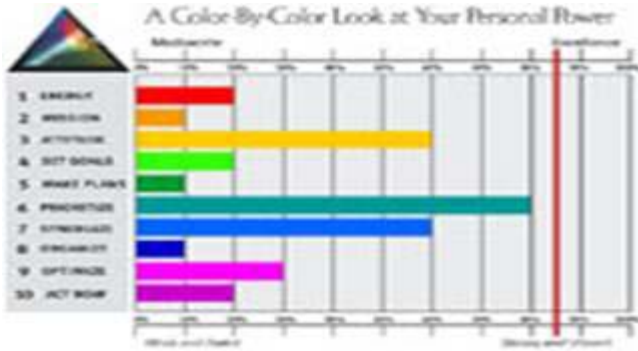


The 10 Colors of Intentional Spiritual Excellence (OUTLINE)



*January 20, 2008
Adult Bible Study
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*This presentation was created by Kennya Durr
adapting concepts from thinktq.com. ThinkTQ is a
personal development program which is all about the
systematic pursuit of success.*

What Is TQ?

The intelligence behind success.

Your Time Quotient (TQ) is a **Gold Standard** measurement of the actions you take to produce the Results you get over Time.

TQ measures how smart you ACT, not how smart you ARE.

$$TQ = \frac{\text{Results}^{\text{TM}}}{\text{Time}}$$

More Results In Less Time: The Key To Lasting Success.

TQ doesn't measure your cognitive intelligence (IQ,) or your emotional intelligence (EQ.) For purposes of this discussion, assume your IQ and EQ are good enough—because they are.

No question, if you're reading this page, you're smart enough to achieve anything you want in life.

Because TQ is based on 100 simple, easily repeatable actions, it is the only form of intelligence you can actually improve over time.

You must actively REJECT MEDIOCRITY

After years of research into why some people struggle—where others succeed brilliantly—we found that people who intentionally choose EXCELLENCE over MEDIOCRITY are quite different from people who simply REACT to events of the day.

The key difference? A slightly different mindset - if you INTENTIONALLY pursue excellence throughout the day—rather than PERMITTING mediocrity to grab hold and take its toll—you will remain on the road to spiritual excellence!

- And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ. (Colossians 3:23-24)

We must intentionally choose EXCELLENCE over MEDIOCRITY

→ *But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him. (Hebrews 11:6)*

→ *By me princes rule, and nobles, All the judges of the earth. I love those who love me, And those who seek me diligently will find me. Riches and honor are with me, Enduring riches and righteousness. (Proverbs 8:16-18)*

→ *“Now it shall come to pass, if you diligently obey the voice of the LORD your God, to observe carefully all His commandments which I command you today, that the LORD your God will set you high above all nations of the earth. And all these blessings shall come upon you and overtake you, because you obey the voice of the LORD your God: “Blessed shall you be in the city, and blessed shall you be in the country. (Deuteronomy 28:1-3)*

→ *But you, O man of God, flee these things and pursue righteousness, godliness, faith, love, patience, gentleness. Fight the good fight of faith, lay hold on eternal life, to which you were also called and have confessed the good confession in the presence of many witnesses. (1 Timothy 6:11-12)*

You must actively REJECT MEDIOCRITY

If you do not **ACTIVELY REJECT** mediocrity, you are unwittingly choosing it over excellence—and will be traveling down a road littered with broken dreams and failed expectations. Put simply, you are unwittingly choosing Mediocrity over Excellence.

