

TOOLBOX FOR LIFE

SESSION 1: IGNORING THE NAYSAYERS

PARTS 1-3

*“If the ax is dull and its edge unsharpened, more strength is needed
but SKILL will bring SUCCESS.”*

ECCLESIASTES 10:10 (NIV)

NAYSAYER: “A person who says something won’t work or isn’t possible; a cynic who habitually expresses pessimistic views.”

4 NAYSAYERS DAVID FACED BEFORE GOLIATH

1 Samuel 17:1-52

1.

“Now David was the youngest of Jesse’s eight sons . . . His three older brothers enlisted in Saul’s army . . . but David was held back to care for the sheep in Bethlehem.”

1 SAMUEL 17:12-15

2.

“Each day Goliath would stand and shout at the ranks of Israel’s army, ‘Why do you come out here and line up for battle? . . . Choose one man to fight me. If he’s able to kill me, we will become your subjects; but if I kill him, you’ll become our subjects and serve us.’ Day after day Goliath taunted them saying ‘This day I defy the ranks of Israel!’ When Saul and the Israelites heard this, everyone was deeply shaken and paralyzed with fear.”

1 SAMUEL 17:8-11

“For forty days, twice a day, morning and evening, the Philistine giant loudly berated the Israelite army.”

1 SAMUEL 17:16

“As David talked with his brothers on the front line, he saw Goliath start shouting his usual threats to Israel’s army. When the army heard Goliath, they all ran away in terror.”

1 SAMUEL 17:23-24

3.

“David asked, ‘What’s the reward for killing this Philistine and ending this disgraceful abuse?’ . . . When David’s older brother heard this he burned with anger at David and said ‘Why are YOU even here anyway? Why aren’t you taking care of your scrawny little flock of sheep? You cocky little brat. I know how conceited you are!’ ‘Now what have I done?’ said David. ‘Can’t I even ask a question?’ ”

1 SAMUEL 17:26-29

4.

“Don’t worry about a thing,’ David told the King, ‘I’ll fight this Philistine!’ ‘Don’t be ridiculous!’ Saul replied. ‘There’s no way YOU can go against this Philistine! You’re only a boy, and he’s been a professional warrior all his life!’ ”

1 SAMUEL 17:32-33

HOW TO DEFEAT NAYSAYERS IN YOUR LIFE

1.

“The fear of human opinion disables; but trusting in God protects you from that”

PROVERBS 29:25 (MES)

“It is dangerous to be concerned with what others think of you ...”

PROVERBS 29:25 (TEV)

“Do not fear anything except the Lord Almighty. He alone is the Holy One. If you fear him, you need fear nothing else.”

ISAIAH 8:13 (NLT)

WHO I AM ALLOWING TO PLAY GOD IN MY LIFE?

2.

Nehemiah: “So I replied by sending this message to them: ‘I am doing a great work! I cannot stop to come and meet with you.’ Four times they sent the same message, and each time I gave the same reply.”

NEHEMIAH 6:3-4 (NLT)

Jesus: *“Don’t be intimidated. Eventually everything is going to be out in the open, and everyone will know how things really are.”*

MATTHEW 18:26 [MES]

3.

“It is foolish to speak scornfully of others. If you are smart, you will keep quiet.”

PROVERBS 11:12 [TEV]

“When they hurled their insults at Jesus, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.”

1 PETER 2:23 [NIV]

4.

“... bitter people spoke against David and talked of stoning him, but David found strength in the Lord.”

1 SAMUEL 30:6

“The Lord is for me, so I will not be afraid. What can mere mortals do to me?”

PSALM 118:6 [NLT]

“Show me how much you love me, Lord, and save me according to your promise. Then I can answer those who insult me because I trust in your word.”

PSALM 119:41-42 [TEV]

David: “I’ve banked your promises in the vault of my heart . . .”

PSALM 119:11A [MES]

TOOLBOX FOR LIFE

SESSION 2: KNOWING WHAT MATTERS MOST

PARTS 1-2

Theme verse: "... Skill will bring success."
ECCLESIASTES 10:10 (NIV)

SKILL #2: Recognizing What's Important

My values affect my stress, my success, & my salvation.

4 QUESTIONS THAT WILL DETERMINE YOUR VALUES & YOUR DESTINY

1.

