

Eliminate Hurry

REDEEMING YOUR TIME

Ephesians 5:15-17 (NKJV) See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Therefore do not be unwise, but understand what the will of the Lord is.

Principle #7: we must embrace productive busyness while ruthlessly eliminating _____ from our lives.

Being **busy** is an _____ condition, a condition of the body. It occurs when we have many things to do. It's inevitable and by itself, it's not lethal. Being **hurried** is an _____ condition of the soul. It means to be so preoccupied with _____ and my life that I am unable to be fully _____ with God, with myself, and with other people. I am unable to occupy this present moment. **Busy-ness** migrates to hurry when we let it squeeze out God.

Hurry is the great _____ of our ability to be purposeful, present, and productive.

Hurry is also the great enemy of our _____ life.

_____ the cost

Luke 14:28-30 For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it? 29 Otherwise, when he has laid a foundation and is not able to finish, all who see it begin to mock him, 30 saying, 'This man began to build and was not able to finish.'

Mark 11:11 And he entered Jerusalem and went into the temple. And when he had looked around at everything, as it was already late, he went out to Bethany with the twelve.

Mark 11:15 And they came to Jerusalem. And he entered the temple and began to drive out those who sold and those who bought in the temple, and he overturned the tables of the money-changers and the seats of those who sold pigeons.

Practice 1: Build a _____ budget template.

_____ preserve energy throughout the day.

Routines are _____ decisions that eliminate a thousand future decisions.

Time budget: a _____ for how you will spend your time in a given day.

- Time with _____ and His Word
- Time for your _____ routine
- Time for _____
- Time for your _____ routine

Plan for your _____.

Plan for the _____.

Daily _____.

Practice 2: _____ your time budget in a daily review.

The Eisenhower Decision Matrix



Practice 3: _____ your time budget with a unique approach to "no".

Favors - things that primarily bring _____ value.

Opportunities - things that primarily bring _____ value.

Favors:

1. Am I the best person to say yes to this request?
2. Is this the most generous use of my time?
3. Would I say yes to a hundred similar requests for my time?
4. Do I have room in my time budget to say yes to this favor?

Opportunities:

1. Is this opportunity aligned with my goals?
2. This is a really great opportunity.....for what?
3. Am I trying to DO good or make myself LOOK good?
4. What will I say "no" to?