certainty and positive affirmation.
- The best sources are the “*Sacred Scriptures,*” such as the Bible, Bhagavad Gita, Koran, etc. A “*concordance*” can be a useful tool in locating appropriate scriptures.
- ❖ “...for it is written, You shall worship the Lord your God, and him only shall you serve.”  
...Matthew 4:10

## 7. Getting the Picture (Use Icon Worksheet)

Creating an icon or logo for your Ministry will draw the holistic “*right brain*” aspect of your being into participation in the Ministry. This icon will serve as a visual reminder of what it is that you are seeking to express through your Ministry. Some guidelines for creating your icon or logo are:

- It should *inspire* you and evoke an *intuition* of the “*Word that is your Purpose.*”
- It should be relatively simple and easy for you to draw. It doesn’t require a work of art.
- Symbols are often more powerful than detailed drawings. Also, they can be used to represent abstract qualities such as love or beauty.
- Use color to create a “*mood*” within the icon.
- As a source of inspiration, you may want to consult a “*symbol dictionary*” which can usually be found in libraries or metaphysical bookstores.
- ❖ “One picture is worth a thousand words.” ...Old Chinese Proverb

## 8. Creating the Form of Your Covenant (Use Sacred Covenant Worksheet)

The final step is to assemble all of the elements that you developed in each of the previous steps described above. This can be done on the worksheet provided, or on a blank sheet in a format of your own choosing. It would be a good idea to review the “Covenant Checklist” (Pg. 3-17) before you begin the assembly process. Following are suggestions for completing your Covenant:


- Review the “Sample Sacred Covenants” To get an idea as to what a finished Sacred Covenant might look like when you are finished
- The Covenant should be placed on a single page that is highly legible to easy to read.
- Unless you are skilled in calligraphy, it would be best to have your final version typed or prepared with a computer.
- Developing your Covenant in a computer would facilitate future changes and revisions.
- Review your final draft with the criteria set fort in the “Covenant Checklist.”
- ❖ “All the paths of the Lord are mercy and truth to those who keep his covenant and testimonies.”  
...Psalms 25:10


Name: \_\_\_\_\_ Date \_\_\_\_\_


Purpose:  \_\_\_\_\_

### What Is Working? ( Or, What's your greatest fantasy? )

List one, two or three things that are either working well, or that you hope might happen, within the field of activities of your Ministry. Next to the little cloud, write down the "Word of God" that has been "made flesh by your faith" as each of the things that you have listed.


1 \_\_\_\_\_ 


2 \_\_\_\_\_ 


3 \_\_\_\_\_ 

### What Isn't Working? ( Or, What's your greatest fear? )

List one, two or three things that are either not working well, or that you are afraid might happen, within the field of activities of your Ministry. Next to the little "mental blocks" write in the "word of error" that you have mistakenly believed to be true about each one of the things you have listed.


1 \_\_\_\_\_ 


2 \_\_\_\_\_ 


3 \_\_\_\_\_ 

### What Do You Want Instead? ( Or, What do you want instead of your greatest fear? )

For each of the things that you listed above that are "not working," list one, two or three things that you would like to have instead of what is currently happening, or what you fear might happen. Next to the little light bulbs write in the "Word of God" that you "hope" will be made flesh as each of the things that you have listed.


1 \_\_\_\_\_ 

2 \_\_\_\_\_ 

3 \_\_\_\_\_ 

### Suggestions:

Following are a few suggestions to assist you in naming the "Words of God" and the "words of error" that exist in your life. It is highly recommended that you compile your own personal list.

 Abundance • Balance • Beauty • Freedom • Joy • Love • Life • Order • Peace • Power • Unity • Wholeness • Wisdom

 Lack • Debt • Conflict • Limitation • Ignorance • Rejection • Death • Chaos • Judgment • Dependency • Duality • Disease

 Same as in the "Cloud" section above.

A Name serves as a “holistic symbol” for the Purpose, Vision and Intentions of your Ministry. In this sense, it is a “verbal icon” that represents the *essence* of your whole Ministry. Review the criteria and examples below, then close your eyes and ask your “Higher Wisdom Self” to reveal to you the perfect Name for your Ministry.

