

OVERCOMING SPIRITUAL & MENTAL TRAPS

THE FOCUS TRAP

INTRODUCTION

This teaching series is looking at and reflecting on some spiritual and mental traps that could possibly hold us back when it comes to launching and multiplying Communities on Mission.

These traps can be like an invisible force that does not let us move forward. Sometimes just identifying and calling them out by name can make a real difference. Other times we need to dig deeper and reflect on how we can overcome them.

In this session we want to overcome the FOCUS trap.

STEP #1



Reflection

“The sun is a powerful source of energy. Every hour the sun washes the earth with billions of kilowatts of energy. Yet with a hat and some sunscreen, you can bathe in the light of the sun for hours at a time with few ill effects. A laser is a weak source of energy. A laser takes a few acts of energy and focuses them in a coherent stream of light. but with a laser, you can drill a hole in a diamond or wipe out cancer.” - Al Ries, Focus: The Future of Your Company Depends on It.

“Be like a stamp—stick to one thing until you get there.” - Josh Billings

What insights do you have?

STEP #2



Watch the Video

STEP #3:



Answer reflection questions

REFLECTION-QUESTION #1:

How focused are you when it comes to launching and multiplying Communities on Mission?

1 2 3 4 5 6 7 8 9 10

REFLECTION-QUESTION #2:

What things do you need to say “no” to in order to focus on launching and multiplying Communities on Mission?

REFLECTION-QUESTION #3:

Are there any obstacles keeping you from truly focusing on launching and multiplying Communities on Mission?

REFLECTION-QUESTION #4:

Is there a spiritual or emotional reason that you can identify that, if resolved, would free you to fully lead in your calling with Communities on Mission?

REFLECTION-QUESTION #5:

If you have overcome traps that slowed your launch progress what practices helped you move forward?
