

The background features a light-colored wooden surface with several dried, brown leaves scattered across it. In the bottom right corner, a portion of a green textured notebook and a gold pen are visible. A large, semi-transparent light beige rectangle is centered on the page, containing the main text.

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Refresh & Refocus

A four week Bible Study to get a solid jumpstart!

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Week

3

Day 1

Prioritizing

My dad always used to say tell me,

"You will always make time for the things that are most important to you."



That phrase was often shared with me when I wasn't putting the most important things first, and it usually carried a little bit of sting as the words moved from my ear drums to my heart! Making time for the most important things in life is not always easy. I think what makes it even harder, is that we are often so clouded by the pace of the culture around us as to what priorities we should even have. If we aren't careful, we lose sight of those things that truly deserve our time and energy. We can easily find that our days are filled with lots of busy work and activities, that have little or no eternal value.

As women, we also tend to have big hearts, and often want to do everything to please and take care of everyone. I wonder if you can relate? The reality however, is that in this life we are bound by space and time. We are limited as to how many hours we have in our day, and if we spread ourselves too thin, then everything that we do begins to suffer. We become exhausted, and our bodies, our homes, our families, and our work begin to pay for our lack of self-control and focus. And yes, I did say self-control, because it is not always easy to say no when we should, or to stay focused on the things that we ought to. In the words of another great father of mine, we have to learn to:



"Keep the main things the main things."

As women of God, we need to look to the Word of God to see what He says is truly important, and then determine where our time and energy is best spent. Though our central priorities will usually be similar, the way we organize them in our day may look very different based on our family, our work, and other responsibilities that we have. There is no cookie cutter for how our day should look, but we can learn to clearly define what is necessary and what is not.



Week

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Day 1 Cont...

Prioritizing

Romans 12:2

God,

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Knowing what things should be my main priorities is flat hard sometimes. There are so many things I want to do, and so many things that pull for my attention. I know that you know better than me what i need to focus on. I pray that in the days ahead, you would speak to me, and give me your wisdom so that I can do the things that you want me to do. I love you, and my heart is open for both your correction and direction.

In Jesus's Precios Name, *Amen*

Day 2

Start with the Basics

I think that one of the easiest ways to prioritize, is to look first at your needs vs. your wants...just like in traditional economics! It is the economy of time. What are those things that are of the utmost importance, that should truly be a part of your day to day. For me they include my walk with God, my family, my home, my work, my health, and ministering to others in my local church and outside of those walls.

My Biblical context for these priorities is found in Matthew 22:37-39:

AND HE SAID TO HIM, "YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND. THIS IS THE GREAT AND FOREMOST COMMANDMENT. THE SECOND IS LIKE IT, YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF."

Being excellent and doing well in each of these areas flow from a desire to love God and to love the people that God has placed around me. It is really just that simple for me. Loving God and others is the foundation for all of my activities each day. For me, unless these areas are strong, meaning I am doing well and producing good fruit in these main areas of my life, I do not need to add any other "Things" to my list of "To Dos"! One important thing to ask youself when choosing your priorities is your motivation. Daughter of God, do not do things out of a desire to please others or just to keep up with the "Joneses".

Let your desire be to please God, and your motivation be love!



Week

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Day 2 Cont...

Prioritizing

Take some time on this one. Pray that God would allow you to really zero in on those things that are the most important for you. Then set your day and the things you do around doing those things with excellence.

What basic priorities are necessary for you each day?

Day 3



In the days ahead, I want us to look at a few areas that I believe should be top priorities for us as women, no matter where you are in life. I cannot stress enough, how important each of these areas are. I will share some tips as to how I go about growing in and building each area, but please know, that the way you build may look different from what works for me, and that is OK!! For example, if you work outside of the home, you may find that evening works best for you to have a set quiet time with the Lord. Just remember that we can be flexible with how we work out the details of accomplishing our goals. You simply need to figure out how prioritizing these areas works best for you and your schedule..

#1 *Prioritizing our Walk With God*

As soon as my feet hit the floor in the morning, and after I have started the brew of my favorite bean water (maybe you prefer tea or juice), I have to confess, that often my whirlwind begins. Clothes go in the wash, I tidy the kitchen if needed, make the bed, begin breakfast prep, and I sit to have my quiet time, and check the morning news. Another confession, my morning news often includes checking messages, email, and yes....thumbing through social media for a few minutes.





Week

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Prioritizing

Day 3 Cont....

Now...in and of themselves, each of these activities aren't bad. We all have responsibilities, and things to do each and every day, but today I want to challenge our hearts to consider how we can put God in the place that He deserves, and honestly, in the place that we so desperately need Him to be...#1!

What I am **NOT** doing is telling you that you have to do set things at a set time each day to put God first, though that certainly works for many people, but rather, I want to help you to make God, your Creator, your heavenly Father, and your most faithful friend a part of your daily life. His desire is that you would walk in relationship with Him. Walking closely with Him is key to prioritizing!

Matthew 22:37-38



Loving God with all of your heart involves praying, reading and obeying His word, and listening for His still small voice. It starts with a longing to know Him more, but as He reveals Himself to you, you begin to realize the great, fierce, tender, and perfect love that He has for you. You begin to realize that

everything that your soul needs can be found in Him.

You may know the story of Mary and Martha. I can picture the girls' excitement over having a guest of honor at the house. I am sure, if they were anything like I am, that they were a bundle of cyclone like energy tidying the house, prepping food, setting the table, and making sure that things were just right for Jesus. Upon Jesus' arrival, Martha hastily continued her preparations, while Mary took a seat at the feet of Jesus:





Week

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Day 3 Cont...

