

Legacy

PRINCIPLES

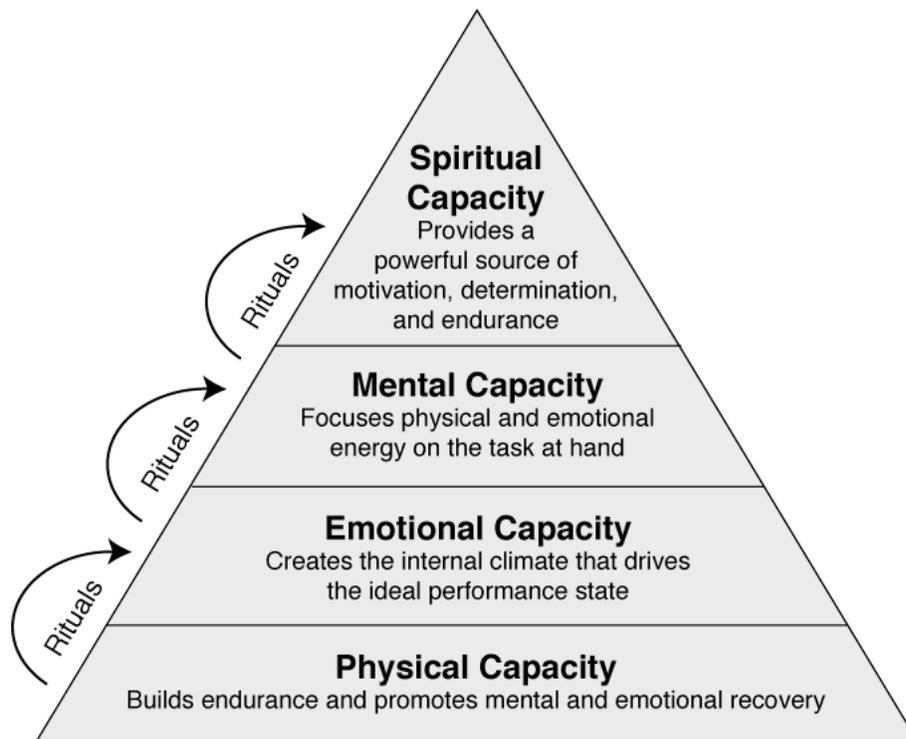
of life to be lived, a story to be told . . .

Living Fully Alive in 2014!

Mentally Focused

April 19, 2014

“A man’s mind, once stretched by a new idea, never regains its original dimension.” Oliver Wendell Holmes



Making of a Corporate Athlete, Jim Loehr and Tony Schwartz - Harvard Business Review 2001

Spiritual capacity is the REASON or power of the energy – KEY WORDS: Spiritually Aligned Belief-Action

Physical capacity is defined as QUANTITY of Energy - KEY WORDS: Physically Energized

Emotional Capacity is the QUALITY of energy - KEY WORDS: Emotionally Connected

Every thought, feeling, and action has an energy consequence through either positive or negative thoughts

Mental capacity is the FOCUS of energy - KEY WORDS: Mentally Focused

Remember

“Everything that is true is not Truth”, Michael Wells

“To thrive in this world will require a new skill. Not drive, not sheer intelligence, not creativity, but FOCUS. You must excel in filtering the world. You must be able to cut through the clutter and zero in on the emotions or facts or events that really matter. You must learn to distinguish between what is merely important and what is imperative. You must learn to place less value on all that you can remember, and more on those few things that you must never forget.” Marcus Buckingham, *The One Thing You Need to Know*

Biblical Truths

Loving God with All Your Mind

Matt 22:37— Jesus said to him, “You shall love the LORD your God with all your heart, with all your soul, and with all your mind.

Transformed by Renewing Your Mind

Romans 12:1-2 – I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service. And **do not be conformed** to this world, **but be transformed by the renewing of your mind**, that you may prove what *is* that good and acceptable and perfect will of God.

Put On – Clothe Yourself

Col 3:12-15 – Therefore, as *the* elect of God, holy and beloved, **put on** tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also *must do*. But above all these things **put on** love, which is the bond of perfection. And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.

4:8 Meditation

Phil 4:6-8 – Be anxious for nothing, **but in everything** by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, **will guard your hearts and minds** through Christ Jesus. Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—**meditate on** these things.

Set Your Mind on Eternal Things

Col 3:2 – **Set your mind on things above**, not on things on the earth.

Take Every Thought Captive

2Cor. 10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and **bringing into captivity every thought** to the obedience of Christ;

Let the Word of Christ Dwell in You Richly

Col 3:16-17 – Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. And whatever you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks to God the Father through Him.

Practical Application

Becoming a better thinker is worth your effort because the way you think impacts every aspect of your life.

Good thinking will improve your life

Becoming a good thinker is not overly complicated, but it must be cultivated and refined.

Ideas

1. Find a thinking place—"When I found a place to think my thoughts found a place in me." John Maxwell
2. Come up with a good thought a day.
3. Put your thoughts in writing
4. If you can develop the discipline of good thinking and turn it in to a lifetime habit then you will be productive all of your life.
5. Keep your thoughts in front of you. Find a place or way to store them.
6. You must be intentional about the thinking process.
7. Guard your inputs. Turn off the TV!
8. Be careful who you listen to

How to stay focused?

1. Remove distractions-not easy but absolutely critical

Clement Stone says, "Keep your mind off the things you don't want by keeping it on the things you do want."

2. Do first things first-those things that have the highest return—time for yourself
3. Insulate your self—you must block out time for uninterrupted time.
4. Keep items of focus before you on 3x5t cards, notebook, computer records
5. Set goals—the mind will not focus until it has clear objectives.

"A man's mind can't cope with an unanswered question. Seek to answer significant questions as quickly as you can." Bobb Biehl

We must embrace REFLECTIVE thinking.

The value of reflective thinking is directly tied to what you choose to think about.

The better the questions the more gold you will mine from your thinking in the following categories:

1. My values
2. Relationships
3. Experiences

Sample Questions related to values taken from John Maxwell's book, *Thinking for a Change*.

Personal Growth

Each day ask yourself what have I learned today that would help me grow. You must personally pursue that.

- How can I apply it to my life?
- When should I apply what I have learned?

Adding Value

- To whom did I add value today?
- How do I know I did so?
- Was I positive in my attitude and responses?

Leadership

- Did I lead by example today?
- What did I do and how did I do it?

Physical Health

Did I pay attention to diet, exercise and sleep?

Sleep is so important. If you are sleep deprived it affects your whole outlook to life.

Personal Faith

Did I represent God well today?

Is my heart thankful and appreciative for all that HE has done for me?

Thinking related to Relationships

• **Marriage and Family**

Did I communicate love to Jim and the children today?

How did I show it?

Did they feel it?

Did they return it?

Friends

Have I been a good friend today?

Is there a friend who needs me?

Inner Circle

Have I spent enough time with key relationships?

God

Have I spent time with God today?

What is He teaching me?

Am I learning?

Am I obeying?

Have I focused my thinking on Him today?

Are you feeling dry today or are you full? Are you energized by your thoughts or are you drained, defeated and hopeless?

The only way we can experience the fullness of life is for the Word of God to dwell in our life.

Resources

40-Day Journey to a Joy Filled Life, Tommy Newberry

4:8 Principle, Tommy Newberry

Thinking for a Change, John Maxwell

FINAL Session

- May 17 – Emotional Energy – DNA of Relationships by Gary Smalley