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### GOOD MORNING – Bobby Schuller (BS) and Hannah Schuller (HS)

BS: This is the day the Lord has made. We will rejoice and be glad in it. Good morning.

HS: Welcome, church family. Welcome visitors. We're so happy to have you here. The Lord inhabits the praises of His people. As we praise Him today, His presence fills this room, so let's worship today with everything that we have. You are loved.

BS: Amen. We're so glad that you're here today. I know a lot of you are here with kind of an empty tank. I almost hope you're here with an empty tank. I hope you gave it all this week. I hope you came into the sanctuary tired because I want you to fill your tank up with what the Lord has for you today; to leave here full, to leave here encouraged, inspired, full of energy. I think that's going to happen for you today. Let's begin with a word of prayer. Father, we thank you so much for your love for us. Lord, we thank you for your word. Thank you that it shows us how to lead the best life we can live. We entrust our lives to it and to you. Lord, we come here to worship you today, to recognize that you're bigger, that you're stronger than anything we're facing, and we love you God. It's in Jesus' name we pray, all God's people said, amen.

HS: Amen.

HAVEN: Turn to the person next to you and say God loves you and so do I.

### SCRIPTURE – Philippians 4:4-9 – Hannah Schuller

In preparation for the message, Philippians 4:4-9. Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you. Thank you Lord. Amen.

### INTERVIEW – Donna Schuller

Donna Schuller is a certified nutritionist with a passion for helping people learn to properly feed their bodies, minds, and souls. She has been married to Robert A. Schuller for over 35 years, and is Pastor Bobby's stepmother. Also an author, her new book, *Fearless Women: Transform Negative Emotions into Positive Realities*, looks at how we can always choose faith over fear.

BS: Donna, hi! So grateful to interview you today.

DS: Great to be here. Thank you, Bobby.

BS: Well, of course, we're here, in many ways, because you and dad held down the fort. You carried on the ministry from grandma and grandpa, so we're the third generation. We're looking forward to a fourth, and a fifth, and a sixth generation, and we trust that God will continue to do long after we're gone, His good work in this church, amen?

DS: He will.

BS: Well I'm so grateful that you're here. I want to talk about your faith journey before we jump into the book. But one question people probably might have, you're my step-mom, meaning my dad was divorced. My dad, a pastor. My mom is here. She's in the choir. You guys are friends, and my step dad, Ron is in the back with Cohen, and so it's an interesting thing in that I have sort of like four parents. And I love that it's actually a testimony because in Christianity, it's kind of like a faux pas.. its not faux pas, it's something you're not supposed to do, yet God turned something bad into something good. And I think it's worth saying.

## Where Your Focus Goes, Your Energy Flows

So you came sort of into that. You inherited a couple kids when you married my dad, a couple step kids, and..

DS: Thirty-nine years ago.

BS: ..thirty nine years ago, yes. Well I don't remember, I was just like.. I was pretty young. What was it like? What was your faith journey like and how did you get to the place where you were actually in fulltime ministry?

DS: Well I had a lot of fear as a youngster, as I told you earlier. I had a lot of nightmares. I was the kid that was afraid of the dark, basically, and just ran into my parent's room almost every night. And I had a wild imagination that things were getting me.

BS: Yes, sure.

DS: And I think to make matters worse, my parents got divorced when I was really young, and then my dad died in a car accident when I was only 13, and my brother was 10. By the way, I have one brother. But for a fearful child, it just exacerbated everything and I can say through my teen years, I just was sort of on autopilot, I guess; really didn't feel any pain, and I kind of looked like a popular person in high school, whatever that means. But I was very shy and very insecure when I was younger.

BS: Probably, I mean, the loss of your dad at 13, too. It's not like it was a progressive thing where he had cancer and you had some time to prepare. It's like literally like one day you get a phone call your dad's gone. And as a 13-year-old, you're going into high school, you're physically going through a lot of changes, you've got all of these things in your life and your dad passes. That had to be probably a huge part of your whole story about fear.

DS: Absolutely. Yes, I always say now looking back, of course, I didn't process any of this as a youngster, but when you're 13, you really don't quite know who you are yet. You're struggling – are you still a kid; you have a 14-year-old..

BS: To give it context, Haven is 13. She's turning 14.. yes, in December, yes.

DS: Exactly, she's almost 14.

BS: Yes.

