

- I. Consider people from your past—friends, family, colleagues—who have passed on. Think of one or two with positive reputations and one or two who had negative reputations. What are specific lessons you can learn from each—positive and negative?

- II. Prayerfully survey your present life and especially your relationships. Are there people in your life from whom you are estranged? People whom you have hurt or harmed? People who wouldn't care if you died or would even be happy to see you gone? What would you have to do to change that relationship? What's keeping you from doing that this week?

- III. Who is somebody you know who might need to take their lives more seriously—people who are engaged in too much folly and fun rather than seriousness and sobriety. What activities or events might you arrange to help to ponder the important things in life? How might you bring that kind of "quality time" to your own family and circle of friends?