

*Getting More Done for the Glory of God*

# REDEEMING PRODUCTIVITY

WITH GUEST SPEAKER REAGAN ROSE

AUGUST 25TH-27TH



## Guest Speaker: Reagan Rose

Reagan is a Bible teacher who talks about personal productivity from a biblical perspective. He is the founder of Redeeming Productivity and has written several books such as, *Redeeming Productivity: Getting More Done for the Glory of God*, *A Student's Guide to Gaming*, and *Well Done: A Strategy for Life Stewardship*. He holds a Master of Divinity from The Master's Seminary in Los Angeles, California. To learn more about Reagan, and to view his online podcast, articles, and training courses visit [redeemingproductivity.com](http://redeemingproductivity.com).

# Conference Schedule

## FRIDAY, AUGUST 25th

6:30-8:00pm | Session 1 | The 5 Pillars of Christian Productivity

## SATURDAY, AUGUST 26th

8:30-9:00am – Check In

9:00-9:50am | Session 2 | Christ-Honoring Morning Routines

9:50-10:00am | Break

10:00-10:50am | Session 3 | Goal Setting & The Glory of God

10:50-11:00am | Break

11:00-11:50am | Session 4 | Overcoming Procrastination & Laziness

11:50-12:00pm | Break

12:00-12:30pm | Session 5 | Q+A

## SUNDAY, AUGUST 27th

9:30 & 11:00am | Session 6

Scan here to submit a question!



# Session 1: The 5 Pillars of Christian Productivity

The Theological Foundations for Getting Things Done for the Glory of God

**PILLAR 1** - You Belong to God

**PILLAR 2** - You Exist to Glorify God

**PILLAR 3** - You Were Saved to Bear Fruit for God

**PILLAR 4** - You Are Uniquely Gifted by God

**PILLAR 5** - You Will Give an Account to God

My life is a stewardship from God to be used for bringing Him glory through bearing good works according to His gifting resulting in my reward.

## Pillar 1 – You Belong to God

**1 Corinthians 6:19b-20** - You are not your own, for you were bought with a price. So glorify God in your body.

- The **ORIGIN** of our productivity
- The world says you belong to yourself
- The Bible says your life is a stewardship

## Pillar 2 – You Exist to Glorify God

**1 Corinthians 10:31** - So, whether you eat or drink, or whatever you do, do all to the glory of God.

- The **PURPOSE** of our productivity
- The world says be productive so you can be successful
- The Bible says glorify God in all that you do

## Pillar 3 – You Were Saved to Bear Fruit for God

**John 15:8** - By this my Father is glorified, that you bear much fruit and so prove to be my disciples.

- The **CONTENT** of our productivity
- The world says be productive in following your dreams
- The Bible says be productive in following Christ

“According to the Scriptures, good works are not simply the rare, special, extraordinary or super-spiritual things we do. Rather, they are anything we do in faith.” – Matt Perman

**Matthew 5:16** - In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

## Pillar 4 – You Have Been Uniquely Gifted by God

- The **SOURCE** of our productivity
- The world says be productive in your own power
- The Bible says be productive in God’s power

**Philippians 2:13** - for it is God who works in you, both to will and to work for his good pleasure.

**2 Timothy 3:16-17** - All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

**1 Peter 4:10** - As each has received a gift, use it to serve one another, as good stewards of God’s varied grace.

## Pillar 5 – You Will Give an Account to God

**Romans 14:12** - So then each of us will give an account of himself to God.

- The **MOTIVATION** of our productivity
- The world says be productive so you can get more of this life
- The Bible says be productive so you can gain more of the next life

**PILLAR 1** – My life is a stewardship from God

**PILLAR 2** – to be used for bringing Him glory

**PILLAR 3** – through bearing good works

**PILLAR 4** – according to His gifting

**PILLAR 5** – resulting in my reward.

# Session 2: Christ-Honoring Morning Routines

Why You Need A Morning Routine: Introduction

The Firstfruits of the Day: Why Mornings Matter

**Exodus 34:26** - The best of the firstfruits of your ground you shall bring to the house of the LORD your God.

When you give God the first and best, you are acknowledging it all belongs to Him anyway.

When you give the Lord the first moments of your morning, you are offering Him the firstfruits of your day.

Building a P.O.W.E.R. Morning: The 5 Elements of a Great Routine

- Prayer
- Organize
- Word
- Exercise
- Reading & Writing

Prayer & the Word: Orient Your Heart

Reasons to Begin with Prayer & the Word:

- The example of Scripture
- Reminds you of your purpose
- Sets your priorities straight

**Psalms 119:47** - I rise before dawn and cry for help; I wait for Your words.

**Psalms 5:3** - In the morning, O Lord, You will hear my voice; In the morning I will order my prayer to You and eagerly watch.