WHERE DO I GET MY VALUES? 3 OPTIONS

•

*"The human mind is the most deceitful of all things! It is incurable.
No one can understand how deceitful it really is!"*

JEREMIAH 17:9 (GW)

•

*"Don't love what the world offers and values; Those who love the world don't have the
Father's love in them. For what the world values – physical gratification, greed, and prideful,
self-centered lifestyles – does not come from God our Father."*

1 JOHN 2:15-16

THE WORLD'S VALUES:

1.

2.

3.

•

Jesus: *“If you continue in my Word . . . you shall know the truth,
and the truth shall make you free!”*

JOHN 8:31-32

WHAT GOD SAYS ABOUT THE WORLD'S VALUES:

1. *“The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart.”*

1 SAMUEL 16:7

2. *“ . . . The pleasures of sin only last for a short time.”*

HEBREWS 11:25B

3. Jesus: *“ . . . Real life is not measured by how much we own.”*

LUKE 12:15B (NLT)

2.

*“The world and its desires will pass away, but those who do the will of God
will live forever.”*

1 JOHN 2:17

*“We focus our attention not on what we can see around us, but on what we cannot see
with our eyes. For everything that we see is temporary and will only last a short time but
what is unseen is eternal and will last forever.”*

2 CORINTHIANS 4:18 (NIV)

3.

Will I live what I claim to believe?

THAT MAY MEAN....

•

“Turn my eyes away from worthless things . . .”

PSALM 119:37A (NIV)

•

“Do not follow the crowd in doing wrong . . .”

EXODUS 23:2A (NIV)

•

*“Don’t store up treasures here on earth where they can erode away or
may be stolen. Store them in heaven where they will never lose their value!”*

MATTHEW 6:19-20 (LB)

•

“So from now on, we regard no one from a worldly point of view . . .”

2 CORINTHIANS 5:16A (NIV)

*“I can do everything God asks me to with the help of Christ who
gives me the strength and power.”*

PHILIPPIANS 4:13 (LB)

•

*“What profit is there if you gain the whole world — and lose eternal life?
What can be compared with the value of eternal life?”*

MATTHEW 16:26 (LB)

*Paul: “I once thought all these things were so very important, but now I consider them
worthless because of what Christ has done for me. Yes, everything else is worthless when
compared with the priceless gain of knowing Christ Jesus my Lord. I have discarded every-
thing else, counting it all as garbage, so that I may have Him!”*

PHILIPPIANS 3:7-8 (NLT)

TOOLBOX FOR LIFE

SESSION 3: MAXIMIZING YOUR STRENGTHS

PARTS 1-2

Skill #1 Ignoring the Naysayers

Skill #2 Recognizing What Matters Most

*“Before I shaped you in the womb, I knew all about you.
Before you saw the light of day, I had holy plans for you.”*

JEREMIAH 1:5A [THE MESSAGE]

“You Lord, made my whole being; you formed me in my mother’s body. I praise you because you made me in an amazing and wonderful way . . . You saw my bones being formed as I TOOK SHAPE in my mother’s body. When I was put together there, you saw my body as it was formed. All the days planned for me were written in your Book before I was one day old!”

PSALM 139:13-16 [NCV]

THE 5 ELEMENTS GOD USES TO “SHAPE” YOUR LIFE

S

“Each one has his own gift from God; one has this gift, another has that.”

1 CORINTHIANS 7:7B [NIV]

H

“Guard your heart, for it is the wellspring of life.”

PROVERBS 4:23 [NIV]

A

“God has given each of us the ability to do certain things well . . .”

ROMANS 12:6A [LB]

P

“God works through different people in different ways . . .”

1 CORINTHIANS 12:6 [PH]

E

“All that happens to us is working for our good if we love God . . .”

ROMANS 8:28 [LB]

HOW DO I MAXIMIZE MY GOD-GIVEN SHAPE?

1.

• **BY** _____

“You have experienced many things. Were all those experiences wasted?”

GALATIANS 3:4 [ICB]

“Everyone should examine his own conduct; then he will be able to take the measure of his own worth; with no need to compare himself to others.”

GALATIANS 6:4 [KNOX]

“Try to have a sane estimate of your capabilities . . .”

ROMANS 12:3B [PH]

• **BY** _____

2.

*“What right do you have as a human being to cross-examine God?
The pot has no right to say to the potter: Why did you make me this shape?
A potter can do whatever he likes with the clay!”*

ROMANS 9:20-21 [JB]

*“Each one should retain the place in life that the Lord assigned to him
and to which God has called him.”*

1 CORINTHIANS 7:17A [NIV]

3.

