

# Loose - Tight Living



*“Don’t brag about tomorrow, since you don’t know  
what the day will bring.”*

*Proverbs 27:1 (NLT)*

Landscaping is a hobby of mine, an outlet to express my love for the natural beauty of growing things. I’ve strived to create landscapes that allow the plants to express their brilliance. I created a design for my old church, a haven in mind. So, you might imagine my dismay when a man (call him “The Pruner”) sheared the bushes into a cluster of ball-like blobs. “Noooo...!” rang through my head, but God somehow kept my mouth shut. The Pruner was so proud to serve. It was his ministry;

how could I risk quashing his heart?

I let go of control in favor of the more important thing, him.

As a young manager, being responsible, I tried to control everything and everybody. I had to make sure the work was done just so, right? It didn't go so well. That's when I began practicing what I call "Loose – Tight" ... tightly controlling what was vital, and letting go of the rest. I feared the worst as I let go; what might happen? Things went much better... beyond my expectations!

Do you struggle to control things, your future? Who doesn't! Yet, as the proverb attests, who knows what tomorrow will bring? God created life to be an adventure so why do we attempt to control it?

Asserting control, a response to fear, makes us feel safer. We think, "If I make sure this and that happen, then my life will go just right." When it doesn't work out as planned, we're disappointed. Trying to control the uncontrollable leads to stress, frustration, anxiety... we lose our sense of adventure. No fun!

Is this the life Jesus intended for you?

*Reflect:* **What am I trying to control that I shouldn't be?**

Advancing your Mission is the adventure God made you for, can you experience it fully if you are trying to control its unfolding? Have you

accepted the reality that you have very little control over what happens tomorrow? What fears are stealing the joy of your life's adventure with God?

*"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today." Jesus Christ (Matthew 6:34)*

Jesus stated it plainly – focus on today. What then about goals, hopes and dreams for what lies ahead, are these to be ditched? Absolutely not! But, could they be held more loosely?

I found a talk by a highly regarded psychologist enlightening. He raised the question, "Is it best to focus on goals or habits?" His experiences in working with people improve the trajectory of their lives perfectly meshes mine; practice "Loose – Tight" living.

*Consider: **Hold my goals loosely; Control my habits tightly.***

Considering this, ask yourself, "What must I tighten? What must I loosen?" Allow your stress and anxiety over the future to reduce and a renewed sense of your life's adventure overtake.

Jesus said focus on today, why not? What daily habits should you adhere to? What did Jesus say?

**Eat** – Devote time to be with Jesus.

*"The true bread of God is the one who comes down from heaven and*

*gives life to the world.” “Sir,” they said, “give us that bread every day of our lives.” Jesus Christ and his disciples (John 6:35)*

**Surrender** – Die to self.

*“If any of you wants to be my follower, you must put aside your selfish ambition, shoulder your cross daily, and follow me.” Jesus Christ (Luke 9:23)*

**Give** – Live for Jesus first; Advance your Mission.

*“Your heavenly Father already knows all of your needs, and he will give you all you need from day to day if you live for him and make the Kingdom of God your primary concern.” Jesus Christ (Matthew 6:32-33)*

How tightly are you controlling these disciplines? Surprise yourself... practice them daily and see your goals become a reality, even surpassed!

*Imagine: **Daily focus on my Mission opening the adventure of my life.***

Your Mission is not some grand dream or goal, it's a daily practice that leads into the adventure of your life. Accept that adventure means adventure... though not so controllable, it's exciting!

The daily discipline of advancing your Mission is your response to generosity. God has generously given you new life, an indescribable gift with an immeasurable price tag. Shouldn't his generosity rightly lead you to pass it on to others?

*“For God is the one who gives seed to the farmer and then bread to eat. In the same way, he will give you many opportunities to do good, and he will produce a great harvest of generosity in you.” The Apostle Paul (2 Corinthians 9:10)*

Opportunities to advance your Mission abound! Are you giving of yourself daily? Perhaps you should begin to practice...

### **Loose – Tight Living**

Go off the grid and ask these questions:

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#### **Coach’s Questions**

- What am I trying to control that I shouldn’t be? How much stress is this causing me? Is this the way I want to live my life? When will I surrender this to God?
- What daily practices have I been holding loosely to should be tightened?
- How will I raise the focus on my Mission so it’s top of mind daily?

## **Spirit Talk**

Post this where you will see it regularly.

## Generously advance my Mission daily.

*“Remember this – a farmer who plants only a few seeds will get a small crop. But the one who plants generously will get a generous crop.”*

*The Apostle Paul | 2 Corinthians 9:6 (NLT)*



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