Here are the 10 choices you must make each day, each hour, even each minute, to **GUARANTEE** that you are on the road to **SPIRITUAL EXCELLENCE...** rather than heading down the road to **MEDIOCRITY:**

Choose to be ENERGETIC—instead of permitting yourself to become run-down and burned-out. If you do not have the sustained energy level to be at the top of your game each day, here's some simple, but highly effective advice:

Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are. (1 Corinthians 3:16-17)

'You shall love the LORD your God with all your heart, with all your soul, with all your strength, and with all your mind,' and 'your neighbor as yourself.' (Luke 10:27)

For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church. (Ephesians 5:29)

Choose to be ENERGETIC

Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught. And He said to them, "Come aside by yourselves to a deserted place and rest a while." For there were many coming and going, and they did not even have time to eat. So they departed to a deserted place in the boat by themselves. (Mark 6:30-32)

Choose to be ENERGETIC

For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well. My frame was not hidden from You, When I was made in secret, And skillfully wrought in the lowest parts of the earth. (Psalm 139:13-15)

Choose to be ENERGETIC

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. For I rejoiced greatly, when the brethren came and testified of the truth that is in thee, even as thou walkest in the truth. I have no greater joy than to hear that my children walk in truth." (3 John 2-4)

Choose to be PASSIONATE—instead of permitting yourself to become aimless, apathetic and indifferent. A **mission statement** describes the overall purpose of an organization. **Vision statements** include vivid descriptions of an organization as it effectively carries out its operations. **Values** represent the core priorities in an organization's culture, including what drives members' priorities and how they truly act in the organization.

Here at the Church of Christ that meets in Colonial Village we have positioned **specific mission, vision, and value statements** as steps of faith in each area of your life in which you feel God nudging you (Philippians 2:13) to either BE (character development) or DO (SHAPE deployment), and you know you could not fulfill God's purpose without Christ and his church. Think of these statements as opportunities to become all that God has made you to be so that God can be blessing to us by being a blessing through us!

Choose to be PASSIONATE—instead of permitting yourself to become aimless, apathetic and indifferent.
Our **Mission Statement** as a Congregation... "Transforming lives to the glory of God thru Jesus Christ"
(Romans 12:1-2, 1 Peter 4:10-11)
Discovering your S.H.A.P.E. will help everyone fulfill our Mission!

Our **Vision Statement** that we Organize from... "We are striving to have a **great commitment** (Col. 3:23-24) to a **great commandment** (Matt. 22:36-40) and to the **great commission** (Matt. 28:19-20) in order to BE a **great church** (Eph. 5:27-28)!"

*The former treatise have I made, O Theophilus, of all that Jesus began both to do and teach, Until the day in which he was taken up, after that he through the Holy Ghost had given commandments unto the apostles whom he had chosen: **To whom also he showed himself alive after his passion** by many infallible proofs, being seen of them forty days, and speaking of the things pertaining to the kingdom of God: (Acts 1)*

Choose to be PASSIONATE—instead of permitting yourself to become aimless, apathetic and indifferent.

The Passion of Christ (From Warren Mueller)

What is the passion of Christ? Many would say it is the period of intense suffering in the life of Jesus from the Garden of Gethsemane to the Crucifixion. To others the passion of Christ evokes images of gruesome punishment depicted in movies such as Mel Gibson's The Passion of The Christ. Certainly these views are correct, but I have discovered that there is much more to the passion of Christ.

What does it mean to be passionate? Webster's Dictionary defines passion as "*extreme, compelling emotion or intense emotional drive.*"

The Source of Christ's Passion

What was the source of the passion of Christ? It was his intense love for mankind. The great love of Jesus resulted in his extreme commitment to walk a very precise and narrow path to redeem mankind. For the sake of restoring humans to fellowship with God, he made himself nothing, taking the very nature of a servant by being made in human likeness (Philippians 2:6-7). His passionate love caused him to leave the glory of heaven to take human form and live an obedient life of self-sacrifice required by the holiness of God. Only such a selfless life could produce the pure and innocent blood sacrifice required to cover the sins of those who put their faith in him (John 3:16; Ephesians 1:7).

Choose to be PASSIONATE—instead of permitting yourself to become aimless, apathetic and indifferent.

The Direction of Christ's Passion

The passion of Christ was directed by the Father's will and resulted in a life whose purpose was the cross (John 12:27). Jesus was dedicated to accomplish the requirements foretold by prophecies and the will of the Father. In Matthew 4:8-9, the devil offered Jesus the kingdoms of the world in exchange for his worship. This offer represented a way for Jesus to establish his kingdom on earth without the cross. It may have seemed like an easy short cut, but Jesus was passionate to accomplish the exact plan of the Father and so rejected it.