**1. Write the Name of your Ministry in the fewest possible words (Three or less).**

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(You may wish to use the back of this sheet to “doodle” with some possible Names.)

**2. Assess the quality of your Name with the following criteria:**

- |                                                                                     |                          |                          |
|-------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 1. Does your Name have singularity of purpose? (Not about two things.) .....        | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Is your Name short and to the point? (Three words or less.) .....                | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does your Name capture the ‘essence’ of your Ministry? .....                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Does your Name evoke a ‘Positive’ response from within you when you hear it? ... | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Does your Name have a deeper symbolic meaning? .....                             | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Is your Name rhythmic, imaginative and playful? .....                            | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Is your Name easy to pronounce and remember? .....                               | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. If your Name was on a business card or stationary would it make sense? .....     | <input type="checkbox"/> | <input type="checkbox"/> |

**Total number of boxes checked in each column ►**

Good	???
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Look at the total number of boxes that you have checked in each column, and notice how the numbers make you *feel*. Remember, you don’t need a perfect score to have a good vision. Next, go within and ask your “Higher Wisdom Self” if this is what God wants you to call your Ministry. Also, ask for any additional wisdom that will guide you in making your assessment of your Name. Finally, use your best judgement to check the appropriate box below.

**YES, this is a good Name.**

**NO, this Name needs to be refined.**

**👉 Following are a few of sample Minstry Names to us use as a guide:**

- NovaTech ... (Spiritual Materials Developer)
- Marcia’s Christ Ministry ... (Minister)
- Sacred Goblet ... (Vintner Consultant)
- Phoenix Rising ... (Rel. Sci. Practitioner)
- Healing Hands ... (Massage Therapist)
- Gracious Life ... (Minister)
- AngelTonk ... (Musician)
- Song of Susan ... (Singer)

# "Word That Is Your Purpose" Worksheet 3-16

Your "Life Purpose" is not a job description. It is a "pre-verbal experience" that is captured and expressed by a single word. The "Word that is your Purpose" is merely the "speech sound" that expresses what is felt within your soul as your highest expression of Life. The Word itself is not nearly as important as the "felt sense" that it engenders within you. The energy of your Word is the Purpose of your Life. Review the criteria and examples below, then close your eyes and ask your "Higher Wisdom Self" to reveal to you the Word that is the Purpose of your Ministry in Life.

## 1. Write down your Purpose as a single Word.



(You may wish to use the back of this sheet to "doodle" with some possible Words.)

## 2. Assess the quality the "Word that is your Purpose" with the following criteria:

- |                                                                                    |                              |                             |
|------------------------------------------------------------------------------------|------------------------------|-----------------------------|
| 1. Is your Word singular? (One word - Not a phrase.) .....                         | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Is your Word a quality of God? (Love, Peace, etc. - See examples below.) .....  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Does speaking your Word inspire you? .....                                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. When you hear your Word spoken by others, does it attract your attention? ..... | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Does your Word describe an area of your life where you are often challenged? .. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. When you are in the experience of your Word do you lose track of time? .....    | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. Can you think of a way to assess if your Word is being expressed? .....         | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8. Does your Word seem to support your Vision and Intentions? .....                | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Total number of boxes checked in each column ► \_\_\_\_\_  
Good    ???

Look at the total number of boxes that you have checked in each column, and notice how the numbers make you feel. Remember, you don't need a perfect score to have a good Purpose. Next, go within and ask your "Higher Wisdom Self" if this is what God wants to will, and to do, through you for the highest and greatest good of all concerned. Also, ask for any additional wisdom that will guide you in making your assessment of your Purpose. Finally, use your best judgement to check the appropriate box below.

- YES, this is a good Purpose.**                     
  **NO, this Purpose needs to be refined.**

## 3. Assessing the expression of your Purpose.

Write down a place in your life where you can already "see" your Purpose working. Then, circle the "action" below which you intend to take to express your gratitude for this activity. Come back and check off the action once it has been completed, Remember: "Whatever you are grateful for will increase."