DS: But yes, to give it context, exactly. And you don't yet know who you are in life, so how can you really accept death, and especially my dad was 40-years-old, super healthy, he was an airline captain. He was a very hands on dad. He was fun, he was cool, so I have all of that. I have 13 years of that blessing of having just a wonderful father. And obviously it's sad. We went through a lot as a family, but God has a plan because I married your dad, who came right out of church from the time he was born and I was kind of like out there in the world and..

BS: So what was that like? So you came from sort of worldly life, you became a Christian, you married my dad, you now are in ministry, and it wasn't just at the Cathedral, you started at Rancho Capistrano doing women's ministry and Bible studies. What was that transition like, and here's a bigger question – what did you learn, especially talking about women, about fear and how did you sort of move out of your fearful life?

DS: Well first of all, I was always a Christian. I was brought up in church, but I..

BS: Grew up Presbyterian, right?

DS: ..yes, Presbyterian. Right? Presbyterian church. But I didn't know God, really, except for like the big bad guy in the sky that's going to get you if you say something wrong to your brother. If you disobey your parents. So I was afraid of God, and so you can imagine when my dad died, I was like oh, see, I was never good enough. That's why he died. I mean there's a little part of brain that plays these tricks, right, through grief. And I know that's not true. But I turned it around by just getting to know the person of Jesus, and getting to know that He tells us to have no fear. And my whole book, Fearless Women is all about.. well, it's based on 2nd Timothy 1:7. "God has not given us a spirit of fear, but of power, of love and a sound mind." So if you have fear, it's not coming from God. It's coming from somebody you don't want in your life.

BS: Yes, yes.

DS: And by the way, I loved your message the first service, so everybody stay to listen to his message, it's amazing, amazing. I can so relate to a lot of what you said.

BS: Yes, what we're talking about today is this idea of your thoughts, and that is a big part of fear, and that's what you talk about is its easy to get the bandwidth of your mind, like constantly fixated on the bad stuff that could happen, or the bad stuff that is happening, or feeling out of control or catastrophizing. What's a tool you can give to someone today if they're doing that? Like what's a tip that you might have in your book that you can help people?

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DS: Absolutely. Well, as I've gotten older and hopefully wiser, I spend a lot of time alone. For me, it's in the morning. I get my tea, I'm a tea drinker. If I drink coffee, which I did today, it makes me really hyper, which is good for interviews.

BS: Yes, that's good!

DS: But I spend time alone, and not only in prayer and reading my Bible every single morning, but in meditation, which is kind of a scary word for some Christians, but meditating to me just means listening to God, not just talking all the time, but taking time out to say what are you trying to tell me, God. And I sing to myself, I go for a hike, and I sing. Try singing next time you take a walk. You cannot think of anything negative if you sing.

BS: I like the word meditate because that's actually what the Bible says to do with itself. We study the Bible in the west, but the Bible says to meditate on the word of God, which, you're right, that's sort of fixing your mind on the word. You can use the word to get closer to God, and I, of course, that's going to wipe out a lot. Well I'm so excited about this book. Dad, of course isn't here. You guys have started a new ministry during COVID, a drive in church that has become its own thing.

DS: It's like a little gathering, so I'll tell you, when I come here and I hear all this beautiful music that's just.. oh, I can feel it in my soul. I miss this so much. But yes, we have an incredible gathering of people.

BS: Well, it's an awesome..

DS: And that's why he's..

BS: ..ministry and they can check it out at [robertschullerministries.com](http://robertschullerministries.com), I think.

DS: Dot org.

BS: Dot org, okay. And the new book, Fearless. I want you to get a hold of it. Fearless Women: Transform negative emotions into positive realities, by Donna Schuller.

DS: Yes. On Amazon only.

BS: Okay, Amazon it is.

DS: I don't have any.. yes, Amazon dot com, Fearless Women.

BS: All right, Donna! Thank you!

DS: Thank you. Love you, Bobby.

BS: Appreciate you. Love you, too. God bless.

DS: Okay. Thank you.

### DECLARATION – Bobby Schuller

No matter who you are, we're so glad you're here. Would you stand with us? We're going to say this creed as we do every week. Hold your hands like this as a way of receiving from the Lord. Quiet your heart and let's say this together: I'm not what I do. I'm not what I have. I'm not what people say about me. I am the beloved of God. It's who I am. No one can take it from me. I don't have to worry, I don't have to hurry, I can trust my friend Jesus and share His love with my neighbor. Thank you, friend. You can have a seat.

