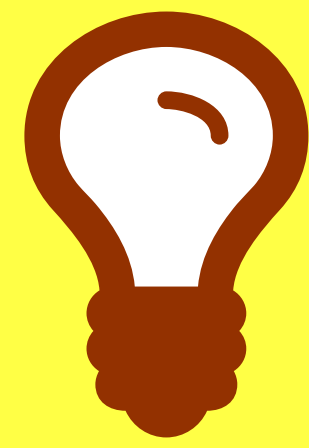




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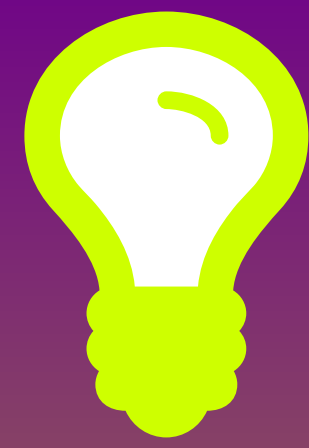
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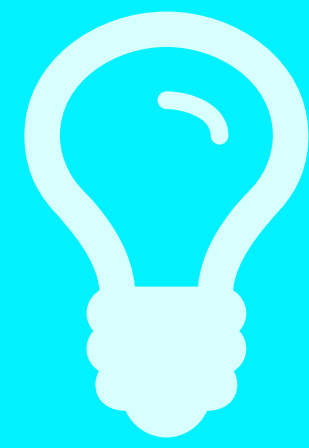


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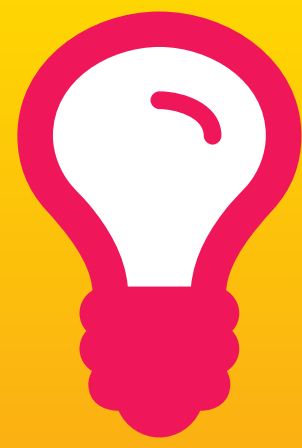
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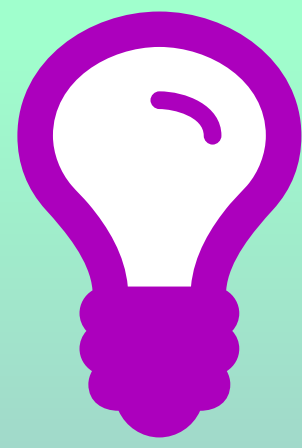
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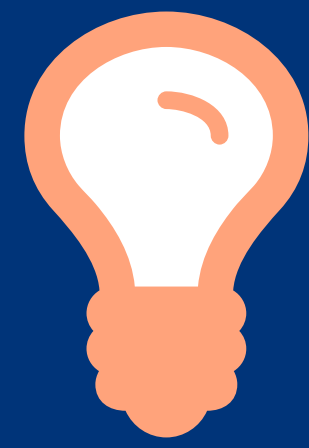