**Action:**  
  Call  
  Card  
  E-mail  
  Verbal  
  Gift  
  \$Gift  
  Prayer  
  Other:

### Following are several possible Words that might serve as a Life Purpose.

Abundance · Beauty · Freedom · Harmony · Joy · Love  
 Order · Peace · Power · Unity · Who

An intention is not an objective, which is what you want to get or possess. An intention is what you want to give or express. Consequently, intentions are more closely aligned with your motives, and serve to define the quality of your creative expression.

**1. Write out your intention in the fewest possible words (twenty or less).**

To \_\_\_\_\_

(You may wish to use the back of this sheet to "doodle" with some draft intentions.)

**2. Assess the quality of your intention with the following criteria:**

- |                                                                                                   |                              |                              |
|---------------------------------------------------------------------------------------------------|------------------------------|------------------------------|
| 1. Is your intention short and to the point? (Twenty words or less.) .....                        | <input type="checkbox"/> Yes | <input type="checkbox"/> No  |
| 2. Is your intention objectiveless? (Could never be checked off as <u>fully</u> completed.) ..... | <input type="checkbox"/> Yes | <input type="checkbox"/> No  |
| 3. Does your intention have a singularity of purpose? (Not about two things.) .....               | <input type="checkbox"/> Yes | <input type="checkbox"/> No  |
| 4. Does your intention contain a quality of God? (Love, Peace, Joy, etc.) .....                   | <input type="checkbox"/> Yes | <input type="checkbox"/> No  |
| 5. Does your intention describe something good for yourself or for another? .....                 | <input type="checkbox"/> Yes | <input type="checkbox"/> No  |
| 6. Can you conceive of a way that your intention might be harmful to others? .....                | <input type="checkbox"/> No  | <input type="checkbox"/> Yes |
| 7. Does your intention serve humanity in some way? .....                                          | <input type="checkbox"/> Yes | <input type="checkbox"/> No  |
| 8. Does your intention require someone else to change in any way? .....                           | <input type="checkbox"/> No  | <input type="checkbox"/> Yes |
| 9. Will your Intention stimulate your spiritual growth? .....                                     | <input type="checkbox"/> Yes | <input type="checkbox"/> No  |
| 10. Does reading your Intention inspire you? .....                                                | <input type="checkbox"/> Yes | <input type="checkbox"/> No  |

**Total number of boxes checked in each column ►** \_\_\_\_\_ **Good**    **???**

Look at the total number of boxes that you have checked in each column, and notice how the numbers make you *feel*. Remember, you don't need a perfect score to have a good intention. Next, go within and ask your "Higher Wisdom Self" if this is what God wants to do through you for the highest and greatest good of all concerned. Also, ask for any additional wisdom that will guide you in making your assessment of your intention. Finally, use your best judgement to check the appropriate box below.

- YES, this is a good Intention.**                       **NO, this Intention needs to be refined.**

**3. Assessing the expression of your Intention.**

Write down a place in your life where you can already "see" your Intention working. Then, circle the "action" below which you intend to take to express your gratitude for this activity. Come back and check off the action once it has been completed, Remember: "Whatever you are grateful for will increase."



♥ **Action:**  Call    Card    E-mail    Verbal    Gift    \$Gift    Prayer    Other:

**🔗 Following are a couple of sample intentions to us use as a guide:**

- To express unconditional Love in all of my relationships.
- To bring more Beauty into the world through musical expression.
- To be fully Supported and financially Prospered in the expression of my intentions.

A Vision is a statement of how you *see* your Ministry unfolding in the world. It is a summation that captures the “collective essence” of the Intentions you have set. Your Vision also serves a “public statement” about the nature of your Ministry. Review the criteria and examples below, then close your eyes and ask your “Higher Wisdom Self” to guide you in finding the right words to describe the Vision of your Ministry.

**1. Write out your Vision in the fewest possible words (ten or less).**

(You may wish to use the back of this sheet to “doodle” with some draft Vision statements.)