### MESSAGE / PRAYER – Bobby Schuller – "Where Your Focus Goes, Your Energy Flows"

And today's sermon, I know I say this a lot. Today's sermon is going to transform your life. If you hear it, this will make such a huge long-lasting, permanent change in your life. And I want to begin with a quote I heard, I think 15/20 years ago. Its time tested. I know it's real because it's worked in my life, and it goes like this: where your focus goes, your energy flows. It's Les Brown that said this. Where your focus goes, your energy flows. So we're going to work through Philippians and unpack this idea a little bit today, and if you can understand this principle, I promise you're going to have more positive outcomes in your life, you're going to have more energy, you're going to be more fruitful, you're going to be bearing more of the spiritual fruit in your life. And we're going to start today by looking at a famous passage, that if you've grown up in church, you've heard it a million times, but we want to look at it closely, and it's about how to be a person of peace. Now I know this is not called the hour of peace, it's called the Hour of Power, right? We have a lot of people who want to have power, who want to achieve, who want to succeed. But can I tell you today the importance of a peaceful mind in a godly life, in a powerful life, in a successful life, they are not divorceable. They have to be aligned. To have the kind of life you want, it starts, in many ways, with a peaceful mind. And the scriptures are going to teach us how to have that more often, even every day if we get good at it. Do not play down the power of a peaceful mind.

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Every great leader that is going somewhere has the ability when everybody else is frantic, to have sort of a peaceful idea, a peaceful mindset, and to lead with confidence. We call this in leadership studies, the non-anxious presence. Non-anxious presence. It looks a little bit like this. Imagine that there's an office room and it's on fire and the room is filling up with smoke and there's fire everywhere, and it just comes out of nowhere. This is typically what will happen if there are ten people in the room. One person, on average, will get up and just run in any random direction just to get away from the fire. And eight people will freeze. And then on average there will be one person who will not run and not freeze, they'll stand up and they'll say everybody relax. Everybody, here we go, follow me, we're going out the door, its this way. There's a stairway over here. Follow me. Keep your head down, cover your face to keep smoke, we're going to exit safely. Now we call that person the non-anxious presence. That even in a total catastrophe, even in a situation where everybody's life is at risk, it's the person with the peaceful mind that is able to lead and bring everyone to safety. This is what we want you to have today. This is what we're going to get you today. We're going to get you to move from one of those eight freeze people. We don't want to be the deer in the headlights person when the tragedy or chaos begins. We're going to move from the freeze person to the lead person. All right? And here's how you fix that. You fix that by fixing your focus. Fix the focus. Fix where your mind, where your eyes, where your thoughts are going every day. It's easy to think I don't need to fix my focus. I can't control what my mind thinks about all the time. No, it's not true. I want to convince you today you can control what you think about. You can have a disciplined mind, and this changes everything. Let's begin with Philippians chapter 4. Scripture gives us this amazing principle. Philippians chapter 4 verse 4 says one of the most annoying things. If you're in a crisis, if you're going through a tough time, this is one of the most annoying things ever to hear, you ready? "Rejoice in the Lord" most of the time. Rejoice on the Lord when things are going great for you. Okay we're going to say it together. "Rejoice in the Lord" (AUDIENCE – always) "always," that's right. "Rejoice in the Lord always." You know what, Paul's just going to say it again. "I say it again, rejoice." Okay. "Let your gentleness be evident to all, the Lord is near. Don't be anxious about anything, but in every situation by prayer and petition, with thanksgiving, present your requests to God." Now let's pause right there. The word that's used in the scripture for anxious or anxiety is a Greek word, it's used 17 times in the New Testament. The word is "marimnao." Marimnao. I've talked about it before. Now when we hear "anxiety" we think of clinical anxiety, and I think it's sort of like that. But the word "marimnao" is a type of worry that looks like you're being pulled in a million directions. Marimnao literally means to be pulled apart like this. Pulled thin. Have you ever felt that before? You ever feel pulled in a million directions? Pulled on a million things? So you have what's going on consciously in your mind. You've got bills to pay. Some big, some small, some you regret. You've got to take the kids to soccer and make sure that they make practice. And you've got to go to the dentist. You still need to make an appointment. You're thinking about pushing it back, but your teeth are starting to feel sore. Oh, and by the way, this weekend your wife's third cousins are going to come and stay at your house for the weekend, only to find out afterward, by the way, that she thought they were your third cousins, and even now you're still trying to figure out who are those people? So you got all these things going on. Maybe you ordered a package and it needs to get to your house by Tuesday, and on Monday you're like oh thank goodness it's here, and you open it up and it's the wrong thing. And now you're like oh my gosh, I got to package it back up AND mail it AND I don't have the thing AND I got to send an email and get a refund. So this is what's going on in the conscious mind every day. All of these things, these spinning plates that we manage in our daily life. Well on top of that, we have not just what's going on consciously, but what's also going on we know clinically unconsciously. That on top of all the things you're thinking about in your day to day life, there's also all this unconscious stuff. Its trauma, right? Its disappointments. Its hurtful words that you got from a bully or from your parents or from some teacher back in the day. Its feeling abandoned. There's even things like we know that when a baby is not held very much, or when the parents don't look in the baby's eyes, even as an old man or old woman, that abandonment is still imprinted on their soul, in a weird way. So they don't consciously remember it, but there. And so that's going on, too. So you've got all this stuff that you don't know about that's going on that you can see like when you're sleeping. And then with all of these going on, boom! Out of nowhere your company says we're going to lay off some people and we'll let you know in the coming week who it's going to be. Or you hear BOOM you get a phone from the school and your high school teenage son got in a fight and you need to go down right away, leave work, and talk to the principal. Or BOOM you go out to your car and your car has been broken into and your purse is gone. Anybody live in California?