In John 6:14-15, a crowd tried to make Jesus a king by force, but he again rejected their attempt because it would have deviated from the cross. The final words of Jesus from the cross were a triumphant proclamation.

Like a runner crossing the finish line in agony, yet with great emotion in overcoming obstacles, Jesus says “It is finished!” (John 19:30)

The Dependence of Christ's Passion

The passion of Christ originated in love, was directed by the purpose of God and was lived in dependence on the presence of God. Jesus declared that every word that he said was given to him by the Father who commanded him what to say and how to say it (John 12:49). In order for this to happen, Jesus lived every moment in the presence of the Father. Every thought, word and action of Jesus was given to him by the Father (John 14:31).

Choose to be PASSIONATE—instead of permitting yourself to become aimless, apathetic and indifferent.

The Power of Christ's Passion

The passion of Christ was energized by the power of God. Jesus healed the sick, restored the paralyzed, calmed the sea, fed the multitudes and raised the dead through the power of God. Even when he was handed over to the mob led by Judas, he spoke and they fell backwards onto the ground (John 18:6). Jesus was always in control of his life. He said that more than twelve legions, or in excess of thirty-six thousand angels, would respond to his commands (Matthew 26:53).

Jesus was not just a good man who fell victim to evil circumstances. On the contrary, he predicted the manner of his death and the time and place chosen by the Father (Matthew 26:2). Jesus was not a powerless victim. He embraced death to accomplish our redemption and rose from the dead in power and majesty!

The Pattern of Christ's Passion

The life of Christ has set a pattern for living a passionate life for him. Believers in Jesus experience a spiritual birth that results in the indwelling presence of the Holy Spirit (John 3:3; 1 Corinthians 6:19). Therefore, believers have everything needed to live a passionate life for Christ. Why then are there so few passionate Christians? ***I believe the answer lies in the fact that so few Christians follow the pattern of Christ's life.***

Choose to be ENTHUSIASTIC—instead of permitting yourself to become half-hearted and discouraged.

Even though you have a **passion** for what's important, until you truly believe that you can make a real difference - nothing is going to happen. Nothing is produced- nor even attempted – until you believe in yourself enough to transform your passion into action. And remember,

“...Longing for the ideal while criticizing the real = **spiritual immaturity**”

“...settling for the real without striving for the ideal = **spiritual complacency**”

Choose to be ENTHUSIASTIC—instead of permitting yourself to become half-hearted and discouraged.

Famous Quotes

“To be a great champion **you must believe you are the best.** If you're not, pretend you are.” – Muhammad Ali

“It's not what happens to you that determines how far you will go in life; **it is how you handle what happens to you.**” - Zig Ziglar

"Any fact facing us is not as important as our attitude toward it, for that determines our success or failure. **The way you think about a fact may defeat you before you ever do anything about it.** You are overcome by the fact because you think you are." - Norman Vincent Peale

"If you believe you can, you probably can. If you believe you won't, you most assuredly won't. **Belief is the ignition switch that gets you off the launching pad.**" - Denis Waitley

"Ability is what you're capable of doing. Motivation determines what you do. **Attitude determines how well you do it.**" - Lou Holtz

"The **optimist sees opportunity** in every danger; the pessimist sees danger in every opportunity." - Winston Churchill

Choose to be ENTHUSIASTIC—instead of permitting yourself to become half-hearted and discouraged.

Famous Quotes (Continued)

"I am convinced that **attitude is the key to success** or failure in almost any of life's endeavors. Your attitude—your perspective, your outlook, how you feel about yourself, how you feel about other people—determines your priorities, your actions, your values. Your attitude determines how you interact with other people and how you interact with yourself." - Carolyn Warner

"A **healthy attitude** is contagious but don't wait to catch it from others. *Be a carrier.*" - Anonymous

"Weakness of **attitude** becomes weakness of character." - Albert Einstein

"I never saw a **pessimistic** general win a battle." - General Dwight David Eisenhower

"I can do **all things through Christ** who strengthens me." – Apostle Paul

ENTHUSIASTIC — Choose to encourage rather than criticize!

