

Feed Your Holy Discontent

Online Assessment 2 of 2

21 April 2008

The tendency for most of us when we encounter stuff that creates *dis*-ease and frustration in our souls is to push it away. And fast! We feel the discomfort of holy discontentedness coming on, and reflexively we want to medicate it. We want to recoil in disgust at the dreadful realities surrounding us. We want to head to Blockbuster to rent another movie just to stay distanced from it.

- *Holy Discontent*, p. 67

Finding Your Holy Discontent is Only the First Step. To Have Real Impact, You Must **Feed** It Too.

IN *HOLY DISCONTENT*, author Bill Hybels says, "Once you *find* your holy discontent, do whatever you must do to *feed* it. If this sounds counterintuitive, it's because it is. But as I've often said, the ongoing danger regarding a person's holy discontent is that its energy will wane. The fuel will dry up. The firestorm will fizzle out.

"No matter how amped up we are about something that wrecks us, time and repetition take a toll. Another plate of food for a starving orphan, another late-night music rehearsal for an artist, another tutoring class for an inner-city child— if we aren't diligent to feed our holy discontent, we will assuredly become 'weary in well doing' (Galatians 6:9), to borrow a phrase from the apostle Paul."¹

So, what does it look like to "feed" your holy discontent? The following assessment will help you to sort that out. First, note your holy discontent on the line below. Then, work through each of the three parts that follow: *Take Stock*, *Chart Your Change*, and *Commit Today*.

MY HOLY DISCONTENT: _____
[Don't Know Yours? See Assessment 1, [Find Your Holy Discontent](#)[AFW1]]

¹ *Holy Discontent*, p. 74

Part 1 // Take Stock

A surefire way to tell whether or not you are feeding your holy discontent is to assess how your time and energy are spent. Grab your PDA, pull up last week’s calendar, and take a stab at the simple exercise below. Two pointers as you dive in:

- Under the “Accomplishment” column, note as many completed projects or tasks as you can recall from looking at your calendar for last week
- Place a check mark in the “Provided Fuel” (meaning your energy and optimism actually increased, even if the task was challenging), or the “Drained Fuel” column (meaning your energy declined, even if the task was simple), depending on how you felt after you completed the task. Two samples are offered to get you started...

IMPACT FROM MY WEEK’S ACCOMPLISHMENTS

Accomplishment	Provided Fuel	Drained Fuel
<i>Ex. Counseled a teen who is struggling with her relationship with her parents</i>		✓
<i>Ex. Organized a neighborhood-wide softball game</i>	✓	

Part 2 // Chart Your Change

Take a look at your completed grid from Part One. Jot down the tasks that “provided fuel” here:

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How do these tasks relate to the holy discontent you noted at the beginning of this assessment? Note your observations below.

Now, consider what attitudes or activities might serve to move you closer still to your area of holy discontent. After reading the statements below, on a scale of 1 (disagree) to 5 (agree) rate how strongly you agree or disagree with the each one noted.

Regarding My Holy Discontent...	Degree to Which I Agree
	Disagree 1 2 3 4 5 Agree
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<u>Attitudes</u>	
I am grateful for my holy discontent.	_____
I understand the reasons I’m passionate about affecting change in this arena.	_____
I am optimistic about people understanding why I’m so passionate about living from my area of holy discontent.	_____
<u>Activities</u>	
My typical week already reflects a significant time and energy commitment to feeding my holy discontent.	_____
I’m willing to dismiss tasks and obligations that don’t seem to be feeding my holy discontent.	_____
I’m open to engaging in opportunities that will feed my holy discontent in more predictable ways.	_____

Part 3 // Commit Today!

Review the items from Part Two that you ranked low on the agreement-scale—items that received a “1” or a “2” in their accompanying blanks. Note them again here:

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Perhaps the best “first step” you can take to feed your holy discontent has to do with shifting an attitude or an assumption. Or maybe feeding your holy discontent is as simple as ditching a few standing appointments so that you can free yourself up to seize opportunities that strike closer to your passion center.

Place a check mark in the box beside one item from your brief list above to work on first. Next, review the options that follow, placing check marks in the ones that seem to address your selected starting point for feeding your holy discontent.

- Rallying resources for widow and orphan care
- Caring for single parents
- Comforting grief-stricken people
- Breaking a stronghold
- Ending an addictive behavior: _____
- Enfolding an ostracized person in community
- Establishing a relationship with someone who shares your holy discontent
- Starting a new discipline: _____
- Taking a class
- Reading a book that explores your area of holy discontent
- Attending a seminar or conference
- Serving the needs of people in your own community
- Getting people rallied around a cause
- Caring for the sick
- Learning a new skill
- Researching the history of your holy discontent
- Letting go of a relationship or an obligation that doesn't feed my holy discontent:

- Taking a trip to an area of the world affected by that which you can't stand
- Having a conversation with someone who is serving in a way you wish you were
- Telling a friend or family member about your holy discontent
- Thanking God for forming you with the passions you possess
- Attending a meeting where others who share your passion gather

Now, come up with a few additions to the list on your own. What steps can you take this week to begin feeding your holy discontent? An entire world awaits your contribution!

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