**2. Assess the quality of your Vision with the following criteria:**

- |                                                                                         |                          |                          |
|-----------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 1. Is your Vision short and to the point? (Ten words or less.) .....                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Does your vision have singularity of purpose? (Not about two things.) .....          | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does your Vision capture the collective essence of your Intentions? .....            | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Does your vision contain a quality of God? (Love, Peace, Joy, etc.) .....            | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Does your vision serve humanity in some way? .....                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Is your vision objectiveless? (Could never be checked off as fully completed.) ..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Does your Vision contain a minimal reference to forms? .....                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Is your Vision an Intention? (Starts with the word “To”) .....                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Does the Name of your Ministry and your Vision support each other? .....             | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Could your Vision be used as a slogan to publicly describe your Ministry? .....     | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. If you printed your Vision on your business card would it make sense? .....         | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Can you think of a way to assess that your vision is being expressed? .....         | <input type="checkbox"/> | <input type="checkbox"/> |

**Total number of boxes checked in each column ►**

\_\_\_\_\_ **Good**    **???**

Look at the total number of boxes that you have checked in each column, and notice how the numbers make you *feel*. Remember, you don’t need a perfect score to have a good Vision. Next, go within and ask your “Higher Wisdom Self” if this is what God wants to do through you for the highest and greatest good of all concerned. Also, ask for any additional wisdom that will guide you in making your assessment of your Vision. Finally, use your best judgement to check the appropriate box below.

- YES, this is a good Vision.**                     
  **NO, this Vision needs to be refined.**

**👉 Following are a couple of sample Visions to us use as a guide:**

- Revealing the Power of Love – (Minister)
- Singing in the Spirit – (Musician)
- Healing with Hands of Love – (Massage Therapist)
- Living in Financial Freedom – (Financial Planner)
- Home is Where My Heart Is – (Homemaker)



# "Foundation Scripture" Worksheet 3-19

To build your Ministry upon a "Sacred Scripture" gives it power and authority. In essence, you are tying the activity of your Ministry to a Principle that has withstood the test of time. Consequently, your Scripture stands as the "solid foundation" upon which to build your Ministry in the World. Review the criteria and examples below, then close your eyes and ask your "Higher Wisdom Self" to provide you with whatever guidance you need to find the perfect "Foundation Scripture" for your Ministry in Life.

## I. Write down your "Foundation Scripture" and it's source below:

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---



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Source: \_\_\_\_\_

## 2. Assess the quality of your Scripture with the following criteria:

- |                                                                           |                              |                             |
|---------------------------------------------------------------------------|------------------------------|-----------------------------|
| 1. Does your Scripture contain the Word that is your Purpose? .....       | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Does reading your Scripture aloud inspire you? .....                   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Is your Scripture short enough that you can easily memorize it? .....  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Does your Scripture support your Purpose, Vision and Intentions? ..... | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Does your Scripture seem like a promise from God? .....                | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Total number of boxes checked in each column ►

	Good	???
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Look at the total number of boxes that you have checked in each column, and notice how the numbers make you feel. Remember, you don't need a perfect score to have a good Scripture. Next, go within and ask your "Higher Wisdom Self" if this Scripture reveals what God wants to do through you for the highest and greatest good of all concerned. Also, ask for any additional wisdom that will guide you in making your assessment of your Scripture. Finally, use your best judgement to check the appropriate box below.

YES, this is a good Scripture.     NO, a different Scripture needs to be found.

## 3. Assessing the expression of your Scripture.

Write down a place in your life where you can already "see" your Scripture working. Then, circle the "action" below which you intend to take to express your gratitude for this activity. Come back and check off the action once it has been completed, Remember: "Whatever you are grateful for will increase."



**Action:**  Call    Card    E-mail    Verbal    Gift    \$Gift    Prayer    Other:

## Following are a couple of sample Scriptures followed by the Purpose they support:

- "And you shall know the Truth, and the Truth shall make you free." ...John 8:32 (Freedom)
- "As the Father loved me, I also have loved you; abide in my love." ...John 15:9 (Love)
- "Ask, and you shall receive, that your joy may be full." ...John 16:24 (Joy)

# Ministry Symbol Worksheet 3-20

An Icon serves as a “holistic symbol” for the Purpose, Vision and Intentions of your Ministry. In this sense, it is a “visual symbol” that represents the *essence* of your whole Ministry. Review the criteria and examples below, then close your eyes and ask your “Higher Wisdom Self” to reveal to you the perfect Symbol or Icon for your Ministry.

