



C.O.G.A. LEADERSHIP TRAINING CONFERENCE

TOPIC:

The Law of the Rubber Band

FACILITATOR:

Bishop Ronald Hash



CHURCH OF GOD APOSTOLIC, INC.
PO Box 1686, N. Wilkesboro, NC. 28659
Telephone (336) 772-29221/18/2022
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BISHOP RONALD HASH

THE LAW OF THE RUBBER BAND

**Growth Stops When You Lose The Tension Between
Where You Are And Where You Could be**

1. A Series of Stretches

- A. John Maxwell said "God's gift to us: Potential.
Our Gift to God: Developing it."
- B. What does it mean by stretches?

II. The Benefits of Stretching

- A. Few People _____.
- B. Settling for the status quo ultimately _____.
- C. Stretching always starts from _____.
- D. Stretching always requires _____.
- E. Stretching sets you apart _____.
- F. Stretching can become a _____.

Reflect on the quote by Rabbi Nahman: "If you won't be better tomorrow than today, then what do you need tomorrow for?"

- G Stretching gives you a shot at _____.
- G. Stretching to the end.

Specific Steps to Amazing Growth

In what areas of your life have you lost your stretch and settled in?

What habits have you developed that have hindered your progress toward your potential?

Rate your satisfaction in areas of your life. In what areas have you become “average” and may have lost some stretching?

Create some specific means for stretching in the areas of your life for which you are no longer winning.

Remember to establish a balance between your potential and your present place so that stretching is both possible and challenging. This tension is critical, but you do not want to get so overwhelmed that you simply give up.

Your stretching goals should be SMART:

Specific – words like “more, bigger, faster” are not specific

Measurable – without measuring, how do you know if you succeeded?

Attainable – they should be something you WILL actually do

Realistic – they must be something you CAN actually do

Timed – without a timed arrival, you are only creating a wish list