



ATTENTION

Obsessive-Compulsive
Perfectionist
Control-Freaks

C.H.I.L.L. O.U.T.

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Week 6

Outline Your Objectives

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Week 6 O – Outline Your Objectives

2 Peter 1:3

“...His divine power has given us everything we need for life and godliness, through our knowledge of Him who called us by His own glory and goodness.”

Chilling out can be difficult, if not impossible, when we are off focus. When we have forgotten why we are doing what we are doing, what the bigger picture is, what we are aiming for, we can be easily distracted by the unimportant, the trivial, the little stuff.

Stephen Covey wrote about the importance of focus in his best-selling book, [*7 Habits of Highly Effective People*](#). The first three habits he outlines center around having a target. The first habit is “Be Proactive.” This means that we don’t wait for life to happen to us, but rather we set our course, engage in life, initiate, and participate. Second, Covey suggests that we should “Begin with the end in Mind.” We cannot start a journey until we have chosen a destination. And the third habit of the seven is “Put First Things First.” Again, we cannot know what the first things are until we have determined our objectives. Then we can know what the priorities should be.

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As this applies to CHILL OUT, outlining our objectives is the next key step in our journey to being able to live life open-handed. What are we trying to accomplish in our roles as mothers? What should be our primary focus? This passage gives us help in answering those questions.

Our verse comes from the book of second Peter. This was written by the comeback kid: Peter. Yes, that Peter. The one who dared to walk on water towards the Master, but became distracted by the waves. The one who didn't want Jesus to wash just his feet but his whole body. The one who denied Christ three times. The one who ran into the tomb. The one who was instructed by the Lord to, "Feed My sheep." That Peter.

This verse emphasizes Peter's reckless abandon and obedience to Jesus. Peter got Who He was. Here, Peter boldly declares what is available to us in the Lord. Here, he challenges us about our focus. Second Peter's theme is Christian maturity. Peter's book title would have been, "One Habit of Highly Effective Christians."

What's the one habit? Knowing Him (John 17:3; Philippians 3:8).

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What is the source of our ‘divine power?’ Which member of the Trinity? How do you know? See Romans 8:11, 15; I Corinthians 3:16, 6:19; 2 Corinthians 6:16

What is the purpose of divine power? See Galatians 5:22-25. What is the fruit of the Spirit? How can we use this fruit?

There is a promise in this verse. What is the promise? How is it similar to Psalm 23:1? “The Lord is my shepherd, I shall not lack” (NASB) or “The Lord is my shepherd, I lack nothing”(NIV)