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| ***If we don’t stay focus then we have the possibilities of being burn up and stress out*** |
| http://www.vrchurchofgod.org/imagelib/sitebuilder/layout/spacer.gif |
| |  | | --- | | The Bible warns us in Eph. 6:11,16 - we must stand*“Against the wiles of the devil and the fiery darts of the wicked.”*    How do you know that you are burn out or Stress out and don’t focus like you need to?    You see all through the Bible that men like Elijah to Peter got stress out and almost burn out.  They lost their focus and yet God was able to bring them back to their appointed time.    Five points of your life that will tell you.  If you have any of the Five you are headed for a Burn Out or a Stress Live.    You cannot focus -- Try to focus on just one thing.  Try for the next 60 seconds try to Focus on one thing that you need to do tomorrow.    We depreciate our worth -- We put ourselves down mentally. There’s a little tape going on in your mind that says over and over, "I’m a nobody. My life doesn’t matter. I’m insignificant. I don’t count. I have no value." It plays over and over in your mind.    Also comparing: When you start comparing yourself to somebody else, you’re setting yourself up for emotional burnout. What you tend to do is compare your life with the accomplishments of other people: "I’m not doing enough."    We underrate our work -- Trying to control everything. You feel as if the whole world rests on your shoulders.  I have to make sure everything’s going to turn out all right.  I have to hold everything together.  I have to work everything out.  If it is to be, it’s up to me.  I have to make it all work out.  You’re setting yourself up!  When you try to be general manager of the universe. This is a burden God never intended for you to carry.    We exaggerate out problems -- We overemphasize what’s wrong in our lives and we ignore God’s blessing in our lives.  We always focus on the negative rather than the positive.  We see the cup as half empty not as half full.  If you are always focusing on the negative in your life, if that’s all you ever look at, if you’re always putting yourself down.    We relinquish our dreams -- You lose your vision.  You forfeit your future.  You forget your goals.  You basically want to give up.  You’re so emotionally, physically, spiritually drained you just want to give up.  What happens is you stop caring?  You’ve had enough, you stop caring. This happens in relationships all the time.    *TEN PRINCIPLES FOR THE BUSY PERSON*    1 -- What is my single greatest Strength?  What do I do best, what is my talent?    This is where you have the most Steward Ship,Responsibility for your life.    Self-concept is the sum total of all the Addictive you use to Describe yourself.    *Action:  get a piece of paper and make an exhaustive list of every adjective you would use to describe yourself, positive and negative.*    *Action:  Have your spouse or (close friend if you are not married) compile a list of your strengths with no negatives.*    2 -- What three Decisions are causing me the greatest Stress?    Two main causes of Stress:  the first is Indecision, and the second is Lack of Control.    A good leader is someone who knows;  1) What to do next,  2) why that’s important,  3) how to bring the appropriate resources to bear on the need at hand.    3 -- What is Overwhelming Me?    *Action: Get a blank sheet of paper and a pencil, and for the next few minutes, write out our answer to this question: What’s heavy on my      shoulders or mind today?*    Ask yourself, “What are Three nonnegotiable I have to get done today?”    4 -- What impossible roadblock has me stuck?    This question can be, “In all my work, what is the single thing which if I could just solve it, would allow everything else to just flow?”    *Action:  Write the roadblocks down.*    5 -- If I could do only Three things in my life time, what would they be?    Your answers to this question have to be in measurable terms.  Once this question is answered, you clarify for yourself what to do at those places where your road forks in two or more directions.    6 -- What should I resign from or drop out of    We must place our focus on our life being effective. Peter Drucker says, efficiency is doing things right and effectiveness is doing right things.    *Action:  Write down the fundamental right things for you to be doing in relationship to the giftedness you have been given.*    7-- What can I postpone – be it for a month, three months, or indefinitely?    *Action:  Develop an advisory council made up of people you really love and respect.  Give them a list of things you are involved in and say, “What would you encourage me to reconsider”?*    8 -- What things on my to-do list can someone else at least 80% as well?    You can get a lot done with volunteers.  Begin to see those people as fulltime people (full-time staff people) who can work in the church only 10 or 5 hours or whatever hours a week.    9 – What are the elephants in my schedule?    Italian economist Vilfredo Pareto said, “If you’re Noah, and your ark is about to sink, look for the elephants first, because you can throw over a bunch of cats and dogs and squirrels and everything else that is just a small animal and your ark will keep sinking.  But if you can find one elephant to get overboard, you’re in much better shape.”    10 -- What Three things could I do in the next three months that would make a 50%difference?    This question gives you a fundamental big picture on almost any assignment you have.    *Two Additional Question To Bring Focus To Your Life!*    1 -- What is your passion?  This question means, “What do you feel deeply burdened by and uniquely quantified to deal with today?    2 -- What is your dream?  This question means, “What is your long term plain?  Where do you eventually want to be or go or do?    Remember this statement:  A dream without a time line is only a Dream!    *Three Principles To Look At Or To Live By*    1 -- One way or another, you have to build a team. or you’re going to drown in all the stuff you have to do. You just can’t do it all yourself!    2 -- You have to schedule time away and Go.    3 -- You must see that what you are doing in terms of balances.    *Some Things I Can Do*    1)  Rest your body, HOW?    Take some time off know matter who don’t like it.    2)  Release your frustrations,  HOW?    Get a hoppy.    3)  Refocus on God,  HOW?    Only through Prayer and Reading the Word of God.    4)  Resume serving others,  HOW?    Pull yourself up and understand where you started in the beginning.  That was serving others. | |