I WILL PROTECT THE UNITY OF MY CHURCH

...By acting in love toward other members (Rom 15:19)

...By refusing to gossip (Eph 4:29)

...By following the leaders (Heb 13::7)

Now it happened, as Jesus sat at the table in the house, that behold, many tax collectors and sinners came and sat down with Him and His disciples. And when the Pharisees saw it, they said to His disciples, "Why does your Teacher eat with tax collectors and sinners?" When Jesus heard that, He said to them, "Those who are well have no need of a physician, but those who are sick. But go and learn what this means: 'I desire mercy and not sacrifice.' For I did not come to call the righteous, but sinners, to repentance." (Matthew 9:10-13)

So all the congregation lifted up their voices and cried, and the people wept that night. And all the children of Israel complained against Moses and Aaron, and the whole congregation said to them, "If only we had died in the land of Egypt! Or if only we had died in this wilderness! Why has the LORD brought us to this land to fall by the sword, that our wives and children should become victims? Would it not be better for us to return to Egypt?" So they said to one another, "Let us select a leader and return to Egypt." (Numbers 14:1-4)

Choose to be SELF-DIRECTED—instead of permitting yourself to become directionless and uncertain.

You can't just "DO" a mission. You need specific, tangible milestones to give you immediate direction – which, one-after-the-other, lead to even greater destinations. A mission without supporting goals is pure fantasy.

Our Four Fold Purpose (Values) as Christians...

- 1) Glorify your God (1 Corinthians 6:10-20)
- 2) Imitate your Savior (Philippians 2:5)
- 3) Dominate your circumstances (Genesis 1:26-28)
- 4) Maximize your potential (Philippians 4:13)

Our Priorities (Values) as a Church Family...

- 1) We grow stronger thru Worship (Matthew 22:36-38)
- 2) We grow broader thru Ministry (Matthew 22:39-40)
- 3) We grow larger thru Evangelism (Matthew 28:19)
- 4) We grow warmer thru Fellowship (Matthew 28:19)
- 5) We grow deeper thru Discipleship (Matthew 28:20)

Our individual goals as members for 2008: That everyone graduates Level-1 of Evangelism Explosion & bring someone to Christ and make disciples. That we grow in the grace and knowledge of our Lord and Savior Jesus Christ.

Let's Recap what we have covered so far...

1. Energy: Choose to be ENERGETIC—instead of permitting yourself to become run-down and burned-out.

2. Mission / Vision: Choose to be PASSIONATE—instead of permitting yourself to become aimless, apathetic and indifferent.

3. Attitude: Choose to be ENTHUSIASTIC—instead of permitting yourself to become half-hearted and discouraged.

4. Set Goals: Choose to be SELF-DIRECTED—instead of permitting yourself to become directionless and uncertain.

In our next discussion we will conclude the lesson on **setting goals** and look at the six remaining choices you must make each day, each hour, even each minute, to GUARANTEE that you are on the road to **Spiritual Excellence...** rather than heading down the road to **MEDIOCRITY**.

Lessons to be covered next...

5. Make Plans: Choose to be PREPARED—instead of permitting yourself to become shortsighted and reactive.

6. Prioritize: Choose to be FOCUSED—instead of permitting yourself to become scattered and impulsive.

7. Synergize: Choose to be SUPPORTIVE—instead of permitting yourself to become critical and judgmental.

8. Organize: Choose to be SYSTEMATIC—instead of permitting yourself to become haphazard and disorganized.

9. Optimize: Choose to be TIMELY—instead of permitting yourself to become distracted and preoccupied.

10. Act NOW: Choose to be PROACTIVE—instead of permitting yourself to become procrastinating and hesitant.