

Breaking Part 3: Breaking Out

*(Romans 12:2 MSG) "Fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, **God brings the best out of you**, develops well-formed maturity in you."*

Habit #1: Focus on what I do first.

Habit #2: Control my thoughts.

Habit #3: Keep my life aligned with my purpose.

✓ **Because I have a purpose.**

(Psalm 139:16 NIV) "All the days ordained for me were written in your book before one of them came to be."

(Ephesians 2:10 NIV) "For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."

✓ **Because there is competition for my time and attention.**

(Ecclesiastes 4:6 NIV) "Better one handful with tranquility than two handfuls with toil and chasing after the wind."

✓ **Because time is short.**

(James 4:13-15 NIV) "Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, "If it is the Lord's will, we will live and do this or that."

Mastering The Habit

1. Decide what is important.

*(Philippians 3:7-8 NIV) "But whatever was to my profit I now consider loss for the sake of Christ. What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, **that I may gain Christ.**"*

2. Give calendar time to the important things.

*(Psalm 90:12 LB) "Teach us to **number our days** and recognize how few they are; help us to spend them as we should."*

- ✓ Make time for renewal.
- ✓ Make time for relationships.
- ✓ Make time for reward.

3. Eliminate the non-essentials.

*(Hebrews 12:1 NIV) "Let us **throw off everything that hinders** and the sin that so easily entangles, and let us run with perseverance the race marked out for us."*

4. Regularly take inventory.

*(Psalm 39:4-5 NLT) "LORD, **remind me how brief** my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away. My life is no longer than the width of my hand. An entire lifetime is just a moment to you; human existence is but a breath."*