

# FUTURE YOU.



## FUTURE YOU, PART 2: WHY YOUR DREAMS HAVEN'T COME TRUE

So many people are frustrated with the lack of progress they make in life. It's especially confusing since so many of us feel like we're so busy. How can you have that much activity and yet have so little productivity? We'll look at some practical, biblical strategies for getting more accomplished.

**BIG IDEA:** Never confuse activity with productivity.

### DISCUSSION QUESTIONS

1. What time wasters tend to trip you up?
2. *With your Bible or YouVersion, [read Ephesians 5:15-20](#).*

*<sup>15</sup> So be careful how you live. Don't live like fools, but like those who are wise. <sup>16</sup> Make the most of every opportunity in these evil days. <sup>17</sup> Don't act thoughtlessly, but understand what the Lord wants you to do. <sup>18</sup> Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, <sup>19</sup> singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. <sup>20</sup> And give thanks for everything to God the Father in the name of our Lord Jesus Christ.*

[Ephesians 5:15-20 \(NLT\)](#)

3. What do you think it means to 'make the most of every opportunity'? In what ways do you sometimes confuse activity with productivity?
4. In the message Chris said, "You can make excuses or make progress—but you can't make both." What excuses do you normally make? If you're unsure, ask your spouse or your best friend. But remember—don't get defensive! Listen—and change!
5. In the message Chris said you have the same amount of time as everyone else on the planet except for the day you were born and the day you die. What do you think would happen to your productivity if you tracked your time and stopped saying you didn't have the time, but instead that you didn't make the time?

### MOVING FORWARD

This week, make two key changes. One is easy, the other will require more time. But an investment of time for six days could change what you accomplish in the next 365 days.

- First stop saying "I don't have the time" and start saying "I didn't make the time". You will be surprised at how much you change in your time management by making this simple terminology switch.
- Track how you spend your time for 6 days (Monday through Saturday). In the same way that getting control of your finances involves tracking your expenses, getting control of your time means knowing what you actually spend it on. You can do this however you want (even keep a written journal), but if you're looking for a super easy way, *Toggl* is a free app that easily tracks your time and syncs your time via your desktop, phone and tablet. Use it for six days to see what you learn about what you actually do with your time.

### CHANGING YOUR MIND

*So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do. Ephesians 5:15-17*