

## THE DISCIPLESHIP DISCIPLINE:

### *“Stewarding Time and Overcoming Distractions”*

#### Battle Complex Training Lesson Two

**Introduction:** Time (**Chronos**) seconds, minutes and hours are consistent in their daily assignment. The clock never stops ticking, constantly repeating itself every 24 hours. Stopping your clock doesn't stop time, setting your clock doesn't in any way influence time. Time has its own set of rules that it governs by, either we come into agreement with it or watch it pass us by. You never recover time once it passes by, time repeats itself but it never rewinds itself to fit our need to try to fix something from the past. Time never loses track of itself, it's constant, consistent and committed to its divine purpose, as sanctioned by God. You can watch time but you can't control it, interrupt it or compete against it. The best thing that we can do with time is, keep up with it or get lost not respecting it.

Time is a master teacher. Time is a lesson. Time is sacred. Time is a deciding and decoding factor, because it reveals, unveils, and exposes. Time participates in births, life, death, weddings, appointments, meetings, schedules. Everything that we do, time is a relevant and participating factor that has both input and impact on whatever is accomplished.

The question that is lingering in the intentional purpose of this lesson is; What are you doing with your time? Who are you spending most of it with? Whose clock are you on? Who deserves the best of it? This lesson is not for intellectual purposes only, but it is designed to inspire and impart relevant insight, that challenges and transforms our thinking and disciplines.

## STEWARDING TIME

### **1. Time is a Stewardship from God**

Time is a gift that we're entrusted with, not something that we own outright.

"So teach us to number our days, that we may apply our hearts unto wisdom." **Psalm 90:12**

#### **The Biblical Principle:**

- Awareness of life's brevity should drive intentional living, not anxiety or procrastination. Time is short and passes swiftly, we must use it wisely.

### **2. Redeem the Time (Be Purposeful)**

The Bible urges all believers to actively use time well, especially in difficult seasons.

"Redeeming the time, because the days are evil."  
**Ephesians 5:16**

#### **The Biblical Principle:**

- Don't drift. Don't waste seasons. Be deliberate with your hours, relationships, and assignments.

### **3. God Values Order, Planning, and Wisdom**

The Scripture praises preparation and foresight, not chaos or impulsiveness.

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

**Proverbs 21:5**

#### **The Biblical Principle:**

- Planning is not a lack of faith. It’s often an expression of wisdom, or the lack thereof. ***“He who refuses to become better, is not wise.”***

### **4. There Is a Proper Time for Everything**

Life has seasons, and wisdom is knowing what time it is spiritually and practically.

“To every thing there is a season, and a time to every purpose under heaven.”

**Ecclesiastes 3:1**

#### **The Biblical Principle:**

- Not everything belongs in the same season. Discernment matters more than speed.

### **5. Avoid Sloth, Delay, and Distraction**

The Bible repeatedly warns against laziness and misused time.

“Go to the ant, O sluggard; consider her ways, and be wise.”

## **Proverbs 6:6**

### **The Biblical Principle:**

- Discipline today protects tomorrow. Delay is often more costly than effort.

### **6. Seek God First; Time Flows From Priority**

Time management in Scripture starts with alignment, not schedules.

“Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you”

**Matthew 6:33**

### **The Biblical Principle:**

- When priorities are right, time tends to organize itself.

### **7. Rest Is Also God-Ordained**

Biblical time management includes rest, not burnout.

“He maketh me to lie down in green pastures.”

**Psalms 23:2**

### **The Biblical Principle:**

- Rest is not wasted time, it's obedience and renewal.

## **The Biblical Conclusion and Summary**

The Bible teaches that time should be:

- Intentional (redeemed)
- Purpose-driven (aligned with God)
- Planned wisely
- Seasonal aware
- Balanced with rest
- Free from sloth and distraction

There is no better way for me to put this, other than what has been said in this well thought out lesson. Whatever or whomever has the prioritized input of your time and the insertion of your passion, that's what and who you can expect to rely upon. If the world or your personal desires, have more of your time than God, then you must look to the world. But, if God secures the priority of your time and allegiance, then you can expect God to reciprocate abundantly. Time invested in spiritual growth will show up in your spiritual walk, witness and fruit. God Bless!!

### **OVERCOMING DISTRACTIONS**

#### **11 Habits to Quit in Order to Hear God's Voice:**

#### **"The Process to Eliminating Distractions"**

I have often defined distractions as, undisciplined attractions, that do not always have our best interests at heart. Fracturing our focus, is one the major emphasis in the playbook of demonic strategies. Whenever our focus is compromised, we lose the ability to avoid compromising situations, which could lead to catastrophic circumstances. Remember, whatever you watch the longest, becomes the strongest influence in your life. James the Apostle wrote in his epistle to the twelve tribes of Jewish believers who were scattered abroad in different places, **James 1:13-14**.

“Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, and enticed.” This is exactly how distractions work; they tempt, they entice, they flirt, they flaunt, they disrupt, they drag you away from the very thing that God has purposed for your life. These lustful enticements are like drag queens, posing to be something that they are not, for the purpose of appealing and appeasing to the fleshly side of your human nature. The devil is the master of illusional deceptions, making things that are not real or authentic in nature, appear to be real. The motive in all of this is to insure that we never reach our fullest spiritual potential and purpose. So let me share with you some principles of discipline, that I wrote during my time of consecration.

### **Habits to break to avoid Unhealthy Setbacks:**

#### **1. Stop spending time on things that add no value to your life:**

- Cut back on TV shows that do nothing to enhance your growth.

- Just because something is in front of you, doesn't mean it is good for you to grab.

## **2. Let Go of Negative Influences:**

- Protect your space

## **3. Stop Criticizing and Judging others:**

- Put your energy into making people better, not expressing your bitterness.

## **4. Stop Criticizing yourself:**

- "You will never get ahead positively by living in your head negatively."

## **5. Stop Magnifying Everything that's going wrong:**

- "Challenges are only as big as you make them; everything can't be that bad, nor that big." It's just your imagination running away with you.

## **6. Start Shifting Your Focus:**

- Keep your attention on God, amplify His presence and power in your life.
- Breakthrough is letting go of everything that's hindering your life.

## **7. Stop Overloading your Life:**

- Business can become the enemy of spiritual growth.

### **8. Stop trying to please everyone:**

- If you try to please everyone, when will you have time to please God. Pleasing everyone makes you a slave to peoples preferences, which can be very unpredictable.

### **9. Stop Overthinking:**

- Overthinking gives birthing room to doubt.

### **10. Stop talking yourself out of the things that God instructs you to do.**

- God's grace gives us the strength accomplish and to overcome anything.

### **11. Begin to enjoy the Freedom that the Holy Spirit brings:**

The Holy Spirit is the best gift that God gave to us along with His Son Jesus. He knows you, so allow Him the freedom to lead, guide and teach you. You are not in this by yourself, even if people walk away and leave you, he the Holy Spirit will remain in you always, and at all times.

### **Conclusion**

Overcoming distractions, is a major challenge for all people who are pursuing a purpose in God. We have to set our affections on things above and not things on the earth. Things that may have our attention, doesn't mean that they deserve to have our affection, alliance and allegiance. We have be intentionally wise and

discerning so that we can avoid unnecessary delays, deficits, deceit, and defeats. We have to move at another level of service to our God, as we represent as true disciples of Jesus Christ. Remember, God protects and provides for the people and things that have invested in His interests. When we function as disciples, we have His unwavering trust and commitment.

***Colossians 3:2***

***Set your affections on things above, not on things on the earth.***

***“No force on earth can stop an idea whose time has come”***

***Victor Hugo***