

Start Stop Continue

ROGO Forum members,

As we close out Q1 '22, 2 years of COVID and/or celebrate Lent... I believe many of us and those that we lead need a reset. Pastor Matt Brown taught on this throughout the "Holy Sh*ft" series. From a marketplace perspective, how do we do this? How do we connect with God? How do we assess what is working versus what isn't? I would recommend a simple business practice that most of us are already familiar with Start/Stop/Continue.

What do I need to start?

What do I need to stop?

What do I need to continue?

While this practice works well in our professional lives, it can also be applied in all areas of our life and help us create bandwidth, disciple others, and more.

What Do I Need to Start?

When you look back over the last quarter or year, what jumps out at you? What was that thing that God wanted you to start last year but you didn't? We all have reasons for not starting something. We can justify our inaction...too busy, afraid, distracted as well as a host of other reasons for not starting something. The Holy Spirit is working to provoke action in all of us. What is it that you need to start?

Sharing your testimony with an employee/coworker at work or over coffee.

Discipling/mentoring someone in your life.

Starting your day in Scripture or a Bible Study.

Being more intentional and present with family and friends.

Whatever you and I need to start, now is the time to start it. Let's not be in the same place next month, quarter or year. It just requires us to be intentional.

What Do I Need to Stop?

What prevents us from being everything that God has created us to be? What prevents us from living out our purpose and calling? What prevents us from staying in relationship with God through prayer and Scripture?

As PMB taught in "Holy Sh*ft", we are often your own worst enemy. Jesus can save us with his love and teach us how to love God, others and ourselves if we let Him. However, we can stop ourselves from moving forward. Fear, pride, bitterness, and sin move us away from what God wants for us. What habits do you need to change or break? What kind of thoughts need to stop? Who or what are you allowing to influence you? Do you need to change who provides you counsel and advice? Whatever prevents you from growing in Christ, that is what you need to stop.

What Do I Need to Continue?

Was there a positive habit or practice that you developed during COVID or at some other time in the past year? What was it that allowed you to feel more of God's presence in your life?

Working through a bible study; journaling your prayers; praying before making decisions large and small; praising God throughout your day; discipling someone; leading someone to Christ, etc.

What are some things that you applied in your life last year that you know that God has blessed and that you need to continue doing? Reflect and pray on these things and you will know what you need to continue.

Something I read in closing:

It is never too late to start something. You can start fresh and new every day.

It is never too late to stop something. You are never so far or distant that the love of Jesus cannot reach you.

May you see a change in your life. May you be more aware of the Lord's presence in your life. May you be obedient as the Holy Spirit leads and guides you on this journey.