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Experience that before? Californians in the house? Anyway. So this is what we call marimnao. This is marimnao. This is the pulling apart of a person, and it's something that happens in the mind. You're not literally being pulled apart. It's that all of this mental energy that you need to get on with your life is going in a million directions. And so the first thing we need to do is recognize the bandwidth principle. Here's what the bandwidth principle says. It says that my mind can only handle so much. My mind can only handle so much. So because your mind can only handle so much, it is important that you understand that in order to change your thoughts and have a new kind of life, you got to create some bandwidth. You got to create some space. You have to get some freedom in the way you think. This is why, and I don't think this is going to be a real problem here, but this is why, for example, for a lot of men, video games can be really costly. Now before you hem and haw, oh video games, what are you talking about, video games is now a hundred and eighty billion dollar industry. That makes it four times bigger than the movie industry and eight times bigger than the music industry. So that's because so many men and women, but mostly men, are playing video games. Now are these video games immoral or sinful. For the most part, they're not. They're fine. It's like a board game or anything else. But here's what happens. There's a cost. Here's what the cost is. You either play too much, or when you're done playing and you're driving in the car, you're thinking about the game. And then you're in the shower, you're thinking about the game. Or you're at work and you're thinking about the game. Now if that mental space was free, you might be thinking about the business you're supposed to start, you see. You might be thinking about an invention, so you've lost the invention because you're thinking about this video game. Or for a lot of women today, and this has happened men and women, but I have four sisters, I have a lot of women in my life. Frenemies. So called frenemies. Your friends, that they're enemies, they're in your life, they're in your book club, they're in your church, they're in your whatever – study. And you're like are they my friend? Are they not my friend? Are they competing with me? Was that a compliment or an insult? So there are people in your life, as well. Same thing. So here you are, you're driving somewhere, what do you think? Thinking about the frenemy. You're in the shower, you're thinking about the frenemy. You're supposed to be writing your book. You're thinking about a frenemy. So you see how expensive that is? You see how that's costing you your future? You see the price tag is more than money? It could be costing you millions of dollars, this frenemy, because you lost a million dollar invention, a million dollar idea, a million dollar friend. And this is not about money, it's just simply about saying that there is a great cost to the person you're supposed to become when your bandwidth is being drawn by these other things that if you really think about it, aren't that important to you. Okay. So it's just time to clean house. Everybody say it's time to clean house. (AUDIENCE – it's time to clean house) Its time. Its time. It's some spring cleaning. You got to do it sometime. You got to clean the house. Sometimes you got to fire some acquaintances. Sometimes you got to throw some game consoles in the trash can. Sometimes you got to make some changes and create some space in your life so you can become the person you were called to be. That's what God wants for you. That's what you want from your life. So this is the first thing that Philippians teaches us. It gives us a great equation, you ready, for you math people? Here's the equation. Here's the practice it gives us. It's to simply to pause, to pray and to thank. We're going to say that again. Pause, pray, thank. Say it with me. We're going to pause (AUDIENCE – pause, pray and thank). So your car gets busted into. You hear something that somebody says to you. You get a rotten email. Whatever. You just pause, you pray and you thank, because you're not going to allow that thing to suck joy from your life, to suck mental energy from your life. That is for God. That is for what God's going to do in your life. That is for your dreams. That's where that energy goes. Amen? So you pause, you pray, you thank. This is what Philippians 4 tells us to do. Number one – pause. Pause means we change our focus to God and we relax. So you immediately, instead of going oh my gosh, I got to call my sister! I got to call my boss! I got to text someone! You just nope, you just pause; you take a deep breath. This word for Holy Spirit ruach elohim in Hebrew, and in Greek, the pneuma or pnevma in modern Greek, it also means breath. Isn't that interesting? So you just take a deep breath and you pause. And you don't point your eyes to the world. You don't point your eyes to the problem or the circumstance. You point your eyes to God. He's got the whole world in His hands. Boy, does He love you. He is for you. He is on your side. He has got this handled. You start with Him. You say Lord, I give this to you. Okay? The second thing – then you pray. You present, right? This is what Paul said. You pray. You say Lord, this is in your capable hands. And just say out loud what's bugging you. Lord, this is bothering me. Lord, this happened. He knows already, but just say it anyway. This is how I feel about this. Lord, I'm confused. Lord, I'm frustrated. Lord, I don't know what to do.