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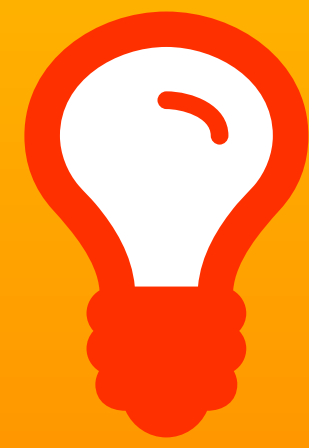
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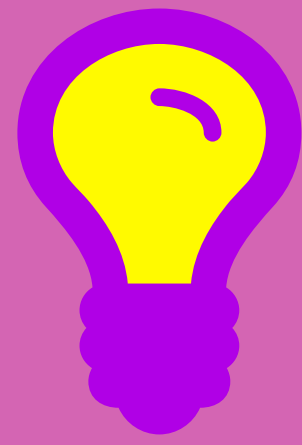
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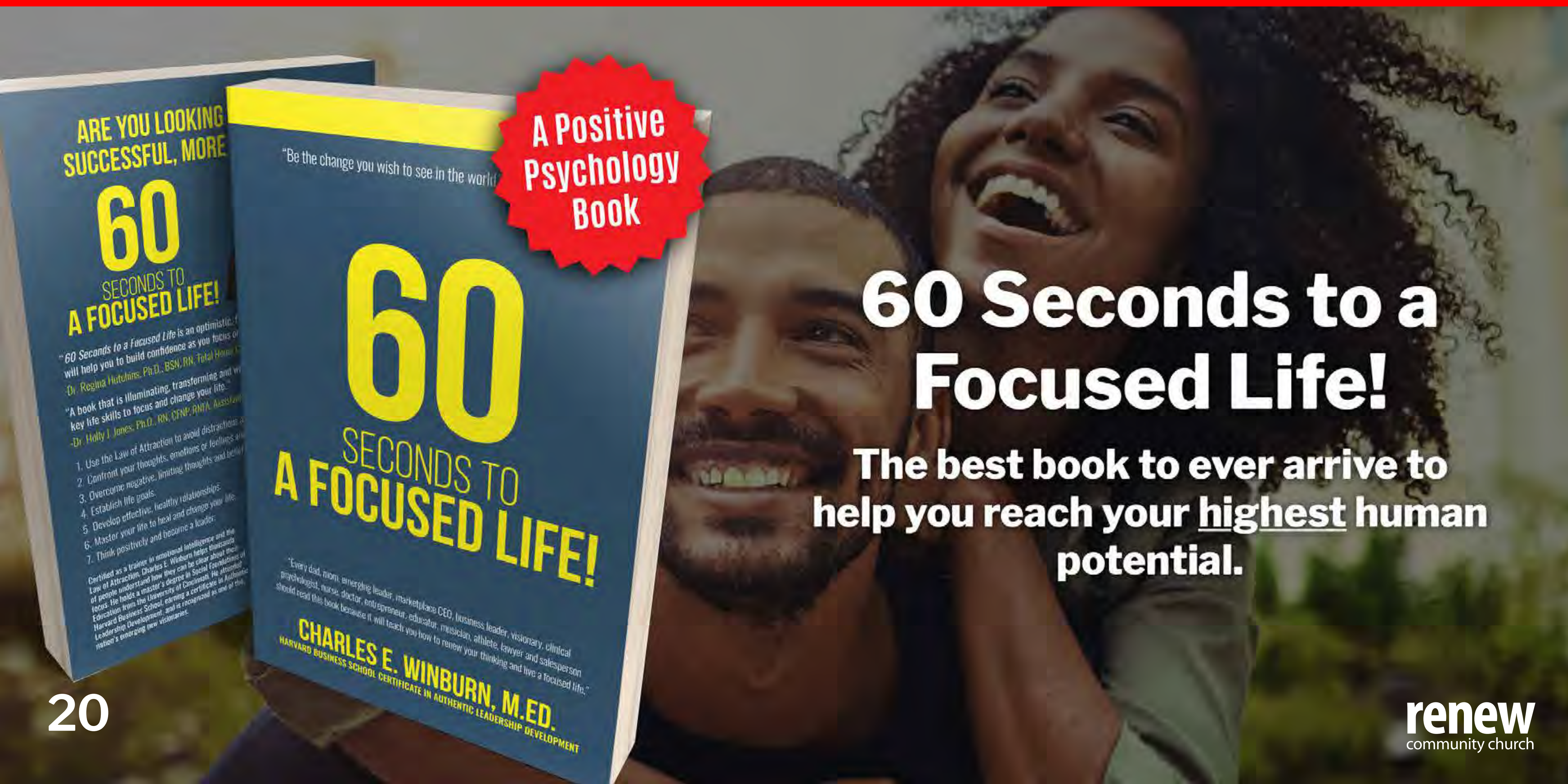
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4. Establish life goals.
5. Develop effective, healthy relationships.
6. Master your life to heal and change your life.
7. Think positively and become a leader.

Certified as a trainer in emotional intelligence and the Law of Attraction, Charles E. Winburn helps thousands of people understand how they can be clear about their focus. He holds a master's degree in Social Foundations of Education from the University of Cincinnati. He attended Harvard Business School, earning a certificate in Authentic Leadership Development, and is recognized as one of the nation's emerging new visionaries.

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SECONDS TO
A FOCUSED LIFE!

