

## WHEN YOUR DREAMS TAKE FLIGHT

### CHAPTER 4 | TEACHING SEGMENT 2

*(PLEASE WATCH THE STORY SEGMENTS CONNECTED TO THIS CHAPTER)*

#### OUTLINE

AS WE FOCUS ON THE GREATNESS OF GOD,  
WE EXPAND OUR VISION TO SEE OUR DREAMS COME TO LIFE.

#### PREMISE:

- Having a **CLEAR** vision of our dreams is essential for fulfillment
- We must direct our **RAS** to see **VALUE** rather than threat

#### 1. DEVELOPING OUR DREAMS

##### A. God is our source

- **Reminder:** God is not our threat; He is our value.
- Search out reminders of His greatness as you see His accomplishments in His Word, in your life. He does not fail us.
- When we focus on God's greatness, our **RAS** causes us to see, assimilate and experience the new information properly, filling in the gaps of the fulfillment of our dream.
- We identify opportunities based on the goals we set. *Example:* As Ceitci envisioned the webinar, she pictured the camera, platform, audience, etc. A Facebook message prompted her to connect with the person who became the videographer. If she had not been focused on the webinar, she would not have recognized that person as meeting her need.

## **B. Dreams and goals**

- Dreams are what guide our lives—the big picture.
- Goals are the small steps that help us achieve the dreams.
- Our vision changes according to the seasons of our lives.
- The RAS will always help you focus if you keep a specific goal in mind.
- Clarity is essential; it creates accountability which causes you to create action steps. If you're not moving forward toward your dream, it's because it's not clear where you're going.

## **C. Free-style goal setting**

- Instead of listing detailed steps to reach each main goal, allow yourself the freedom to walk away from the list. You'll be surprised how many ideas will come to mind.
- When your action steps are too detailed, you are locking yourself in and can't see new opportunities because your RAS is focusing only on those details. Our minds work better in a free-flow state.
- In order to fulfill a dream or vision, we need a shift of focus. When we focus on our inabilities, we create a threat inside us and look at both our dream and God as a threat.
- When we focus our attention (using emotions, words, pictures, and imagination) on what God is saying to us, our RAS begins to open up and we see ourselves as God sees us.
- When we put value on God, His ability, and His Word, we create value of us being part of that dream.

## 2. SYNCHRONIZING OUR INTERNAL AND EXTERNAL VISION

### A. Our old comfort zones

- Gestalt psychology (see page 55) suggests that we are always working to create order in our minds, matching the picture of how we view the outside world with our current view of reality.
- If the picture of who we think we are is not matching the outside world, we change the external to match the internal.
- The opposite is true as well: when the external is in disorder, we cultivate energy to bring it back into order to match our internal picture.
- *Example:* Although Ceitci envisioned herself speaking and acting certain ways, the reality did not match her vision. She had to practice it first, both in her mind and outwardly until the two pictures matched.

### B. Why do we procrastinate?

- Procrastination takes place when there is not enough urgency to match the two conflicting pictures.
- If you're happy with how things are in your life, you won't feel an urgency to change; your external and internal pictures match.
- But when God gives you a vision and you realize, "I'm capable of more," activation takes place inside causing you to generate energy, and our RAS sees opportunities to create something out of nothing.
- The urgency needs to be stimulated by you expanding your vision and your picture, then results and action will follow.

\* PLEASE CONTINUE TO CHAPTER 4 – TEACHING SEGMENT 3