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What do I do, Lord? And you pray, you bring it to the Lord, and when you're done and you get it off your chest, number three, the scripture tells us, then you practice some thanksgiving. What does thanksgiving look like? Thanksgiving is remembering and saying with joy out loud what we have. Why do you say it out loud? So the devil can hear! So the deceiver can hear you say.. so you can hear, boy Lord, I thank you. And just whatever comes to your mind! Lord, thank you for my house. Thank you for my friends. Thank you for my church. Thank you for California. Thank you for my country. Thank you for my hair. Thank you for my wonderful pastor Bobby who brings these messages every week. Thank you for whatever – Irvine. And as you begin to say these things, you say these things out loud to the Lord, you'll just find. It just begins to lighten up and you remember God is so generous. God's gotten me this far. Tough things happen, but God can carry me through. God's got the power. If I got the faith, God's got the power. If I've got some obedience, God's got the open door, right? If I got a prayer, God's got the answer, right? And this is what we do, we just thank you, Lord. I thank you that you got it. You got this. Okay. So then this is a huge change. And once you do that, you'll begin to see that pipeline of thought, that bandwidth just begins to open up, and now you got all these free thoughts, all these great ideas coming into you, with all these positive emotions coming to you, you start attracting positive people into your life. That's a really good thing. Okay, so this is what happens. So then Paul says okay, you've done this, you've cleaned the house out now, you've created some bandwidth, and then he says in Philippians 4:7, and why do you do this? He says because this is what'll happen. Peace. He says "the peace of God which transcends all understanding." What does that mean? It means now you've got this peace in your life, and you can't explain it to anybody. Doesn't make any sense. But boy, are the results going to be different now because of what's happening here. Right? It transcends all understanding. And it will guard your heart. So what is your heart? Your hearts not your emotions, your hearts your will in the Bible. It's what presses you through something. It's what gives you to do just one more. It's the thing that gets you up in the morning, excited for your goals and your dreams. So it'll guard your heart, and it'll guard your mind. This is your ideas, your philosophy, your worldview. It'll protect you and you'll now be protected from a lot of the damaging stuff that can ruin your life. So you've cleaned house, and now what we want you to do is we want you to fill now that extra bandwidth with life-giving stuff. See if you just create bandwidth and create open space and then just sit around, it's not going to take very long until you start worrying again. You start getting angry again. You start feeling sorry for yourself again. You need to fill it with life. Jesus tells us this plainly. Here's a very weird scripture, okay? He says an impure spirit comes out of a person, right, because they've cast it out or Jesus casts it out. Impure spirit comes out of a person and it goes through arid places looking for a place it might find rest. But when it can't find any rest, it comes back to the original host and sees now that everything has been swept and put in order. And then it goes out and gathers seven of its friends who are even more wicked and they fill the place, and it's seven times worse than it was before. What does that mean? What does that mean? Like I don't know. A hundred percent, I don't know a hundred percent. But here's how I read it. Look, if you create, if you clean house and you leave it unoccupied, you get everything in order, but it's unoccupied, that's not good. That's not good. So what do you do? You fill it with what's good so that what's not good doesn't take its place. Does that make sense? Philippians 4:8, as we continue on through the scripture, it says.. so Paul tells us how to do this. He says, "Finally brothers, and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy," what do you do? Say it out loud. You think. You think about such things. You think about these things. Think about these things. The first thing I learn from this scripture, if it's true, and it is, it's the word of God, is that what you think about is a choice. Doesn't feel like a choice. But it's the same as like me eating cheesecake. It's a choice. Doesn't feel like a choice. It's there, I have to, right? I have to. But no, I have a choice. You have a choice. You have a choice about what you think about. And so we could add whatever we want to this list, right? Paul's not just saying these are the only things, but we get the vibe, right? He's saying whatever inspires you. Whatever brings you joy. Whatever edifies you. Whatever motivates you. Whatever builds you up. Whatever gets you excited in the morning, focus on these things. Fix your eyes on these things. Jesus tells us, very strange passage, He says if your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. Now what does that mean? That's a weird thing to say. Here's what it means. Your eyes are windows to the house. Your eyes are windows to the house. If light is coming through the windows, the house is full of light. If darkness is coming through the windows, the house is dark. You want to be a bright lighted house? You want to be full of joy?

