



## TOP 10 LIST GUIDELINES

*Train yourself for godliness...*

*But seek first the kingdom of God and his righteousness,  
and all these things will be added to you.*

*1 Tim 4:7b; Matthew 6:33*

**TOP 10 LIST** is a CrossWay tool designed for training ourselves for godliness in all aspects of our lives—it is our personal “rule of life.” Writing and using a Top 10 List regularly provides us with three benefits: **[1]** a clear thought process for priorities and intentions for real transformation (1 Cor. 9:24-27), **[2]** a concrete way of evaluating our progress, and **[3]** a practical way of holding ourselves accountable to others who care for our growth (Prov. 27:17).

Here are the guidelines of **HOW TO USE TOP 10 LIST**:

1. The key overriding guideline to follow is this: **ARRANGE your life around God**—not God around your life. How? Begin with seeking *what God desires to see* in every arena of your life in an extended time of solitude with God (at least 2-3 hours). At the end of the solitude, write out top 10 things you discern as the customized training plan for godliness during the next three months.
2. **Start with a verb** on each item—this will help you to think in concrete terms of action. Keep the **MAPS** principles in mind—**M**easurable, **A**ttainable, **P**ractical and **S**pecific.
  - For example, rather than “1. Daily quiet time. 2. Physical fitness, and so on,” write it out specifically like this: “1. Begin each day with an unhurried quiet time @6:30am. 2. Run for 30 minutes at least 4x a week, and so on.”
3. Keep your sentences simple. Define each “rule of life” [your intention for transformation] as tangibly as possible, but do not create sub-rules which defuse the focus and simplicity.
4. Leave # 1 for Quiet Time as the “ultimate top priority” of your life. However, feel free to organize the rest of them in any order. Top 10 doesn't necessarily mean the order of importance.
5. Apply “**GOD-CENTEREDNESS**” [i.e., what God desires] in all areas of life.
  - Physical life: *how I take care of my body*
  - Relational life: *how I deal with my marriage, my family, my friends*
  - Intellectual life: *how I take care of my mind*
  - Vocational life: *how, where, and why I do my job*
  - Financial life: *how I manage my money*
  - Recreational life: *how I rest, manage leisure*
  - Spiritual rhythms: *how I discipline myself for the rhythms of the spiritual life*
  - Spiritual direction: *how I follow the direction and leading of the Spirit of God*
6. Share your Top 10 List with your spouse, accountability partner, and men’s/women’s group. At least with your accountability partner, meet regularly for mutual accountability and support.
7. Evaluate and revise your Top 10 List quarterly (i.e., January, April, July, & October). Refocus on the items that didn’t work well and refine realistically creative ways to train yourself on it. Include a few new items in your quarterly focus and delete a few items in the past quarter’s focus.