

BREAKING BUSY

Other than my time with the Lord,
the **ONE THING** thing **I MUST** do daily is . . .
and the reason is . . .

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WHY FOCUS ON BREAKING BUSY?

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LIFE IS TOO SHORT TO BLOW IT

What is your life? For you are a mist
that appears for a little time and then vanishes.
James 4:14

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STEWARDSHIP DEMANDS IT

This is how one should regard us, as servants of
Christ and stewards of the mysteries of God.
Moreover, it is required of stewards that they be
found faithful. 1 Corinthians 4:1-2

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JESUS MODELS IT

I glorified you on earth, having accomplished
the work that you gave me to do.
John 17:4

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GOD PROMISES TO HELP ME WITH IT

So teach us to number our days
that we may get a heart of wisdom.

Psalm 90:12

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NO PRESSURE, BUT ...

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YOU
HAVE
THE
SAME
AMOUNT
OF
TIME

Hellen Keller
Steve Jobs
Michelangelo
Mother Teresa
Leonardo da Vinci
Albert Einstein

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YBH?

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TRUTH + TOOLS + TIME = YES

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RHYTHMS



CAPACITIES



REPLENISHMENT

BREAKING BUSY



AS WAS HIS CUSTOM
LUKE 22:39



BRING THE CLOAK
2 TIMOTHY 4:13



COME AWAY & REST
MARK 6:31



The essentialist designs
a routine that makes achieving
what you have identified as
essential the default position.

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IT'S NOT SO EASY!

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THE COMPARISON TRAP

“There are no less than 300 significant quantitative research studies on the relationships between social media use and mental health (most since 2013). Researchers now agree that social media introduces an unparalleled intensely and pervasiveness of ‘social comparison’ processes, especially for young users who are almost constantly online. The results: amplified feelings on insecurity, envy, depression, social isolation, and self-objectification.”

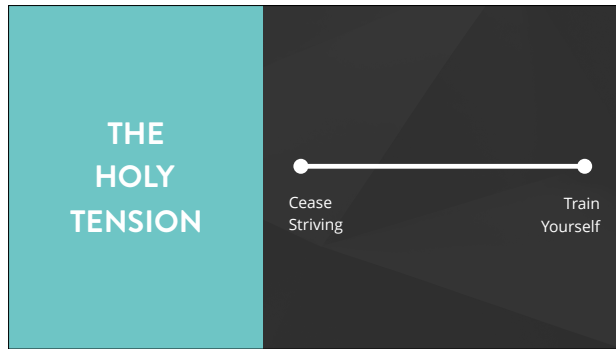
Fast Company, Mar/Apr 2019

THE UNHOLY CONTINUUM

It doesn't really matter anyway.

—

If it's going to be it's up to me.



TODAY

1. Review & discuss *The Leader's Magic Hour*
2. Examine your life for time leaks
MacDonald's Laws Of Unseized Time
3. Pause for a Time Budgeting Tune-up
4. Decide how you will "keep score" — move past good intentions

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THE LEADER'S MAGIC HOUR

If the light is wrong, nothing else will work.



Ron Bigelow

LeadersLifeAndWork.com — The Leader's Magic Hour

Leaders also require essential blocks of time to be at their best for God. I call these essential blocks of time “the leader’s magic hours!”

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WHAT DOES GOD SAY?

Solomon | Isaac | Jesus | Paul

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THE POWER OF FOCUSED PRIORITIES

Jonathan Edwards | Harry Truman | Ann Voskamp | Michael Jordan | **Shizuka Arakawa**

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Landing on her butt
20,000 times



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If you chase two rabbits,
you will not catch either one.

Russian Proverb

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DETERMINING MY MAGIC HOURS

1. What do you do well? Romans 12:3
2. What can you and only you do, that if done well, will make a significant difference in your life and for your organization?
3. What essential blocks of time do you need?
4. What must you stop doing to capture your MH?



What are your
magic hours?

LeaderLifeAndWork.com — The Leader's Magic Hour

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MACDONALD'S LAWS OF UNSEIZED TIME

1. Unseized time flows toward my weaknesses.
2. Unseized times comes under the influence of dominant people in my world.
3. Unseized time surrenders to the demands of all emergencies (tyranny of the urgent).
4. Unseized time gets invested in things that gain public acclamation.

WHAT ARE YOUR TIME LEAKS?

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Role:	Monday	Tuesday	Wed.	Thurs.	Friday	Saturday	Sunday
Goals:	7	7	7	7	7	7	7
	8	8	8	8	8	8	8
	9	9	9	9	9	9	9
	10	10	10	10	10	10	10
Role:	11	11	11	11	11	11	11
Goals:	12	12	12	12	12	12	12
	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
Role:	4	4	4	4	4	4	4
Goals:	5	5	5	5	5	5	5
	6	6	6	6	6	6	6
	7	7	7	7	7	7	7
	8	8	8	8	8	8	8
Role:	9	9	9	9	9	9	9
Goals:	10	10	10	10	10	10	10
	11	11	11	11	11	11	11
	12	12	12	12	12	12	12

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GOT QUESTIONS?

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