

The Supernatural Power of a Focused Life

Week 3

Vital Components and _____ of a Focused Lifestyle

_____ and _____ - *My presence shall go with you, and I will give you rest.* Exodus 33:14

- God _____ - Rest is a Biblical command, not just an option.
 - God has _____ for us what our weeks should look like.
 - A good way to start our seventh day is by _____ God what is on His _____ for us.
- Time for _____
 - Some of us have been robbed of rest not just during the _____ but also at _____. Others have not incorporated a _____ amount of sleep into their lifestyle.
 - Not only do we need one day a week to rest, we need _____ hours of sleep each day. The nighttime hours are meant to be a time of rest for our _____ as well as time for God to _____ with us, downloading revelation, dreams and songs.
 - Make some changes in our _____.
- Experiencing the _____
 - Jesus said that unless we become like little children, we won't see the Kingdom. Part of learning to become child-like is learning to _____ and experience _____ in His Presence.

Getting Personal:

- ~ Close your eyes and imagine: What would a perfect day of rest look like for you?
- ~ What hindrances might you face to a day of rest?
- ~ How can you proactively deal with these hindrances?

_____ – **The Key to Freedom** - Matthew 18
Forgiveness is the foundation of our Christian life.

In Matthew 18 a man was forgiven a huge sum of money, but chose not to forgive a very small debt. He was sent to prison and turned over to tormentors. If we don't forgive, we end up in a prison of our own making. Tormentors in the form of _____, depressing, hopeless, accusing voices hinder us from enjoying the righteousness, _____ and joy that is ours as children of God.

Getting Personal:

- ~ Ask Father God if He wants to deal with any painful _____ from last year that are unresolved. These may include: disappointment, anger, discouragement, hopelessness, bitterness, failure, fear, regret or condemnation.
- ~ Father God, is there anyone I need to forgive? Father God, what lies have I believed about that situation?
- ~ What was I afraid of in that situation? Father God, what is the truth about that situation?

_____ - *Enter into His gates with thanksgiving...* Psalm 100:4

- Getting started
 - Thankfulness is a _____ into the Presence of God.
 - Thankfulness is a source of great _____.
- It is a _____
 - Like many Christian activities, thankfulness does not always originate with a _____. If we wait to feel thankful, we may never actually express thanks. We _____ to be thankful!
 - Be careful not to compare yourself. Your personality, giftings, calling, circumstances and life story and are all uniquely yours.

- Holy Spirit is our _____
 - Sometimes we may have a hard time even thinking of things for which we are thankful. Our minds are quick to point out the _____ rather than the blessings. Holy Spirit is in us to lead us into all truth, including the truths that spark thankfulness.
 - We must ask Him to lead us through the _____ of Thankfulness. He is our teacher and will help us enter into the presence of God by opening up our _____ to be thankful.

Getting Personal:

- ~ Ask Holy Spirit to lead you through the Gate of Thankfulness, think back over the last year, and write down as many things as possible that you are thankful for in each area of your life: Spiritual Life; Family; Job or Career; Physical Health and Wellbeing; Finances; Community and Social Life.
- ~ Ask Holy Spirit to help you identify one person in each of these areas for whom you are thankful and write them a personal thank you note.
- ~ What victories, miracles, breakthroughs and unexpected blessings did you experience last year?

Stewarding _____ – *Your ears will hear a word behind you, 'This is the way, walk in it'...* Isaiah 30:21

- Let it go – the _____ that is
 - 1 Corinthians 3:22 - all things are ours: the world, the present, the future. He didn't mention the _____ because the blood of Jesus, once we have forgiven, erases the past.
 - It is impossible to look backward and forward at the same time. If you are having a hard time looking forward, go back to _____ and make sure you have resolved any issues from last year.
- _____-image according to God
 - Looking forward can be difficult if we do not see _____ selves how God sees us. Believing that we are unworthy or incapable can disconnect our hearts from His word over our lives.
 - As we work with our goals, dreams and desires throughout this year, continue to allow God's word to guide us in our _____-image.
- Aim high, dream _____
 - God's intention is that His sons and daughters would bring Heaven to earth in every aspect of society. He gave us the capacity for _____ and innovation through a Holy Spirit-inspired _____.
 - *"The greater danger for most of us isn't that our aim is too high and we miss it, but that it is too low and we reach it."* There is no limit to what is possible for us and through us. This statement perfectly describes the difference between someone who _____ know they are a son or daughter of the Father and someone who _____.
 - God has goals and plans for us. It is from His Presence that we receive dreams and visions, which form the foundations of our goals and plans for the future.

Getting Personal:

- ~ Review your goals and what Father, Jesus and Holy Spirit has said about them.
- ~ What prophetic words or scriptures do you have that have not yet come to pass?
- ~ Describe what a perfect year would look like for you in every area of your life: Spiritual Life; Family; Job or Career; Physical Health and Wellbeing; Finances; Community and Social Life.