“To enjoy your work and to accept your lot in life — this is a gift from God. People who do this rarely look with sorrow on the past, for God has given them reasons for joy.”

ECCLESIASTES 5:19-20 [NLT]

“It is God who is at work within you — energizing and creating in you the power and desire to will and to work for his good pleasure and satisfaction and delight.”

PHILIPPIANS 2:13 [AMP]

4.

“Keep using the gift God gave you . . . let it grow, as a small flame grows into a fire.”

2 TIMOTHY 1:6 (NCV)

“God has given each of you special abilities; be sure to use them to help each other, passing on to others God’s . . . blessings.”

1 PETER 4:10 (LB)

WHAT HOLDS US BACK?

“I was afraid, so I hid the talent you gave me in the ground.”

MATTHEW 25:25

WHY MUST I MAXIMIZE MY STRENGTHS?

“From where he sits God overlooks all of us on earth. He has shaped each person and now he watches everything we do.”

PSALM 33:14-15 (THE MESSAGE)

“Offer every part of your body to God to be used in doing good.”

ROMANS 6:13B (NCV)

TOOLBOX FOR LIFE

SESSION 4: LEARNING TO BE BOTH FAST & SLOW

PARTS 1-3

“There is a right time and a right way to do everything, but we know so little!”

ECCLESIASTES 8:6 (TEV)

WHEN TO MOVE FAST

1.

“Jesus said to them, ‘Come follow me . . .’ So Simon and Andrew immediately left their nets and followed him.”

MARK 1:17-18 (NCV)

“Without delay I hurry to obey your command.”

PSALM 119:60 (TEV)

2.

“If you are giving an offering at worship and you suddenly remember that someone has something against you, leave your offering and go immediately to that person and be reconciled. Then you can come back to worship and offer your gift.”

MATTHEW 5:23-24

3.

“Run away from all evil things . . .”

1 TIMOTHY 6:11A (NLT)

“Run away from the worship of idols . . .”

1 CORINTHIANS 10:14 (NCV)

“Run away from sexual sin . . .”

1 CORINTHIANS 6:18A (NCV)

4.

“When you make a promise to God, keep it as quickly as possible. He isn’t happy with foolish people. Do what you promised to do!”

ECCLESIASTES 5:4 (TEV)

5.

“Do not withhold good from those who deserve it, while it is in your power to act!”

PROVERB 3:27 (NIV)

If you wait for perfect conditions, you will never get anything done.”

ECCL. 11:4 (NLT)

Jesus: “All of us must quickly carry out the tasks assigned us by the Father who sent me, because there is little time left before the night falls and all work comes to an end.”

JOHN 9:4 (LB)

6.

“God is ready to help you RIGHT NOW! Today is the day of salvation!”

2 CORINTHIANS 6:2B

WHEN TO MOVE SLOW

“It’s smart to be patient.”

PROVERBS 14:29A (CEV)

1.

“Zeal without knowledge is not good; a person who moves too quickly may go the wrong way.”

PROVERBS 19:2 (NLT)

“To decide before knowing the facts is shameful and stupid.”

PROVERBS 18:13 (LB)

2.

“Everyone should be quick to listen, slow to speak and slow to become angry.”

JAMES 1:19B [NIV]

“Whoever is slow to anger has great understanding, but he who is quick-tempered makes foolish mistakes.”

PROVERBS 14:29

3.

“Wicked people bluff their way (through life) but God’s people think before they take a step.”

PROVERBS 21:29 [CEV]

“Ponder the path of your feet; then all your ways will be sure.”

PROVERBS 4:26 [ESV]

“Sensible people will see trouble coming and avoid it, but an unthinking person will walk right into it and regret it later.”

PROVERBS 22:3 [TEV]

4.

“There is a time for everything, and a season for every activity under heaven . . . A time to plant and a time to harvest . . . a time to scatter and a time to gather . . .”

ECCLESIASTES 3:1-5

“Keep on sowing your seed, for you never know which ones will grow — perhaps they all will!”

ECCLESIASTES 11:6 [LB]

God says “At the time I have decided, my words will come true. You can trust what I say about the future. It may take a long time, but keep on waiting — it will happen!”

HABAKKUK 2:3 [CEV]

A PRAYER

“May God keep us centered and devoted to him, following the life path he has cleared, watching the signposts, and walking at the pace and rhythms he laid down for our ancestors.”

1 KINGS 8:58 [THE MESSAGE]