**Mark 1:35** - In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there.

The simple choice of picking up your Bible before you pick up your phone in the morning is a cosmic act of defiance against your own sinful heart.

“Rose early to seek God and found Him whom my soul loveth. Who would not rise early to meet such company?” - Robert Murray M’Cheyne

## Reading & Writing: Orient Your Mind

Tips for choosing a Bible Reading Plan:

- Follow a plan
- Don't bite off more than you can chew
- Aim for consistency first

Orient Your Mind: Reading & Writing

- Morning journaling
- Other reading

## Exercise: Orient Your Body

Your body is a stewardship too.

**1 Corinthians 6:19** - Your body is a temple of the Holy Spirit

Orient Your Body: Exercise

- Exercise is necessary in modern times
- Exercise is not about vanity
- Exercise doesn't have to be all-or-nothing
- Focus on the immediate benefits

## Organize: Orient Your Self

- Write down your top 3 tasks
- Circle the most important task
- Schedule that most important task

## Crafting Your Morning Routine

- Don't sacrifice sleep
- Write your times down
- Setup your space
- Adjust to reality



## Tips to Make It Stick

- Remember your “why”
- Avoid your phone
- The 2-Day Rule
- Enlist accountability
- Track your habits

Imagine what kind of person you would be in a year if you gave a portion of every single day to the Word and prayer, journaling and constructive reading, some light exercise, and deliberately planning your day around your most important tasks.

# Session 3: Goal Setting & The Glory of God

## Objectives

- Establish a biblical mindset for setting goals
- Map your life's responsibilities to helpful categories
- Show you a process to create goals within each of those categories

## Potential Problems with Setting Goals

- By setting goals, you're trying to control what you can't control
- Goals can be disconnected from your larger purpose in life
- Having goals will just stress you out
- Chasing goals makes you unhappy
- Goals can be idolized

## The Truth about Goals

- We all have goals whether we state them or not
- Goals give us direction
- Goals help us say no
- Goals keep us motivated
- Goals are a great vehicle for bringing God glory

## The Right Way to Think about Goals

### Planning Isn't the Problem

**James 4:13-16** - Come now, you who say, "Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit" — yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. Instead you ought to say, "If the Lord wills, we will live and do this or that." As it is, you boast in your arrogance. All such boasting is evil.

## Planning is Wisdom

**Proverbs 6:6-8** - Go to the ant, O sluggard; consider her ways, and be wise. Without having any chief, officer, or ruler, she prepares her bread in summer and gathers her food in harvest.

**Proverbs 21:5** - The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty.

**Proverbs 24:27** - Prepare your work outside; get everything ready for yourself in the field, and after that build your house.

## Planning Like Paul

- Have a clear aim
- Have faith-filled flexibility
- Have a diligent work ethic

Trust in the sovereignty of God begets flexibility in our plans.

My Goal is not ultimate. God's glory is.



**1 Corinthians 15:10** - But by the grace of God I am what I am, and his grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the grace of God that is with me.

## How to Set God-Glorifying Goals

- Choose a domain of stewardship
- Write your goal down
- Question your goal and motives
- Pray about your goal
- Break your goal down into projects, tasks, & habits

## 1. Choose a domain of stewardship

### Domains of Stewardship

- Spiritual
- Relational
- Vocational
- Physical
- Financial
- Recreational

## 2. Write your goal down

### S.M.A.R.T. Goals

- **Specific** - Make it clear
- **Measurable** - Make it quantifiable
- **Achievable** - Make it realistic
- **Relevant** - Make it matter
- **Time-Bound** - Make it stop

## 3. Question Your Goal & Motives

- What state do I want to achieve with this goal?
- How will I quantify my progress?
- What resources do I need to reach this goal?
- How does this goal contribute to my calling and God's glory?
- When will I complete this goal?

## 4. Pray about your goal

**Proverbs 16:3** - Commit your work to the LORD, and your plans will be established.

**Proverbs 3:5-6** - Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

## 5. Break your goal down into projects, tasks, & habits

BONUS: Enlist Accountability

# Session 4: Overcoming Procrastination & Laziness

The Bible Mocks Laziness.

**Proverbs 26:14** - As a door turns on its hinges, so does a lazy person in bed.

**Proverbs 19:24** - The sluggard buries his hand in the dish and will not even bring it back to his mouth.

## 1. The Harsh Truth: Laziness is no laughing matter

- The Lazy are Losers
- The Lazy are Liars
- The Lazy are Lunatics

**Proverbs 13:14** - The soul of the sluggard craves and gets nothing.

**Proverbs 6:9-11** - How long will you lie there, O sluggard? When will you arise from your sleep? A little sleep, a little slumber, a little folding of the hands to rest, and poverty will come upon you like a robber, and want like an armed man.

