

Capacity

Welcome to Harvest Community Church

Series: 10X²

Text: Philippians 4:11-13

What sets people like Daniel apart from others is their ability to grow their capacity.

Daniel 5:12 (NKJV, NLT), Luke 2:52 Most people underestimate their true potential. We often treat the word “capacity” as if it were a natural low of limitation. Most of us are much more comfortable defining what we perceive as off-limits rather than what’s really possible. Could it be that many of us have failed to expand our potential because we have allowed what we perceive as capacity to define us? What if our limits are not really our limits?

Capacity isn’t fixed – it can be grown and expanded through intentional effort.

The metaphor of a "CAP" is the internal limits we place on ourselves - Character - Attitude - Potential. If you grow in your awareness, develop your abilities and make the right choices, you can reach your capacity. Have you given much thought to your capacity?

Most people think that their capacity is set — especially if they’re beyond a certain age. You hear one person identified as “high capacity” and another as “low capacity,” and we just accept it. What’s your capacity? Have you defined it as high, low or average? Do you think it’s set? Maybe you haven’t put a label on it, but you’ve probably settled into a level of achievement that you believe is what’s possible for you. That’s a problem.

People give up on the idea that their capacity or their potential can grow. All they do is try to manage whatever they think they’ve got. Some caps are fixed. But most are not. We can’t allow these unfixed caps to keep our lives from expanding. People will more readily reach their potential when they work on their strengths rather than working on their weaknesses. God never called us to be something that we are not. Many people live defeated because they spend a great deal of time working on weaknesses instead of growing in the area of their strengths. Both right-handed and left-handed people can use scissors. They just need to become proficient in their strong hand.

Becoming aware is the first big step you can take to blow the cap off your capacity. People will more readily reach their potential when they work on their strengths rather than working on their weaknesses. All lasting growth requires awareness and honesty. Unfortunately, if you lack awareness, then you don’t know that you are unaware. Self-awareness is a powerful skill. It allows you to test your limits. It empowers you to understand other people. It makes partnership with others stronger. It allows you to maximize your strengths and minimize your weakness. It opens the door to greater capacity.

What stops people from reaching their capacity often isn’t lack of desire. It’s usually a lack of awareness. There are factors that work against us and prevent us from developing great self-awareness, such as excuses, sin, unresolved negative emotions, habitual self-distraction, absence of personal reflection and the unwillingness to pay the price to gain experience.

We need to be aware of the caps in our life and recognize which caps you can't remove and which ones you can. We don't have any control over how our life begins, and there are also many things that happen to us in our lives that we cannot control. We suffer accidents or illnesses. We lose people that we love. We discover that we don't have the talent or ability to fulfill a dream. These are called "life caps."

Part of the process of fulfilling our God given purpose is becoming aware of the things we can't change that limit us so that we can direct our attention toward the things we can to increase our capacity. Our capacity is not singular, all of us have many capacities that are based on gifts, talents and abilities.

Core Capacities that all we can choose to grow.

- 1) Energy capacity – our ability to push on physically. Many of us are focusing on time management when we should actually be focusing on energy management. There's nothing we can do to expand time. That's why we need to focus on our energy. There are things, tasks and people who fuel our energy, there are others that are energy drainers. It is also important to be honest about the times of the day that we have the most energy and focus on working then.

Here are three R's that can be used for prioritizing:

- ❖ Requirement (what you have to do) There will always be things that we must do.
 - ❖ Return (what you do well)
 - ❖ Reward (what you love to do) Doing what rewards you almost always gives you energy. The same is true for doing what gives us a high return. However, for most people, fulfilling requirements is not energizing — unless your requirements line up with return and reward. If you have the power to align all three of those, you'll always be energized by your work.
- 2) Emotional capacity – our ability to manage our emotions. Emotional capacity is the ability to handle adversity, failure, criticism, change and pressure in a positive way. All of these things create stress in our lives. The inability to deal with stress or emotional pressure takes a lot out of people. They give up, break down or do unhealthy things to try to escape the pressure. However, emotionally strong people are able to manage their emotions and process through difficulties. That allows them to increase their capacity and moves them closer to reaching their full potential. The first, and maybe most important thing that emotionally strong people do is take an active approach to their emotions. **1 Peter 5:7**
 - 3) Thinking capacity – if you want to increase your overall success capacity, then you need to increase your thinking capacity. Most people do not recognize the value of good thinking. They have thoughts, but they let them go and don't do anything with them. However, when you value good thoughts, it makes all of your thinking more valuable. That is the starting point of increasing your thinking capacity.

Philippians 4:8 –This proves that we can change the way that we think and what we think about. Remember, it is our prerogative to change our mind. Everything begins with a thought, what we think determines who we are. Who we are determines what we do. We can never effectively be anything different than we think. “As a person thinks in their heart, so they are.”

- We must take time to think.
- We must capture our thinking. (Write the vision down.)
- We must have a place that we go to think.
- Take time to rethink. Think things through and evaluate what you have thought about.
- Keep learning and talking with people, expand your thinking. Learning and talking help you to learn from people who think differently than you do.