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You want to be full of energy? You want to be so excited when you get up in the morning? You want to be full of the Holy Spirit? Your eyeballs are windows. Literally. What you focus on, what you look at, what you listen to, you're a sponge. You're taking it all in. So make sure that you diligently discipline your focus to be fixed on what is good. Remember what Helen Keller said? When we turn toward the sunshine, the shadows fall behind. That's right. So here's what a positive mindset will do for you in life. A positive mindset will open up all sorts of opportunities you had no idea were there. All of a sudden, with a positive mindset, you're going to see solutions because of these opportunities and because of these people. And that's another thing. You're going to attract positive people into your life. You're going to retract solution oriented people into your life. You're going to attract Jesus people into your life if you're full of Jesus. And you're going to see people you can help, but even more importantly, guys, you're going to see people you can't help. There are people in your life you can't help. And you're going to be full of positivity and the strength to say I love this person, I care about this person, I can't help this person. And that clarity is going to make your life so much bigger, open up tons of bandwidth in your life, and things are going to get better for you if you make it a discipline, not once but all the time, as much as you can, where you're changing your focus. Changing your focus. We also know what happens with a negative mindset. If I always see the negative, if I'm always focused it on dark stuff, I'm focused on stuff that I know is not good for me, stuff I wouldn't want my adult children to see or stuff I wouldn't want the ideal me to see and I'm still looking at it, or if I'm pessimistic all the time, or if I'm just negative all the time, I'm going to attract pessimistic, negative people into my life that, by the way, I don't really trust very much. I'm going to be creating problems that are not fixable, and I'm going to attract problems into my life. And I'm going to catastrophize everything if I've got a negative mindset. So what happens? Your life shrinks. Your life just gets smaller and smaller. Why? Because of your focus. Because of your focus. And this is, by the way, I've been in the academic community for a long time, and I noticed this that there is a danger for intelligent people in this area, especially, with a negative mind set. And there's a reason for that, because intelligent people are always trying to predict everything. I remember once, I was at this amazing deli, my favorite, its Hollingshead in Orange. I might see you there sometime. Amazing sandwiches. They steam the bread. That's the key. Anyway. So I'm at Hollingshead, at this deli, and there's a group of people sitting around, and there's maybe 12 of them, and they're all talking to one another. And I.. oh, that's interesting. And I go over and I say you guys look like a club or something. And they said well as a matter of fact, we are. We're a part of a group called Mensa. I know what that is. If you don't know, Mensa is a group for geniuses. You have to score, I think, 140 or 145 on an IQ test. It has to be formalized, and you have to submit it, and you get into this Mensa club. And so I'm talking to these people, and I'm thinking whoa, I got to hear what they're saying! I got to see what kind of ideas they're cooking up. And as I started to listen to them, they talked about all the same stuff that we all talked about, just in a more boring way. I thought well hold on now. And then I asked them, I said wow, so you're all geniuses, and without even holding it back, they're like yes, we're all geniuses, and I thought okay. And then I said, I said to them, I go, so what do you guys for a living? And as they started going around, the first guy said I work at Hertz rental cars. I answer the phones. The lady after him said I'm a piano tuner. The guy after that said I work at a grocery store, and I like stack fruit or something, and a couple people said they were unemployed. I actually found out later the person with the highest IQ in the world, do you know what he does for a living? He's a bouncer at a bar. So I'm talking to these people, and other than the bouncer.. I mean bouncers good, I guess, these are all noble jobs, right, there's nothing wrong with these jobs, it's just that my expectation was like.. I thought they were going to be like designing spaceships, or you know like building robots for the future, or I thought for sure one guy would be turning a DeLorean into like a time travel machine, or something. So what's the difference between these people and Albert Einstein? Or Oppenheimer? Or some of the great American geniuses that we know. What's the difference between the two? It's not intelligence. We know that, right? It's not intelligence. Can I throw an idea out there? I think it might be focus. I think there might be a heart thing, a courage thing that's tied to their intelligence. Can we just say this – where your focus goes, your energy flows. Where your focus goes, your energy flows. Warren Buffet and Bill Gates were sitting at a table, and someone asked them: what is the number one factor you think that attributed to your financial success? And Buffet, without even blinking says, focus. And Bill Gates looks at him, he goes, yep, that's right. I agree with that. Now you take it or leave it, this was said. And Buffet said focus is a lot more about saying no than it is about saying yes. It's about saying no, no, no, so I can say yes to something that really matters to me. And as Christians, we are called to love our neighbor limitlessly.