Those who repeatedly fail to be diligent soon start covering their laziness with lies.

**Proverbs 22:13** - The sluggard says, "There is a lion outside; I shall be slain in the streets!"

**1 Timothy 5:8** - But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever.

Laziness flows from a lack of fear of the Lord.

**Proverbs 1:7** - The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction.

## 2. The Missing Ingredient: Purpose eats procrastination for lunch

- You were created to work (Genesis 1:26–28)
- Work is now frustrating (Genesis 3:17–19)
- The gospel restores us to fruitful work (Ephesians 2:8–10)

## The Motivation Equation

$$\text{MOTIVATION} = (\text{REASON} \times \text{PLAN}) - \text{PAIN}$$

I am going to accomplish X because Reason by doing Plan in spite of Pain.

## Types of Work Pain

- Boring
- Frustrating
- Difficult
- Stressful
- Ambiguous
- Unstructured
- Unrewarding
- Meaningless

Pain is why you procrastinate, but you can find motivation for even extremely painful tasks by having a good reason for what you're doing.

## Strengthen the Reason

$$(\underline{\text{REASON}} \times \text{PLAN}) - \text{PAIN}$$

The biggest factor in your level of motivation for any activity is your "why."

You act lazy and procrastinate when you lose your reason.

## Create Your Plan

$$(\text{REASON} \times \underline{\text{PLAN}}) - \text{PAIN}$$

Tip the motivation equation in your favor

1. Minimize the Pain
2. Maximize the Reason
3. Maximize the Plan

## Session 5: Q+A

## Session 6: The Parable of the Talents



**Goal Name:** \_\_\_\_\_

**Target Completion Date:** \_\_\_\_\_ **First Review Date:** \_\_\_\_\_

**Domain of Stewardship:** \_\_\_\_\_

**How will I know I've reached this goal?**

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**How does this goal glorify God?**

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**What resources do I need to reach this goal?**

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**Do I have them? If not, how will I procure them?**

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**How will I quantify my progress?**

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**What projects or habits will help me reach this goal?**

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# Weekly Review

Date: \_\_\_\_\_

## Tidy Up:

- |   |   |
|---|---|
| <input type="checkbox"/> Clear my inboxes (email, to do list, papers)         | <input type="checkbox"/> Review my "Well Done" statement  |
| <input type="checkbox"/> Clean my workspace to prepare for next week          | <input type="checkbox"/> Review current goals and projects  |
| <input type="checkbox"/> Review past week's calendar, look ahead at next week | <input type="checkbox"/> Record any calendar events, reminders, to-dos or notes that are still in my head |

## Reflection:

How was my walk with the Lord this week?

.....

Did I make significant progress on my goals, habits, & projects? What were the wins here, and how can I improve for next week?

.....

What things gave me energy? What took energy away? How can I do more of the former and less of the latter?

.....

What's still on my mind? What's the next action I need to take to get it off my mind?

.....

CREATED BY

**REAGAN ROSE**

MORNING ROUTINE  
**PLANNER**

*Simple Steps for Starting A God-Honoring Day*

- WHERE IT ALL BEGINS -



## Why a Morning Routine Matters

How you start the morning determines the quality of the rest of your day.

If a builder tried to construct a house on top of a crooked foundation, his building would not come out level. It's the same with our days. Mornings are the foundation. And we can either set ourselves up for a successful day by establishing and performing a morning routine that prepares us to honor God, or we can prepare ourselves to fail by failing to plan. You need a morning routine.

*The goal is not to keep perfect plans  
but to glorify God in our work,  
relationships, and lives.*

A good morning routine helps you get your heart right, your mind organized, and sets your day on a trajectory toward God-honoring productivity.

This guide will walk you through three steps to plan a morning routine that honors Christ. And at the end there's a printable planning sheet that you can use to put it all together.

# 1 Determine the Duration

The first thing you're going to want to do is to figure out the math. But don't worry, this is fun math! This is math that leads to you having a more productive day.

Don't skip this step. It may seem obvious, but most people's morning routines fail because they didn't count the cost before jumping in with both feet.

*Redeem the time,  
because the days  
are evil.*

EPHESIANS 5:16

## *Do the Math*

To figure out what activities we can put in our routine, we first need to get some base-line numbers. Go ahead and jot these down.