**1. Draw your Icon below:** (Use the back of this sheet to “doodle” with some draft ideas.)

**2. Assess the quality of your vision with the following criteria:**








- |                                                                                    |                              |                             |
|------------------------------------------------------------------------------------|------------------------------|-----------------------------|
| 1. Does your Icon capture the ‘essence’ of your Ministry? .....                    | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Does your Name evoke a ‘Positive’ response from within you when you see it? ... | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Does your Icon have a deeper symbolic meaning? .....                            | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Does your Icon contain symbols that are pleasing to you. ....                   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Is your Icon stylish, imaginative and playful? .....                            | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. Is your Icon easy to remember and/or identify? .....                            | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. Is your Icon easy to sketch and/or duplicate? .....                             | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8. If your Icon was on a business card or stationary would it make sense? .....    | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

**Total number of boxes checked in each column ►**                              
Good      **???**

Look at the total number of boxes that you have checked in each column, and notice how the numbers make you *feel*. Remember, you don’t need a perfect score to have a good Icon. Next, go within and ask your “Higher Wisdom Self” if this Icon captures the essence of what God wants to do through you for the highest and greatest good of all concerned. Also, ask for any additional wisdom that will guide you in making your assessment of your Icon. Finally, use your best judgement to check the appropriate box below.

- YES, this is a good Icon.**                       **NO, this Icon needs to be refined.**

**🕯 Following are a few universal symbols and their general meanings:**

						
<b>Square</b> World Stability	<b>Circle</b> Spirit Wholeness	<b>Triangle</b> Achievement Aspiration	<b>Spiral</b> Evolution Growth	<b>Cross</b> Relationship Equilibrium	<b>Heart</b> Love Compassion	<b>Star</b> Individuality Christ

# My Sacred Covenant Worksheet 3-21

Icon

Name: \_\_\_\_\_

Quote: \_\_\_\_\_

Purpose:  \_\_\_\_\_

Vision: \_\_\_\_\_



My Intentions for my Ministry are:



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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## Sacred Covenant Checklist 3-22

Following is a checklist to help you evaluate the effective characteristics and completeness of your Sacred Covenant. It would be a good idea to read through the checklist before you start the process of creating your Covenant. Then, use it to evaluate your Covenant when it is complete.

- Were all of the elements developed in accordance with the criteria on the worksheets?
- Do you have at least three and no more than seven Intentions?
- Are your intentions arranged in an order of ascending abstractness? (The most spiritually abstract intention at the top and the most worldly on the bottom.)
- Are each of your intentions about doing one thing? If not, can they be integrated into a single expression, or split into two separate Intentions?
- Does your Sacred Covenant invoke a feeling of inspiration, as opposed to challenge?
- Does your Covenant relate to what is going on in your life at the present time?
- Can your Covenant become active today? If not, why?
- Is your Covenant consistent with your "Ideal Day of Ministry?"
- Is your Purpose one word?
- Does at least one intention relate to what you are becoming in Christ?
- Does at least one Intention deal with the way in which you choose to serve Humanity?
- Does your Covenant acknowledge and support your current domestic situation and responsibilities? (It does not necessarily need to mention them. However, it should not conflict with them)
- Does your Covenant acknowledge and support your current occupational situation and responsibilities? (It does not necessarily need to mention them. However, it should not conflict with them)
- Do you have at least one Intention relating to physical and financial support?
- Is your Vision entirely consistent with your intentions?

Look over the total number of boxes that you have checked off above, and notice how you feel about the quality of your Covenant. Remember, you don't need a perfect score to have a good Sacred Covenant. Next, go within and ask your "Higher Wisdom Self" if this is what God wants to will, and to do, through you for the highest and greatest good of all concerned. Also, ask for any additional wisdom that will guide you in making your final assessment of your Sacred Covenant. Check the appropriate box below.

