

The Power of a Focused Life

I. VISION: GETTING CLARITY AND FOCUS IN OUR LIFE

- A. In seeking to walk in the fullness of our calling and destiny in God, we must clearly identify our vision or life purpose—what is it that we most want to be or do? Without a vision the people “perish” or they miss out on their life destiny. Without a vision, we squander our destiny. To “cast off restraint” means to not use our resources in a way that helps us walk out our life vision.

¹⁸***Where there is no vision, the people perish. (Pro. 29:18, KJV)***

¹⁸***Where there is no revelation, the people cast off restraint. (Prov. 29:18, NKJV)***

- B. The best way to help someone establish discipline in their life is to help them identify a clear vision for their life. Without a clear vision we live aimlessly. Howard Hendricks said, “*Without a vision any road will get you there.*”
- C. Establishing our life vision starts with identifying our primary purpose in life along with the main occupation that we are seeking to do? It includes seeking to know what God wants us to be and do and how He wants us to spend our life resources (our time, affections, money, talents, energy, etc.). What do we want said about us when we stand before Jesus? What do we most want to accomplish?
- D. We want to excel in the spiritual, natural, and relational aspects of our life. Some simply do not know where to start. It starts with defining a clear life vision. Without this, many people do not end up actually pursuing the things that they hoped to achieve in their life.
- E. The Lord is more concerned with *what* we do and *why* we do it than *where* we do it.

II. COMPONENTS OF A FOCUSED LIFE

- A. ***Overall life vision***: Our vision is most effective when we have measurable goals and an action plan with a schedule. We need a clear life vision with measurable life goals as well as an action plan, a series of practical steps that help us fulfill our goals. We establish a schedule that is in agreement with our action plan, life goals, and life vision.
- B. ***Life goals***: We set measurable goals or objectives for each area of life to help us walk out our vision. We need *long-term goals* (more than 10 years) and *short-term goals* (3 months to 3 years).
1. ***Spiritually***: prayer time, fasting days, Bible study, etc.
 2. ***Relationally***: family, friends, etc.
 3. ***Vocation***: marketplace calling, etc.
 4. ***Ministry***: in the Church, outside the Church, etc.
 5. ***Economically***: spending, giving, saving, investing, etc.
 6. ***Physically***: exercise, diet, health, etc.
 7. ***Rest***: recreation, vacation, play, entertainment, sports, etc.

- C. **Action plan:** We need an action plan for each long-term and short-term goal (in each area of life). Our action plan is the series of small steps we do that help us fulfill our goals. Goals that do not have an action plan will not be fulfilled. Therefore taking time to write an action plan is essential. If you can't write out your vision, action plan, and schedule, then mostly likely you do not have them.
- D. **Schedule:** Make a schedule for each action plan to provide focus for your priorities. A schedule is a target to aim at, or a "road map" to help us keep on track. In making a schedule, we must allow for emergencies and unexpected things. I do not expect to keep my schedule 100%. We will benefit greatly if we keep our schedule even 80% of the time.
- E. Good is the enemy of the best. We can easily get caught up in the *tyranny of the urgent* instead of living with *focus on our purpose*. If you do not determine your schedule, then others will.

III. THE VALUE OF OUR TIME

- A. Time is one of our most valuable resources. Money is power, but time is life. We "redeem" our time by wisely using it in ways that are "redemptive," or useful to God's purpose in our life.
¹⁴Awake, you who sleep...Christ will shine on you. ¹⁵See then that you walk wisely, not as fools but as wise, ¹⁶redeeming the time, because the days are evil. (Eph. 5:14-16)
- B. Believers who are "spiritually asleep" can often trace part of their problem to a wrong use of their time (along with not seeing who they are in Christ, or living in deliberate sin, etc.). People can feel depressed by living aimlessly without goals. God created us to achieve, to create, and to produce. Using most of our "free time" in a way that does not connect to our vision causes people to feel bad.
- C. Our schedule must be in agreement with our vision, goals, and action plan or we will not accomplish the things on which we have set our heart.
- D. One key to walking in our destiny is to develop the skill of managing our time. This skill can be learned and developed, like playing the piano. We get better at it by practicing.
- E. God gives us all 168 hours a week. If we spend 10 hours a day sleeping, eating, and getting dressed, it leaves us with nearly 100 hours (10 hours a day x 7 days = 70 hours per week).
- F. Passion for our destiny (life vision) includes having an aggressive approach to scheduling our time. Many think of themselves as having passion for their destiny, but they are casual about how they spend their time. They have not seen the strong connection between their destiny (vision) and their schedule (time management). People who squander their time squander their life destiny. People who are aimless with their time do not fulfill their life destiny.
- G. Some people see time management as legalism instead of seeing it as passion for their destiny. Legalism is when we try to earn God's love; having passion for our destiny means using all our resources to walk in all that Jesus has for us in the grace of God.
- H. Evenings and weekends are the time when most spiritual losses occur. Use your weekends and your evenings to strengthen your spiritual life instead of diminishing it. Do not give up this time.