CHARLES E. WINBURN, M.ED.
HARVARD BUSINESS SCHOOL CERTIFICATE IN AUTHENTIC LEADERSHIP DEVELOPMENT

**And Jesus went about all Galilee,
teaching in their synagogues,
and preaching the gospel of the
kingdom, and healing all manner of
sickness and all manner of disease
among the people.**

Matthew 4:23

And after that John was put in prison, Jesus came into Galilee, preaching the gospel of the kingdom of God, And saying, The time is fulfilled, and the kingdom of God is at hand: repent ye, and believe the gospel.

Mark 1:14-15

**The Spirit of the Lord is upon me,
because he hath anointed me to
preach the gospel to the poor... he
hath sent me to preach deliverance
to the captives, and recovering of
sight to the blind, to set at liberty
them that are bruised, To preach
the acceptable year of the Lord.**

Luke 4:18-19

**And they departed, and went
through the towns, preaching the
gospel, and healing every where.**

Luke 9:6

**And he said unto them, Go ye into
all the world, and preach the gospel
to every creature.**

Mark 16:15

And daily in the temple, and in every house, they ceased not to teach and preach Jesus Christ.

Acts 5:42

**Then Philip opened his mouth, and
began at the same scripture, and
preached unto him Jesus.**

Acts 8:35

**The word which God sent unto the
children of Israel, preaching peace
by Jesus Christ: (he is Lord of all:)**

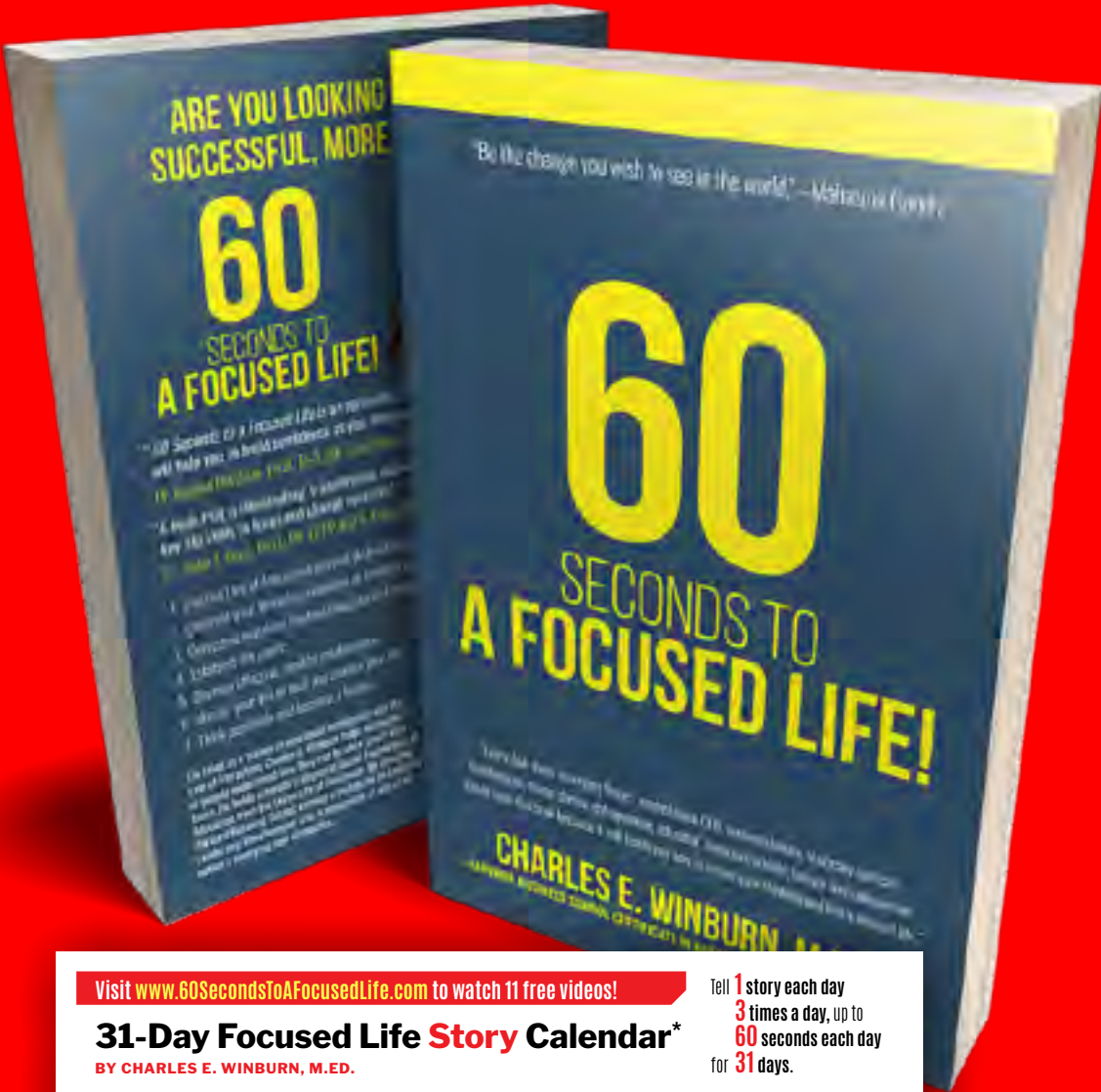
Acts 10:36

**For I am not ashamed of the gospel
of Christ: for it is the power of God
unto salvation to every one that
believeth...**

Romans 1:16

**And your feet shod with the
preparation of the gospel of peace;**

Ephesians 6:15



Names/labels used by Jesus for those who follow Him

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Tell 1 story each day
3 times a day, up to
60 seconds each day
for 31 days.

LEARN HOW TO WRITE YOUR OWN STORY! SEE CHAPTER 38 IN 60 SECONDS TO A FOCUSED LIFE!