- YES, this is a good Covenant.**                       **NO, this Covenant needs to be refined.**

**Name:** **NovaTech Ministries**

**Scripture:** "And you shall know the Truth, and the Truth shall make you free." ...John 8:32

**Purpose:** **Freedom**

**Vision:** **New Tools for Teachers of Truth**

**Intentions:**

1. To fully realize and reveal the Consciousness of Christ within my own being.
2. To awaken the impulse to Christ Consciousness within all beings.
3. To facilitate the emergence of a personally realized "Universal Spirituality" that will ultimately serve all of Humanity.
4. To assist Teachers of Truth by developing instructional materials, new techniques and programs of spiritual practice that will facilitate the enlightenment of Humanity.
5. To fully utilize available communication tools and new technologies that will expand the outreach of my Ministry.
6. To graciously accept ever increasing personal and professional assistance in the expression of my Ministry.
7. To be fully supported in my Ministry with perfect health and abundant wealth.

Revised: 2/3/01

**Name:** **Marcia's Christ Ministry**

**Scripture:** "And Jesus turned and when he saw her, he said,  
'Daughter, be of good comfort; thy faith has made thee whole.'  
And the woman was made whole from that hour."  
...Matthew 9:22

**Purpose:** **Love**

**Vision:** **Growing Together in Christ**

**Intentions:**

1. To be the Loving Presence of the Living Christ.
2. To teach the 'Word of God' in the name of Jesus Christ.
3. To build the "New Church" in the Body of Christ
4. To reveal the Joy of Jesus Christ abiding in my flesh.
5. To live in the Freedom of being totally provided for according to Jesus Christ.

Revised: 11/3/03

# Affirmation Worksheet 3-24

An affirmation is a “*statement of being*” which describes the essence of who you are in the highest possible terms. An affirmation should always be a statement about who you are as opposed to what you want to get. A helpful tip in writing an affirmation is to imagine exactly what you would say about yourself if your intentions were already fulfilled at their highest possible level.

**1. Write out your affirmation in the fewest possible words (twenty or less).**

I am \_\_\_\_\_

(You may wish to use the back of this sheet to “doodle” with some draft affirmations.)

**2. Assess the quality of your affirmation with the following criteria:**

- |                                                                                                         |                          |                          |
|---------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 1. Is your affirmation short and to the point? (Twenty words or less.) . . . . .                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Is your affirmation objectiveless? (Could never be checked off as <u>fully</u> completed.) . . . . . | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does your affirmation have a singularity of purpose? (Not about two things.) . . . . .               | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Does your affirmation contain a quality of God? (Love, Peace, Joy, etc.) . . . . .                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Does your affirmation describe something good for yourself or for another? . . . . .                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Can you conceive of a way that your affirmation might be harmful to others? . . . . .                | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Does your affirmation serve humanity in some way? . . . . .                                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Does your affirmation require someone else to change in any way? . . . . .                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Will your Affirmation stimulate your spiritual growth? . . . . .                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Does reading your Affirmation inspire you? . . . . .                                                | <input type="checkbox"/> | <input type="checkbox"/> |

**Total number of boxes checked in each column ►** \_\_\_\_\_  
Good ???

Look at the total number of boxes that you have checked in each column, and notice how the numbers make you *feel*. Remember, you don't need a perfect score to have a good affirmation. Next, go within and ask your “*Higher Wisdom Self*” if this is what God wants to do through you for the highest and greatest good of all concerned. Also, ask for any additional wisdom that will guide you in making your assessment of your affirmation. Finally, use your best judgement to check the appropriate box below.

**YES, this is a good Affirmation.**      **NO, this Affirmation needs to be refined.**

**3. Assessing the expression of your Affirmation.**

Write down a place in your life where you can already “see” your Affirmation working. Then, circle the “action” below which you intend to take to express your gratitude for this activity. Come back and check off the action once it has been completed, Remember: “*Whatever you are grateful for will increase.*”



♥ **Action:**  Call    Card    E-mail    Verbal    Gift    \$Gift    Prayer    Other:

**Following are a couple of sample affirmations to us use as a guide:**

- I am an expression of unconditional Love in all of my relationships.
- I am bringing more Beauty into the world through my musical expression.
- I am fully Supported and financially Prospered by the expression of my affirmations.

