

P.A.R.K.S. Matrix	SPIRITUAL	MORAL	INTELLECTUAL	EMOTIONAL	SOCIAL	PHYSICAL	FINANCIAL
PRUDENT	Prudently live each day as if it may be your last.	Prudently keep your future spouse, children and all those you will minister to in mind.	Prudently realize that knowledge builds on knowledge.	Prudently be in touch with how you feel. Your feelings affect your actions, which impact your lifestyle.	Prudently realize that who you follow will direct the course of your life.	Prudently realize that your body is a machine that needs regular maintenance.	Prudently live like the ant that works diligently and prepares for the harvest.
ACKNOWLEDGE	Acknowledge God. Do not forget the God who Created you, Redeemed you and Sanctified you.	Acknowledge that there is absolute truth. There is right and wrong. There are consequences for your actions.	Acknowledge that education is a fundamental building block to development and success.	Acknowledge that emotional wounds are like physical wounds - they take time and treatment to heal.	Acknowledge your responsibility in the relationships God has you in.	Acknowledge that your body is the temple of the Holy Spirit.	Acknowledge that resources and opportunities are a gift from God and should be used for His glory.
RECOGNIZE	Recognize the clear and present danger of other gods vying for your attention and allegiance.	Recognize the moral depravity of our culture. Temptation is real and enticing.	Recognize the power of distraction, and the tendency toward apathy, which can destroy your potential.	Recognize that unhealthy emotions can affect all areas of your life.	Recognize that bad company corrupts good morals, and there is such a thing as a social education.	Recognize that an excess of anything can do more harm than good.	Recognize your natural tendency towards greed and self-preservation.
K(C)OMMIT	Commit to live each day in a manner that honors God.	Commit to abstinence and moral purity in pursuit of holiness.	Commit to disciplined and effective study habits.	Commit to sharing your thoughts and feelings with the appropriate people who truly care for you.	Commit to invest in and adhere to healthy, God-honoring relationships.	Commit to a healthy diet of nutrition, rest and exercise.	Commit to being a good steward of 100% of your time, talent, and treasure.
SEEK	Seek first the Kingdom of Heaven, not the things of this world.	Seek accountability with others for a pure and healthy lifestyle.	Seek teachers and tutors who can help you.	Seek mentors, counselors and friends to talk to.	Seek to love, rather than to be loved. Seek the proper balance of confidence and humility.	Seek opportunities for physical fitness.	Seek healthy employment and investments.
SERVE	Purposefully serve as Jesus served.	Serve those of the opposite sex (and all people) by treating them with respect - visually, mentally and physically.	Serve those who can benefit from your knowledge.	Serve others by listening and taking the time to be with them.	Serve those in your sphere of influence, rather than yourself.	Serve others by being a good steward of the body and health God has given you.	Serve those who are truly in need of your resources.