DAY 1 It is my divine and human right to have fun today.	DAY 2 It is my divine and human right to be happy today.	DAY 3 It is my divine and human right to walk in love and express my love today.	DAY 4 It is my divine and human right to walk in love and express my love today.	DAY 5 It is my divine and human right to walk in love and express my love today.	DAY 6 It is my divine and human right to experience serenity today.	DAY 7 It is my divine and human right to forgive myself and others today.
DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to love and great outlook on life today.	DAY 10 It is my divine and human right to love and great outlook on life today.	DAY 11 It is my divine and human right to love and great outlook on life today.	DAY 12 It is my divine and human right to love and great outlook on life today.	DAY 13 It is my divine and human right to love and great outlook on life today.	DAY 14 It is my divine and human right to love and great outlook on life today.
DAY 15 It is my divine and human right to walk in love today.	DAY 16 It is my divine and human right to be loved and love others today.	DAY 17 It is my divine and human right to be loved and love others today.	DAY 18 It is my divine and human right to be loved and love others today.	DAY 19 It is my divine and human right to be loved and love others today.	DAY 20 It is my divine and human right to be loved and love others today.	DAY 21 It is my divine and human right to be loved and love others today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray in peace today.	DAY 24 It is my divine and human right to pray in peace today.	DAY 25 It is my divine and human right to focus on what I want today.	DAY 26 It is my divine and human right to focus on what I want today.	DAY 27 It is my divine and human right to focus on what I want today.	DAY 28 It is my divine and human right to focus on what I want today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to be transformed and renewed in my heart today.	DAY 31 It is my divine and human right to be transformed and renewed in my heart today.	* It takes approximately 21 days to get rid of a negative vibration. In 31 days, you will have created for yourself a positive and life-changing emotional vibration.			