_____ and Momentum – *There is an appointed time for everything. And there is a time for every event under heaven.* Ecclesiastes 3:1

- _____ by _____
 - Although God lives outside of time, He has given us the _____ of time. He established a day, a 24-hour period, as the backdrop and boundary for our lives.
 - Scripture emphasizes the significance of the day. Whether daily bread, daily blessings or daily prayer, the focus is on each day. If we seek to fulfill our year's goal using a day-by-day approach, we will be more successful than if we attempt to achieve the entire goal all at once.
- Kick _____ and _____ to the curb!
 - The "what ifs" we ask when considering the future can open our hearts to _____ of failure, lack, embarrassment or criticism.

- Our Father is a great time manager and knows just how much we can _____ in a day. The antidote to our fears is to _____ with Him.
- _____ procrastination. This _____ hindrance has caused more goals and projects to fail than any other external challenge humans have encountered!
- At its core procrastination is actually a _____ device against the “what ifs.” If we never move _____ in our project, we will never have to deal with failure, rejection, or criticism. We usually have great reasons (_____) for why our project is unfinished and our goals unmet.
- If we know we are _____-laboring with God and have asked Him for a completion date, we will find it easier to be victorious over procrastination.

Getting Personal:

- ~ Ask Father God, what things do you want me to focus on this coming year?
- ~ What are my priorities in each area of my life: Spiritual Life; Family; Job or Career; Physical Health and Wellbeing; Finances; Community and Social Life.
- ~ Ask Father God, when do each of these things need to be accomplished?
- ~ What obstacles do you need to be aware of in order to successfully accomplish your priorities?
- ~ What steps can you take to proactively deal with those obstacles?

Giving Connections – *Two are better than one because they have a good return for their work.* Eccl. 4:9

- We _____ connection
 - When our Father embarked on creating His dream, He did not do it _____.
- Being a son or daughter of God means we are part of a _____.
 - Every part of the body supplies something, for the good of the _____ body.
 - Any task is easier when we have another person or persons alongside us. Even a menial or unpleasant job can be _____ if we have the company of friends.
 - We need to be _____ and vulnerable with others so we can receive what God has put in them for us. Sometimes, it is scary or embarrassing to share our dreams and goals. However, it is worth the _____!
- Your Daddy is _____ with His resources
 - Through conversation with God and with friends, our goals develop into actionable _____ with specific needs and deadlines. Using a whiteboard or an app can be helpful for working out what is needed to accomplish the goal on time.
 - Some of the necessary resources may not be immediately _____ and will become a _____ target. God can provide it, or show us how to acquire it. It is important to remember that God created everything out of nothing.

Getting Personal:

- ~ Are there any areas in which you may need additional encouragement, accountability, help or resources in order to reach your goals?
- ~ Who in your community has the wisdom or resources you need in order to reach your goals? Consider members of your family, friends, colleagues or small group.
- ~ Are there any other resources you will need in order to reach your goals? These might include a book on a certain subject, or an app to help you record your progress in a certain area.

Connection to our Father’s _____ – *...that you love them as much as you love me.* John 17:23 NLT

- A priceless _____
 - Our heart is meant to be filled with the _____ of God, which Holy Spirit pours into us. From that well of love we are to speak, move in faith, and experience the fullness of life.
 - Proverbs 4:23, Solomon instructs us to guard our heart diligently because it is the source of our life. Like guarding a bank vault, it is a serious responsibility! Words, wounds and hopeless thoughts can cause anger, hurt, fear and sadness, which take up space meant for God.

- He _____ us best
 - Jeremiah tells us no one knows the heart except God. We think we know our own heart, but we can easily have _____ spots about ourselves. We need to ask Father God to help us with the things in our heart that are _____ His love.
 - “Search me, O God, and know my heart...see if there is any offensive way in me.” David was not _____ to give his Heavenly Father access to his heart. Through experience, he had discovered that God is merciful, kind, patient, slow to anger and ready to forgive.
- He’s a good, good _____
 - The principle theme in the Gospel of John is the _____. Jesus, the son came to reveal the Father because the OC veiled what He was _____ like.
 - When we are born again we aren’t just connected to Jesus. We are born again to be connected to a _____ which puts us inside a _____.
 - Having a Father and a _____ gives us a last _____ and a belonging.

Getting Personal:

- ~ Your walk _____ who your Father is.
- ~ If there’s a disconnect, then maybe you haven’t heard or fully embraced the message that you have been made a son or daughter, you have a family, and good Father who loves you.
- ~ It’s time to experience a connection with Him. Lean back in Him and receive the truth about your identity.