- **Start Time (ST):** I need go to start my day at \_\_\_\_  
This may be when you need to leave for work, for example. It's when your morning routine needs to end.
- **Sleep Hours (SH):** I need \_\_\_\_ hours of sleep to be at my best.  
Be honest. If you don't know this number, download a sleep tracking app and use it for a week.
- **Morning Routine Duration (MRD):** Ideally, my morning routine will be \_\_\_\_ hours long

Put your numbers into these formulas to determine when you'll sleep:

$$\text{Wake Time (WT)} = \frac{\quad}{\text{ST}} - \frac{\quad}{\text{MRD}}$$

$$\text{Bed Time} = \frac{\quad}{\text{WT}} - \frac{\quad}{\text{SH}}$$

Tip: Count backwards on a clock to calculate these (e.g. 6am wake up - 7 hours of sleep = 11pm bed time)

Now add these times to the "Schedule" sheet at the end of this packet. If you've been over-ambitious, start with a shorter routine.

**Okay, you've got the time carved out. Now let's fill in your routine!**

## 2 Choose the Elements

Now that we know how long we want our morning routine to be, and how we are going to ensure that time is carved out for it each day, let's choose what we want to do in our morning routine.

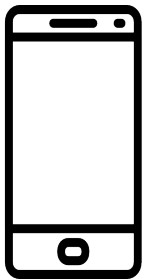
**A good morning routine helps you get your heart right and your mind organized;** it sets your day on a trajectory toward productivity that honors Christ. Every morning routine will look a little different. But **as a general guideline, a Christian's morning routine should follow this pattern: Orient, organize, obey.**

*Commit your work to the LORD, and your plans will be established.*

PROVERBS 16:3

### *Orient*

By orient, I mean orient your mind and heart. You need to orient your heart toward God through time in His Word and prayer, and you need to orient your mind toward the day through being ready for what the day has to offer.



Sadly, most of us are likely among the **80% of smartphone users who check their phones within 15 minutes of waking up.** That's orienting your heart toward the things of the world. You're about to spend the whole day in the world, you really need to begin by seeking the things which are above. This happens through Bible study and prayer.

Even if it's short and sweet, start the day with a passage from the Word of God or a good devotional, and pray!

**Literally putting your first priority chronologically first sets a powerful precedent for the rest of your day.**

Depending on how long your morning routine is, you might consider implementing some of these other activities during the orient phase of your routine. These help you orient not just your heart, but your mind and body as well.

- Exercise
- Journaling
- Reading a book

So, let's plan out our morning on the schedule sheet. **Start plugging your orient activities into your morning routine.**

.....  
05 AM Wake up - prayer and Bible study.  
.....  
Exercise 30min  
.....  
06 AM  
.....  
.....  
07 AM Leave for work  
.....

Now, let's move on to the second phase of a morning routine that honors Christ.

## *Organize*

Organize means looking ahead at the tasks you need to accomplish, the people you need to meet with, and generally just considering what your plan for the day is. This includes activities like reviewing your calendar, planner, and to-do list.

But organize begins with first organizing yourself—by which I mean getting ready. Eat your breakfast, shower, brush your teeth, do your make-up. Just get ready to go out the door. **Schedule these into your routine.**

Now that you're in "go mode," it's time to take a look at the day ahead. For me, that means checking my work calendar for meetings and looking over outstanding tasks I have on my to-do list.

I take this time to decide the three most important tasks of the day, and

05 AM Wake up - prayer and Bible study.  
Exercise 30min  
06 AM Shower & get ready  
Review calendar and tasks  
07 AM Leave for work

come up with a plan for the day.

At this point, I'll usually say a brief prayer over my plans in the spirit of Proverbs 16:3, "Commit your work to the LORD, and your plans will be established."

## *Obey*

By obey, I mean just get going. Your heart and mind are oriented, you have organized a plan for the day, now go serve the Lord with vigor! Whatever the day brings, do it with all your might (Ecclesiastes 9:10).

*The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty.*

PROVERBS 21:5

Try and execute on that plan you made, remembering to do it all with a Godward orientation and a desire to serve others. Be ready unexpected emergencies to blow up your plans. It happens. But remember that the goal is not to keep perfect plans but to glorify God in our work, relationships, and lives.

Now, let me give you just a couple of other brief steps to make sure this plan lasts you for the long-haul.





### 3 Putting It All Together

Okay, now that we've decided what we want to do for our morning routine and we've mapped it to our day. We can plan the rest of our day around that.

Feel free to use the attached day-planning sheet as a way to record what you do during the phases of your morning routine and as a tool to time-block your tasks.

*A good day plan consists of tasks  
aligned with priorities mapped to time*

REAGAN ROSE

And don't be afraid to try different versions of your morning routine. It's something that you are constantly improving. If something doesn't work, drop it.

**For more resources on a biblical approach to productivity  
check out the articles, podcasts, and videos on [RedeemingProductivity.com](https://redeemingproductivity.com)**



# Schedule

04 AM

05 AM

06 AM

07 AM

08 AM

09 AM

10 AM

11 AM

12 PM

01 PM

02 PM

03 PM

04 PM

05 PM

06 PM

07 PM

08 PM

09 PM

10 PM