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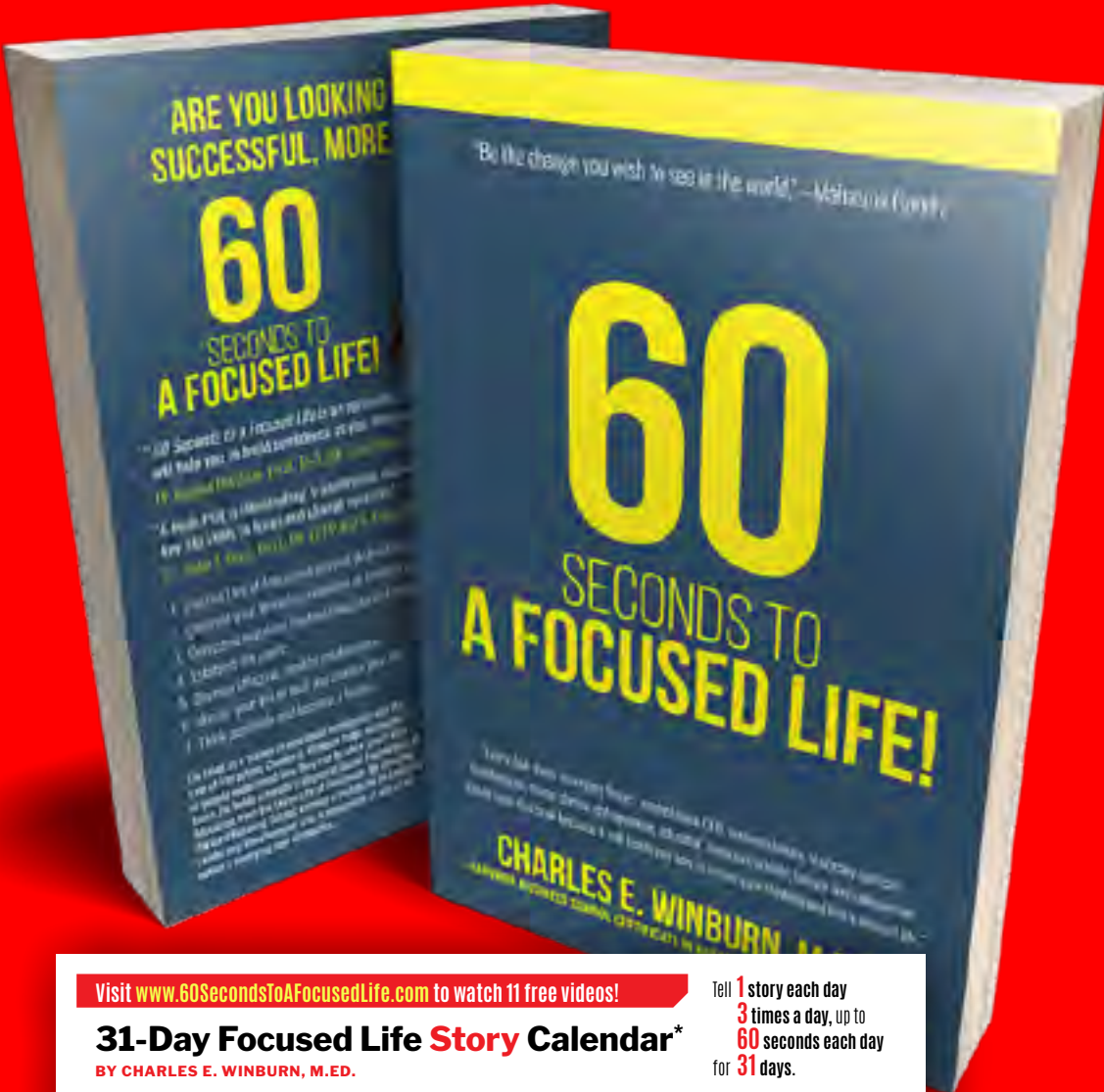
- 1. Disciples (my disciples;
followers in discipleship)**
- 2. My servant(s)**
- 3. My friend(s)**
- 4. Sheep / My sheep**
- 5. The flock (connected with
sheep)**

- 6. Branches / branches in the vine**
- 7. Light / the light of the world
(identity/function)**
- 8. Salt of the earth (identity/
function)**
- 9. Children (e.g., “children”
language used of God’s people)**
- 10. God’s children / sons of God (in
Jesus’ teaching)**

- 11. Brothers / brother (in the family sense—e.g., “brother” among believers)**
- 12. Those who love me**
- 13. Those who keep my word / keep my commandments**
- 14. The righteous (as a designation—context-dependent)**

- 15. The poor in spirit / the meek
(Beatitudes are identity
descriptors)**
- 16. Those who do the will of My
Father**
- 17. The kingdom people / citizens
of the kingdom (kingdom-family
identity)**

- 18. Those who hear and do / who obey**
- 19. Those who follow me (explicit follower-language)**
- 20. Elect (Jesus uses “elect/chosen” language in His teaching on end times)**



Names/labels used by the apostles (Paul, Peter, James, John, Jude)

