

Ron Armstrong • January 4 & 5, 2020
2020 Live Your Best Life: Make This Your Decade

1 Chronicles 12:23 These are the numbers of the men armed for battle who came to David at Hebron to turn Saul's kingdom over to him, as the Lord had said:
24 from Judah, carrying shield and spear—6,800 armed for battle;
25 from Simeon, warriors ready for battle—7,100;
26 from Levi—4,600, **27** including Jehoiada, leader of the family of Aaron, with 3,700 men, **28** and Zadok, a brave young warrior, with 22 officers from his family;
29 from Benjamin, Saul's tribe—3,000, most of whom had remained loyal to Saul's house until then;
30 from Ephraim, brave warriors, famous in their own clans—20,800;
31 from half the tribe of Manasseh, designated by name to come and make David king—18,000;
32 from Issachar, men who understood the times and knew what Israel should do—200 chiefs, with all their relatives under their command;

A. Make this your decade.

1. "People dramatically overestimate what they can do in a DAY and underestimate what they can do in a decade." (Source uncertain)
2. Top three self-perceived barriers to achieving your goals: AGE, money, and duration. (Second Acts, Pollan)
 - a. If you are young, it's time to get going.
 - b. If you are old, it's time to finish strong.
3. You begin to make it your decade by doing the hard work of answering two questions:
 - a. What do I WANT?
 - b. What am I willing to EARN?

4. Some areas to look at: education, finances, career (first and second), relationships, hobbies, health, and spiritual growth.

B. Start a "low-BAD" diet.

1. Researchers realized that bad events impact us more strongly than good ones. It's called the NEGATIVITY bias. (Baumeister)
 - a. So even as life gets better, people often perceive it as getting worse.
 - b. We don't have an opposite for "traumatized;" because positive events don't have the same IMPACT.
 - c. Politicians, journalists, and activists found that if they want attention, tell people they are DOOMED.
 - d. History tells us that things are better AND we should work to improve them.
2. The power of FOUR. It takes four positive, good, or joyful things to mentally outweigh a negative.
 - a. So broadcast the good things about people, progress, and blessings.
 - b. Offer four times as many compliments and kindnesses as you do criticisms.
 - c. Actively limit your negative intake. This isn't to put your head in the sand; it's to get better PERSPECTIVE and clarity.

C. To make it your decade, you will have to embrace the PAIN paradox. It says:

1. "Short-term easy" leads to "long-term hard."
2. The brain argues between what feels good now and what helps us in the long-term.
3. Successful people know the pain will pass if they are willing to endure it now.