

# STOP DOING LIST

*Somer Phoebus*

**All quotes are from Somer Phoebus unless otherwise noted.**

Download the class companion resource at: <https://sheworkshisway.com/wp-content/uploads/2020/05/The-STOP-Doing-List.pdf>

Productivity matters to give you margin, not necessarily to do more.

God opportunities present themselves in margin.

Leave margin for God's work in your life.

Simplification requires quitting or stopping.

You should not stop just because you are weary. You get to stop things that aren't the right things.

For everything we quit or stop, we gain back time and energy for something that is more important.

One of the greatest gifts of walking with the Lord is that He gives clarity of what's important.

Nothing else in your life can bring you peace if your soul isn't prepared to receive that peace.

It's really hard to have order in your soul if you don't have order in your schedule.

Jesus is the only one who can tell you what you should stop doing.

Jesus told people to stop doing things that we would say isn't logical – don't go bury your father, stop your job, etc.

Book: Ordering Your Private World by Gordon MacDonald

Your soul is who you are as a person.

Your soul lives forever, your heart does not.

Where should you have Jesus and His order? In your soul. That takes intention.

Luke 10:38

In order to stop something, you may have to start something.

# STOP DOING LIST

*Somer Phoebus*

**All quotes are from Somer Phoebus unless otherwise noted.**

Sometimes you have multiple responsibilities - be careful not to whine or complain about them.

Some of us were created for more community than others.

What to stop, look at – tasks, habits, big ideas.

Perfectionism will kill your productivity.

Perfectionism disguises itself as being a workaholic.

Habits: trigger → behavior → response

Mindfulness training: move into that feeling when the trigger comes. “why do I want to procrastinate?”

Holy Spirit power > brain power

You want your brain re-wired? Go to the One who created it.

“Holy Spirit, check me in the moment when I start doing something that I shouldn’t be doing.”

Don’t let Satan hold you in bondage to bad habits.

Big ideas is like an addiction.

Ask God to help you know which ideas are His and which ones are yours.

The only ROI that we need to be focused on is eternal.

We can’t put more value on the idea or excitement of something new than what we could do with our time and energy with something that the Lord has given us.

The Lord will never give you something that will take your eyes off of Him.