## Where Your Focus Goes, Your Energy Flows

I mean we got to love our neighbor, but love does not mean that you say yes to everything. Some of you have said yes when you don't have a yes to give. And we call that sucking the bandwidth away, right? That's not what we want from our lives. We want to in a loving way, a respectful way, a polite way kindly say you know what, I don't think so, but if I change my mind, I'll let you know. Right? There's nothing wrong with saying that and knowing what you're called to do. The reason we say yes so often is we don't have a big, big yes that we're excited about; a big goal that's driving us. Get that goal and your life will change. Where your focus goes, your energy flows. If you focus on God, your energy is going to grow. If you focus on possibilities, your energy's going to grow. If you focus on inspiring people and you surround yourself with inspiring people, your energy is going to grow. If you focus on what your family can become and you move towards that, your energy's going to grow. If you have big goals, big dreams that are bigger than you that are big enough for God to fit inside, guess what – your energy's going to grow. If you fixed on becoming physically healthy and getting in shape, your energy's really going to grow, let me tell you. But if you focus on loss, if you focus on all the things in life and I'm sure there are many that are unfair, you're going to lose energy. If you surround yourself with people who blame the world and the systems and all this constantly, you're going to lose energy. If you surround yourself with thoughts of focusing on all the negative changes that have taken place in your life recently, you're going to lose energy. You focus on disadvantages, you're going to lose energy. If you focus on things you cannot control, all your energy will be gone. Because where your focus goes, your energy goes. All that energy will be going into a bottomless pit. It'll all be going into a black hole. So here's the key. Maybe you're here and you say I don't have a lot of energy. Here's the key. If you don't have a lot of energy, invest the little bit of energy you got. That's the key. If you only have a little bit of energy, invest it. Here's something every farmer knows – don't eat the seed corn. Don't eat the seed corn. Now every farmer, when they have a harvest, most of it goes to be sold or they eat, but they always keep some set aside. Why? That's for planting. That's for the next harvest. If you eat that, there will be no more harvest and no more farm. We oftentimes relate this idea of seed planting to money. But I'm not talking about money here. I'm talking about your most valuable resource, which is time. Time. Let's look at it this way. Imagine that each day you've got 24-hours. How much time do you have today, by the way? Twenty-five hours? How much more time do I have than you have per day? We've all got 24, I think, right, unless you did design that time machine, we've all got 24-hours. So let's say you spend eight hours working, eight hours sleeping if you're doing it right, you've got an extra eight hours. We're going to call that your time profit. All right? Eight hours is your time profit. Now you've got this extra eight hours sitting around, what are you going to do with it? Are you going to eat it all? Eat some of it. Right? You can eat seven hours or six hours. But if you want more time, if you want a bigger harvest, you need to plant. You need to use some of that time to become the person you're called to be. See, too many people are asking God to make it easier on them. God wants to make you stronger. People are praying, Lord, take away the challenges in my life. We should be praying, God, give me the skills I need to face these challenges. Here's how you get it, you take that extra eight hours, some of that to become a person. You are so close. You are so close. You are one skill away from doubling your income. That's true for almost everybody that's listening to me right now. It's so hard to deal with that reality, but it's true. A young girl making minimum wage, \$15 an hour, she asks her friend, how do I invest my \$500? Her friend says, spend it on a two-week course on phlebotomy. What's phlebotomy? To become a phlebotomist? Its blood. You draw blood. She spends two weeks and \$500 and now she makes \$30 an hour. That's a good investment of that \$500. A friend of mine, Davey, he lost his job. He's kind of a zany guy. He's Hannah's cousin, actually. Real cousin.. I'm pretty sure, not third cousin but first. Davey says one day I'm going to learn to code. He went down to the library, spent a whole year learning to code from books and from that cheap computer. Now how much does a library card cost? I mean after inflation and everything that's been going on. How much does a library card today? Is it nothing? It's nothing. Right? It's nothing. So there is so much available to us, but we got to give the bandwidth to think about what's possible for our lives. You're just one skill away from doubling your income. You are one trait away from getting married, or if you're already married, you're one trait away from saving your marriage, or even having a thriving marriage. What's that trait? Good question! Google it! You are one opportunity away from your dream life. So here's a good question – how much of that eight hours can you spend each day looking for the opportunity that will change your life? Man, if you spent 15-minutes a day just looking for opportunity, what would change in your life, and the answer is everything.



