



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF FEBRUARY 12, 2007



It's Not My Fault:
Principle #7 You Can Get Connected
&
Principle #8 You Can Learn to Say No

Featuring:
Dr. John Townsend

I. Introduction

Thought Provoking Question:

Do your friends know your dreams as well as they know your problems?

Solving problems is an incomplete way to look at life

II. Principle #7 – You Can Get Connected

None of us can really function alone

You will succeed in your dreams to the extent that you connect to external resources

Relational resources

- People who are guardians of your life: give support
- People who are guardians of your dream: have expertise

Other resources

- Information: The web, etc.

You must be able to tolerate ambiguity

- The Bible

How to use resources

- Carve out time: structure your life to fit your dream
- Burn the fuel: transform the love and support into action

III. Principle #8 – You Can Learn to Say No

Any occurrence requiring undivided attention will be accompanied by a compelling distraction
- Robert Block

Types of distractions on the theological level

- That's just the way it is
- It could be something from the bad guy: devil
- It could be something from the good guy: God

Learning how to say "No"

- You need a "zone": a temporary period of ultra-concentration

The enemy of the "zone" is distractions, when they give you short-term gratification

- Record every communication you have for 24 hours with other people
- Choose who you are going to serve

People to say "No" to

- Toxic people
- Negative people
- Needy people

Also say "No" to

- Worthy but untimely

Next Week on “Solutions”

A Special Rebroadcast of:

“In the Beginning, Love”

Resources:

BOOKS:

It's Not My Fault

By Drs. Henry Cloud and John Townsend
www.cloudtownsend.com

How People Grow

By Drs. Henry Cloud and John Townsend
www.zondervan.com

Hiding From Love

By Dr. John Townsend
www.zondervan.com

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