There is only One Life! This Life is Good! This Life is God! This Life is my Life now! In knowing that I am “one” with this Life that is God . . . I, therefore know that I am “one” with all of Its blessed expressions, which includes my beloved Ministry called:

\_\_\_\_\_ (Project Name)

Because I know that the highest Purpose of my Ministry is to glorify God, I therefore know that my Ministry is a revelation of God as:



\_\_\_\_\_ (Word of God)

As I stand alone in the High Altar of Consciousness, I see my Ministry revealed before me as:  \_\_\_\_\_ (Personal Vision)

I intend to express my Ministry in full cooperation and agreement with all beings, knowing the Truth about myself, for:



I am \_\_\_\_\_ (Personal Affirmation)



I am \_\_\_\_\_ (Personal Affirmation)



I am \_\_\_\_\_ (Personal Affirmation)




I am \_\_\_\_\_ (Personal Affirmation)



I am \_\_\_\_\_ (Personal Affirmation)

I know that my Ministry is fully supported by the Word of God, for it is written: \_\_\_\_\_ (Personal Scripture)

As I now accept the highest expression of my Ministry into my life, I know that it will be revealed in a way that will glorify God and serve the highest and greatest good of all who are touched by its unfoldment. I am grateful God is gracious. So be it now! Amen. 

\_\_\_\_\_ Name

\_\_\_\_\_ Date

## Format Your Covenant for High Visibility

Put your Sacred Covenant into a form or format so that it can be kept in a place where it will be highly visible to you. You may want to have a copy located in more than one place so that it will not be forgotten. For example, if you use a “personal organizer” you may wish to include a copy of your covenant in a strategic location within the binder so that you see it on a daily basis. Another suggestion would be to frame a copy on fancy paper and place it in your home and/or office where you will frequently see it.

❖ “Out of sight, out of mind.”

## Read Your Covenant Out Loud

As an initial practice read your Sacred Covenant *aloud* once a day for 30 days. Thereafter, it would be a good idea to get in the habit of reading it *aloud* at least once a week.

❖ “Faith comes by hearing, and hearing by the Word of God.” ...Romans 10:17

## Revise Your Covenant

Be prepared to revise your Sacred Covenant, as necessary, at any time. Sometimes a slight rephrasing of an intention will significantly deepen its impact upon your soul. If you do not feel the need to make at least some minor adjustments within the first thirty days you are probably not giving this practice sufficient attention. Monthly reviews of your Covenant would also be an excellent idea.

❖ “All human suffering is caused by resistance to change.” ...Thomas Troward

## Pray Over Your Covenant With Others

There is not a more powerful spiritual tool available to you than a “prayer of agreement.” Therefore, it behooves you to have a partner with whom you can pray with about your Covenant.

❖ “If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven.” ...Matthew 18:19

## Carry Extra Copies to Give to Others

It is highly suggested that you always carry a few copies of your covenant with you so they can be given to other spiritually minded people that you feel can support you in its expression. It is also an excellent way to communicate the inspiration of your heart to others who might be receptive. However, your Covenant is not a marketing tool, so be selective in its distribution.

❖ “Your Covenant is sacred, not secret.”

## Take Some Action

Once you have created a Sacred Covenant it is time to identify some “Action Steps.” If you are truly creating your Ministry in a spiritual fashion, you will probably not be aware of many of the steps necessary for its unfoldment until after you have taken them. However, there are usually a couple of things that you can do to get started, as follows:

- Begin by creating a “Plan.” This can be something as simple as a “Things To Do List.” Even though you may not know all the steps when you start out, there is usually at least one or two simple things that you can do right away.
  - If your Ministry will involve money, set up a “Spending Plan,” or budget, as soon as possible. This will immediately bring any fears and feelings of lack up to the surface. The sooner you move past your fears, the more quickly your Project will unfold.
- ❖ “For as the body without the spirit is dead, so faith without works is dead also.” ...James 2:26



# My Ideal Day - Schedule 3-27

Date:

Time	Activity	Quality
6:00am		
7:00am		
8:00am		
9:00am		
10:00am		
11:00am		
12:00pm		
1:00pm		
2:00pm		
3:00pm		
4:00pm		
5:00pm		
6:00pm		
7:00pm		
8:00pm		
9:00pm		
10:00pm		
11:00pm		
12:00pm		

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Created on: \_\_\_\_\_