## Where Your Focus Goes, Your Energy Flows

So this is the challenge of the bandwidth thing. We've never had more distractions, ever, in human history, ever, than we do right now. We've never had more access to sin, to things that destroy us, to things that distract us, to things that are toxic, right? We have more access than ever, but we also, the scale is balanced and things are just because we've also never had more access to levers, to opportunity, to spiritual help, to podcasts, to music. You know how amazing it is that on your way home from church today, you could listen to Hillsong worship, or Bethel worship, or Hour of Power worship in your car, and just be edified by hundreds of amazing Grammy winning musicians singing God's glory in your car. You know what people would have done for that a hundred years ago? They would have killed for that! That's available to all of us, for free, whenever we want. So that's the amazing thing is that right now, and maybe it's the last days, everything has heightened, the bad and the good. All the opportunity is bigger than it's ever been, all the distraction and evil is bigger than it's ever been. Both are there, and so it's our job to choose; opportunity to choose positivity; to choose life; to choose the Lord. And maybe you're here today, you haven't made a choice. I just want to close with this. It is so important that you choose God. Everything I've said today, it doesn't matter if your home is not in heaven. Everything I've said today, it doesn't matter if you're not at peace with God. I want to encourage you today, if you're listening to what I said. I became a Christian sitting in a seat just the way that you did. I didn't come down for an altar call, I just made a decision in my heart, and my life has never been the same. I want to encourage you today right where you are to make a decision to invite Christ into your life. To pray for the forgiveness of sins. To trust that He died on the cross for you, and to become a Christian. Today's a great day to become a Christian. I want to encourage you to do that. If you've made that decision today, I want you to text the word HOPE to the number on the screen so we can send you some materials. Let's pray: Father, we thank you for your Holy Spirit, and thank you God, even now, I just pray over anyone that has darkness inside of them, darkness be removed in Jesus' name. Anyone right now who says I'm out of energy, I barely got into church today, Lord, I pray your Holy Spirit would give them energy. Fill that house with light, I pray. That's you, even now in your heart, quietly just invite the Holy Spirit to fill you with light. God is a gentlemen. He does not invade. He has to be invited. You invite Him into your life and watch how your body will be full of light. He's forgiven you. Don't worry about all the stuff, forget it. Do your best, forget the rest. Invite the Lord into your heart. And Lord, we just say we thank you, we love you. We're going to pause, pray and thank anytime hardship comes this week, or whenever, we're ready, and Lord we love you, it's in Jesus' name we pray, all God's people said, amen.

### Benediction – Bobby Schuller

And now the Lord bless you and keep you. The Lord make His face to shine upon you and be gracious unto you. The Lord lift His countenance upon you and give you His peace in the name of the Father, and of the Son, and of the Holy Spirit, amen.