

If you want God to do the super, you've got to do the natural!

Two important words: Consistency & Repetition

How to eat a frog?

Begin the night before

Genesis 1:5 ESV

God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

Start your day with a win

Psalms 5:3 NIV

In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.

Control what you can

1 Corinthians 9:27 HCSB

Instead, I discipline my body and bring it under strict control, so that after preaching to others, I myself will not be disqualified.

Leverage your rituals

Deuteronomy 6:6-7 ESV

And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.

How to elevate the important above the urgent:

1. Create a stop-doing list
2. Calculate the ROI
3. Cultivate healthy boundaries