- 4) People capacity – our ability to build relationships. We are defined by our relationships. People can usually trace their successes and failures to the relationships in their lives. You cannot increase your people capacity unless you value people and care about them. If you don’t like people, don’t respect them and don’t believe they have value, it stands as a barrier to your success with them. You can’t secretly look down on others and build them up at the same time. However, if you value people, it shows through. And it makes the development of positive relationships possible.

People capacity really does make a huge difference in a person’s life. Your people capacity will go to a new level once you realize how much you need the correct people in your life.

1 Corinthians 15:33 The more you value people, put yourself into their world, seek to add value to them and be their friend, the better your life will be.

- 5) Creativity capacity – our ability to see options and to find answers. Is it true that some people are born highly creative? Of course. There are the rare few who create to create and are gifted to change the world in that regard. In fact, some argue that all of us are born creative, but most of us lose that creativity as we grow up and get older. You can rekindle the creativity that’s already in you, as well as cultivate new pathways of creativity.

Creativity is changing the question from “Is there an answer?” to “What is the answer?” Creativity always takes time, patience and experimentation. You just have to enter into the process believing there is an answer. Creativity is a mindset. You have to believe that answers and solutions are out there if you’re willing to keep fighting to find them. Questions always spur creativity. Why? Because questions cause you to explore, to seek out. Keeping our imaginations sharp is essential to creative thinking and problem solving. That requires practice. Unfortunately, as we get older, most people practice creative thinking less and less. If you desire to increase your creativity capacity, you can do it. You can train yourself to see possibilities. You can learn to find answers. You can become someone who always offers options.

- 6) **Production** capacity – our ability to accomplish results. Everything worthwhile in life — everything you want – everything you desire to achieve – everything you want to receive — is uphill. The problem is that most of us have uphill dreams but downhill habits. And that’s why we have a cap on our production capacity. Downhill is easy. It has no requirements. It doesn’t take any effort. A downhill lifestyle is characterized by unintentionality, complacency, inconsistency and excuses.

Uphill is **hard**, it requires intentionality, energy, determination, hard work and consistency. It requires you to keep an eye on the big picture, be determined, demonstrate character and put in the time. The right thing to do and the hard thing to do are usually the same thing. More and more people resist doing the right thing because it’s hard, so they choose the easy thing. They go downhill instead of uphill.

- 7) **Responsibility** capacity – our choice to take charge of our life. One of the reasons successful people are successful is that they see and seize opportunities. Often, we see them going through doors of opportunity, making the most of them, and we think to ourselves, *I wish I had that chance*. We see the results, but what we often don’t see is the deep level of personal responsibility they had to take to make the most of the opportunity. Without increasing their responsibility capacity, they could not have increased their opportunity capacity. The way you take control of the direction of your life is to take responsibility for yourself and for your everyday actions. People who do this see dramatic results.
- 8) **Character** capacity – our choices based on God and good values. **Proverbs 11:3** Values create the foundation of character, and character provides the foundation for success. The results of developing character are life changing. Good character is a choice you make every day. When you choose to do the right thing based on a positive value, your character expands. With each right choice, you develop the strength to make other right choices and more difficult right choices. In contrast, every time you choose to cut corners, compromise on your values or turn your back on what you know to be right, it shrinks your character. The smaller and weaker it gets, the more difficult it is to make another right choice. Good character uses the same standard in every situation. If something is right, it’s always right. If it’s wrong, it’s always wrong. People with good character are consistent. People who try to use multiple standards with different people and in different situations live fragmented lives. When a person lives a fragmented life, others never know what to expect from that person.
- 9) **Discipline** capacity – our choice to focus now and to **follow** through. We won’t achieve great things accidentally. Never forget: Everything worthwhile is uphill. Achieving what you want takes time, effort, consistency, energy and commitment. Self-discipline is what makes those things possible and puts success within reach. And here’s the good news: Self-discipline is something you can develop. You don’t need to be born with it. It’s a choice you make and keep on making.

So much of what we do in life has no deadline. As a result, many things get put off. Create external deadlines to create an awareness of time. Discipline is like a **muscle**, the more we train it, the better we become at developing it.

- 10) **Attitude** capacity – our choice to be positive regardless of the circumstances. Coaching and encouraging yourself is huge when it comes to choosing a positive attitude regardless of circumstances. It is the single best thing you can do to help yourself. There are some foundational things you can do to put yourself in a positive position most of the time. By doing these three things, you make it easier for yourself to bounce back from difficulties:
- **Become humble**: It is much easier to face life's difficulties and respond positively when you display humility. Doing small things that may seem unimportant to us but that benefit others helps us cultivate humility. Doing them with love builds on that.
 - **Become teachable**: Teachability is wanting to learn from every experience and every person. It requires an appreciation for everything we experience and knowing that we can always learn something — if we have the right spirit.
 - **Become resilient**: To maintain a positive attitude, you need to be resilient and not let anything negative take hold of you. Time spent on being angry about the past means less time moving forward and doing what you desire to do.

Your attitude is one of the most pliable and resilient parts of you. Regardless of your age or circumstances, you can change if you're willing to.

Like Daniel, Joseph, Esther we can be people who live a life without limits. We can do all things through Christ who strengthens us.