

## **SESSION TWO: THE LIFESTYLE OF A FOCUSED DISCIPLE**

### **The Navigators**

Bartlesville, OK

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# SESSION TWO: THE LIFESTYLE OF A FOCUSED DISCIPLE

## 1. THINK ABOUT YOUR THINKING:

- a. Repentance: Metanoia or Metanoete
  - What are you thinking about?
- b. The Mind Pleasing to God
  - The Mind of Christ ( 1Cor 2:16)
  - Perfect Peace (Is 26:3)
  - An *understanding* mind to serve others (1 Kings 3:9)
  - Singlemindedness (1 Chron 22:19)
  - No “normal” days.... (Psalm 16:8)
- c. Thinking with the God who IS enough
  - When making a Decision
  - A life without lack
  - The Secret

## 2. LEARNING TO LISTEN *WITH-GOD*

- a. An Interactive *relationship* (Mark 1:35)
- b. LISTEN!
  - 1). Pay attention to what is going on *within* us
  - 2). Pay attention to surrounding circumstances
  - 3). Listen with greater *patience*
  - 4). Listen with greater *confidence*
  - 5). Listen with greater *acuteness*

**c. The One-Thing Principle:**

Mary: Luke 10:42    *“One thing is needed”*

David: Psalm 27:4    *“One thing have I desired”*

Paul : Phil: 3:13,14    *“this one thing I do”*

**3. HOW TO DETERMINE PRIORITIES**

(1.) \_\_\_\_\_

(2.) \_\_\_\_\_

(3.) \_\_\_\_\_

(4.) \_\_\_\_\_

(5.) \_\_\_\_\_

*“When you focus on many things, the few things become fuzzy.  
When you focus on the **one thing**, the few things will become clear”*

**\*\*FOCUS INCREASES MARGIN**

# **NAVIGATING LIFE WITH MARGIN: SPACE FOR GOD TO ACT**

## **A. CREATING “SPACE” IN ALL AREAS OF LIFE PRACTICE SIMPLICITY**

1. Simplicity: making room for the things that are most important
2. “Grace teaching us” to do what? (Titus 2:11-14).

## **B. FOUR AREAS OF MARGIN<sup>1</sup>**

1. EMOTIONAL
2. PHYSICAL
3. FINANCIAL
4. TIME RESERVES

## **C. DAILY DISCIPLINES**

- (1). Give the Lord the “first or best” of your day
- (2). Practice Sabbath: rest, sleep, energy
- (3). Be accountable for your time (to individuals/small group)
- (4). Rhythms of life: Mt 6:11, Luke 9:23

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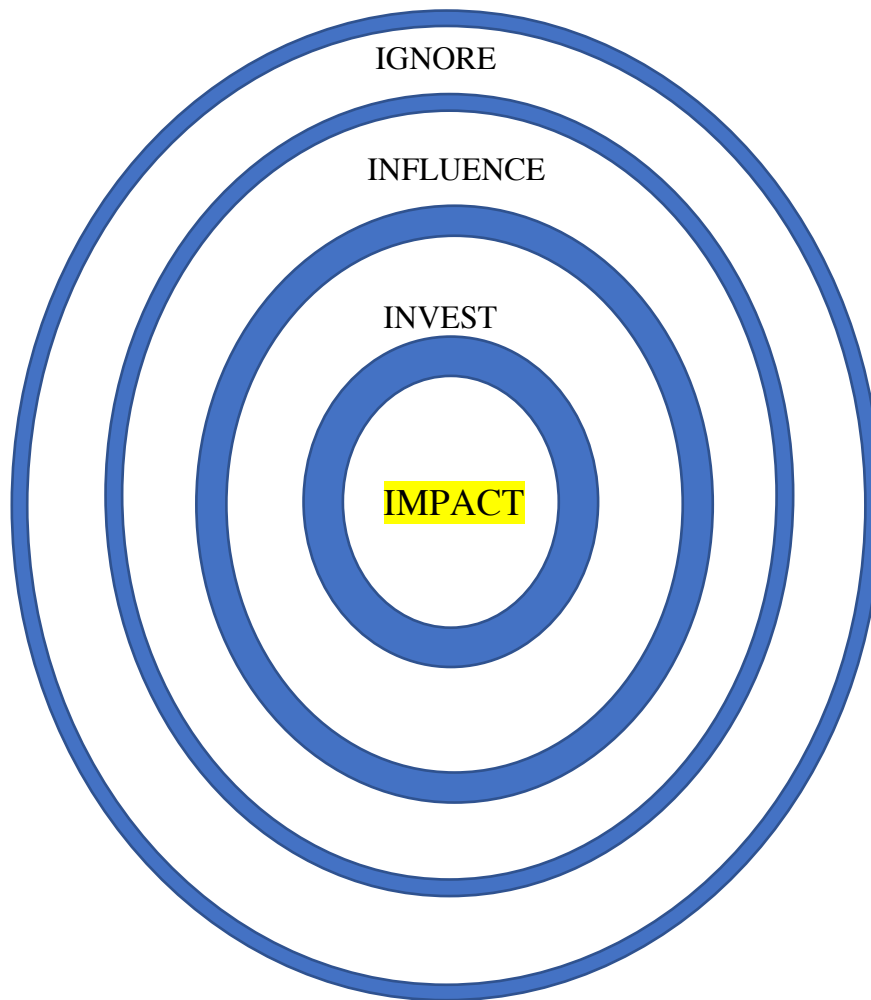
<sup>1</sup> I owe this thought to Dr. Richard Swenson and his work on Margin. Navpress

<b>Creating Margin in Life</b>	<b>Increase</b> Raise levels	<b>Decrease Toxicity (Lower Levels)</b>	<b>Appropriate Changes and Controls</b>
Emotional			Jer 15:16 1 Chr 16:27 Habakkuk 17:19
Physical			Romans 12:1-2
Financial			Romans 13:8
Time Reserves			Ephesians 5:15

#### D. RUTHLESSLY ELIMINATE HURRY FROM YOUR SCHEDULE

- *The Urgent is seldom Important.*  
*The Important is seldom Urgent.*
- You are what you pay attention to!
  - i. Our image?
  - ii. Facebook? Instagram? The News?
  - iii. What about Prayers for People? Our Neighbor?
  - iv. Listening or Planning? The Holy Spirit?
  - v. Romans 12:2

E. Developing Margin by establishing boundaries



You may impress from a distance, but to have an impact, you must be up close...

**\*\*\*MARGIN INCREASES MY CAPACITY, FLEXIBILITY AND AVAILABILITY TO LIVE FREELY AND FULLY, WITH PURPOSE**