Prioritizing

Luke 10:28-32

Now as they were traveling along, He entered a village; and a woman named Martha welcomed Him into her home. And she had a sister called Mary, who was also seated at the Lord's feet, and was listening to His word. But Martha was distracted with all her preparations; and she came up to Him and said, "Lord, do You not care that my sister has left me to do the serving by myself? Then tell her to help me." But the Lord answered and said to her, "Martha, Martha, you are worried and distracted by many things;

BUT ONLY ONE THING IS NECESSARY; FOR MARY HAS CHOSEN THE GOOD PART, WHICH SHALL NOT BE TAKEN AWAY FROM HER."

I can definitely relate with both of these ladies. As a young Christian and young woman, I was much like Mary. It was easy for me to sit at the feet of Jesus, to be still, and just listen. As I have grown older, and have more responsibilities, I can find myself relating to Martha at times. It is so easy to get all caught up in the execution of the daily tasks that I don't make as much time for the ONE THING THAT IS NECESSARY.....spending time with the Lord. Now don't hear what I am not saying....I am not saying that we should just shuck all of our responsibilities and do nothing but sit on our knees in prayer all day long. What Martha was doing that day wasn't bad. She was a servant hearted woman, and was getting ready to feed the crew. Rather, we should take heed of what Jesus said to Martha as she complained about having to do all of the work. Jesus lovingly addressed Martha's real heart issue when he said,

"You are worried and distracted by many things."

I WONDER IF YOU CAN RELATE TO THAT TODAY???

Who are you more like these days???????

Mary or Martha



Week
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Prioritizing

You know, Martha had invited Jesus in to her home that day. Jesus was just as available for Martha as He was for Mary, but Martha never slowed down to listen. She did not quiet her soul and mind to be still before the Lord.

Guess what? Today, if you are a born again believer, then the Holy Spirit is with you! Will you take time to sit at His feet?? to be refreshed?? to listen???



Will you have a heart that responds to His voice of wisdom, guidance, and encouragement throughout your day???



Have you made your relationship with God a priority?

How do you plan to spend time with the Lord in the days ahead?

P.S. God knows the season you are in. Know that if you have a heart to hear, that He will speak to you, even in the midst of your daily "To Do's". Growing in your walk with God will likely look different from season to season depending on the things you have on your plate, but the ingredients for a healthy relationship with Him are the same....reading His word, listening, praying, and obeying!



Week

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Prioritizing

Day 4 *Prioritizing Your Home*

I could definitely devote a few book chapters to this subject, as it is broad, and touches on so many things. I think as long as I have walked with the Lord, I have wanted to be a world changer. I have always had a desire to touch hearts, and to show the love of Jesus to others, but it wasn't until my precious children arrived on the scene that my entire view of changing the world began to shift and change. I began to see that if I truly wanted to change the world, that it had to start at home. Now, please don't tune out on me if you aren't a wife or a Momma, as I wish that I had understood these truths and applied them to a greater degree much sooner!

God's desire is that your home would be an oasis for you, your family, and anyone who walks into your doors.

Have you ever walked into someones' home, and you could feel the overwhelming peace of God? Have you ever left someone's company feeling encouraged, built up, and full of joy? These are the things that we should desire and work to establish in our homes no matter the season we are in. As women, we have a huge role in establishing the tone in our homes, and we have the opportunity to make our homes a haven for everyone who enters our doors.

Proverbs 24:3



By wisdom a house is built, And by understanding it is established;

Sister, we understand that if we want to keep a job, we must work at it, but so often, we don't consider that in order to have a peaceful, God-filled home, we have to WORK!! We have to seek out, and then apply the wisdom of God.

WE MUST BE INTENTIONAL AND PRIORITIZE OUR HOME AND THE RELATIONSHIPS THEREIN!!

Reflection Page

What has God shown you over the last few days of study?

What practical action steps you can take to prioritize the activities of your days?

HERE ARE SOME IDEAS:

Write a simple schedule to help keep your house clean.

Assess and pray about what things need to stay in your daily schedule, and what things need to go.

PICK ONE AREA OF YOUR HEALTH TO WORK ON...DRINKING MORE WATER, DAILY EXERCISE, OR FOCUS ON EATING BETTER!

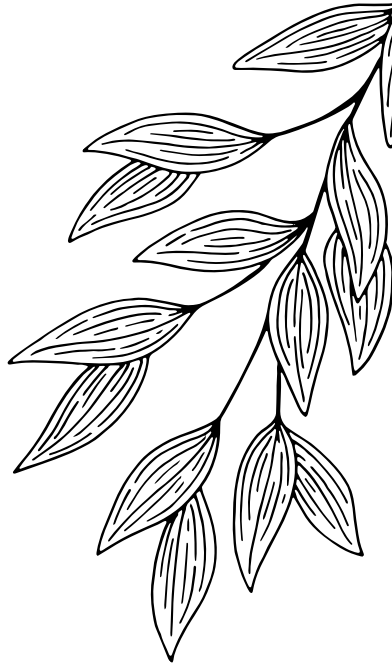
Set a quiet time to read your Bible and study each day!

Put date nights on the calendar for your husband and children.



Cleaning Schedule

SUCCESS STARTS WITH A PLAN!



Daily Chores:

Detail a Room a Day

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

Occasional _____



Thank you!

I am so glad that you chose to do this short Bible study with us at Beautiful Daily Grace!
Hopefully it has helped to shed light on your heart, and has helped you to walk in more of the freedom Christ has for you!!

We would love for you to stay connected with us, and to be on the lookout for future resources!
Don't forget to sign up with us at www.beautifuldailygrace.com, and follow us on Facebook and Instagram.

May God bless you as you continue to grow in Him!!!

MANY BLESSINGS,
the Beautiful Daily Grace Team

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