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DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to feel joy and great outlook on life today.	DAY 10 It is my divine and human right to feel joy and peace in the universe and live earth today.	DAY 11 It is my divine and human right to feel safe today.	DAY 12 It is my divine and human right to walk in the illumination and kindness of God today.	DAY 13 It is my divine and human right to be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in courage today.	DAY 16 It is my divine and human right to be successful in all and others and share success today.	DAY 17 It is my divine and human right to be free and speak the freedom today.	DAY 18 It is my divine and human right to live in the presence of God today.	DAY 19 It is my divine and human right to live, move and have my being in God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a consumer over my spiritual, health and mental life today.
DAY 22 It is my divine and human right to do all things through Christ who strengthen me today.	DAY 23 It is my divine and human right to pray in the end of each peace today.	DAY 24 It is my divine and human right to walk in the end of each I trust in God today.	DAY 25 It is my divine and human right to focus on what I want I focus on happiness today.	DAY 26 It is my divine and human right to feel good every 60 seconds today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to prosper and walk in all the fullness of God's emotions today.
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- 1. Saints**
- 2. Believers**
- 3. Brethren / brothers**
- 4. Friends (supporting “friends of God/Christ” theme—Paul uses “saints” often; “friend” shows up more broadly in NT, but apostles use relational terms)**
- 5. Children of God**

- 6. Children (of God / in adoption language)**
- 7. God's household**
- 8. Church / the church of God (Paul especially)**
- 9. The body of Christ**
- 10. The members of the body (related identity)**

- 11. Christians (Paul indirectly in wording/usage; also “Christian” appears in the NT)**
- 12. The holy ones (closely tied to saints/holy people)**
- 13. Elect / chosen (apostolic teaching on selection)**
- 14. Chosen / called (calling language—frequent)**

- 15. Followers / imitators of Christ
(often “imitators,” “follow”
language)**
- 16. Living in Christ / in Him (identity
phrase)**
- 17. In Christ / with Christ**
- 18. Redeemed / bought with a price**
- 19. Ambassadors (Paul uses this
identity term for believers)**

20. Ministers / servants (in a calling sense)

21. Pilgrims / sojourners (Peter uses identity like this)

22. Strangers/aliens (to the world) (Peter and Paul)

23. Citizens (kingdom/citizenship language—apostolic)

24. Heirs (God's heirs / heirs with Christ)

25. Co-heirs (apostolic)

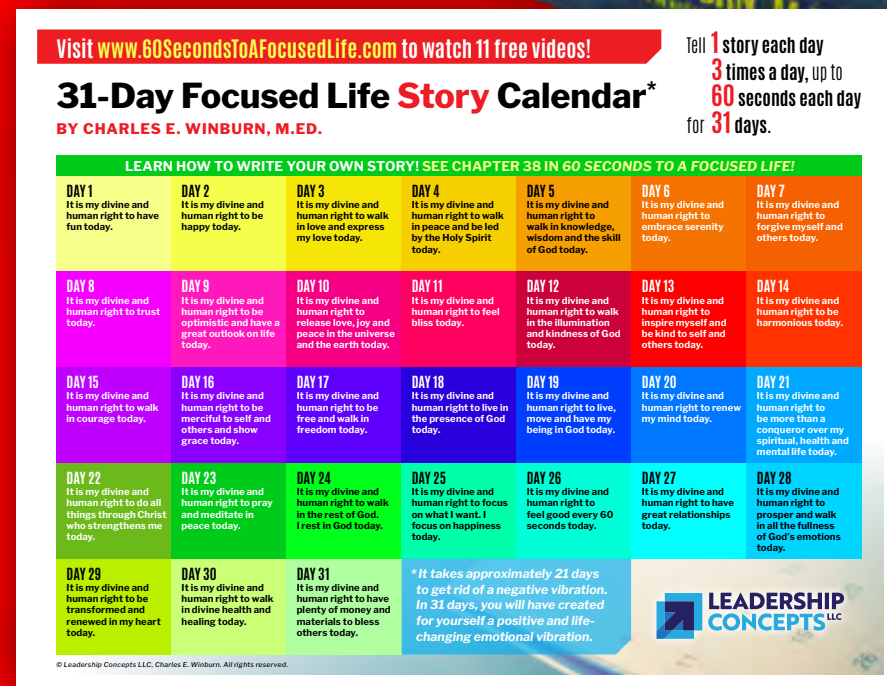
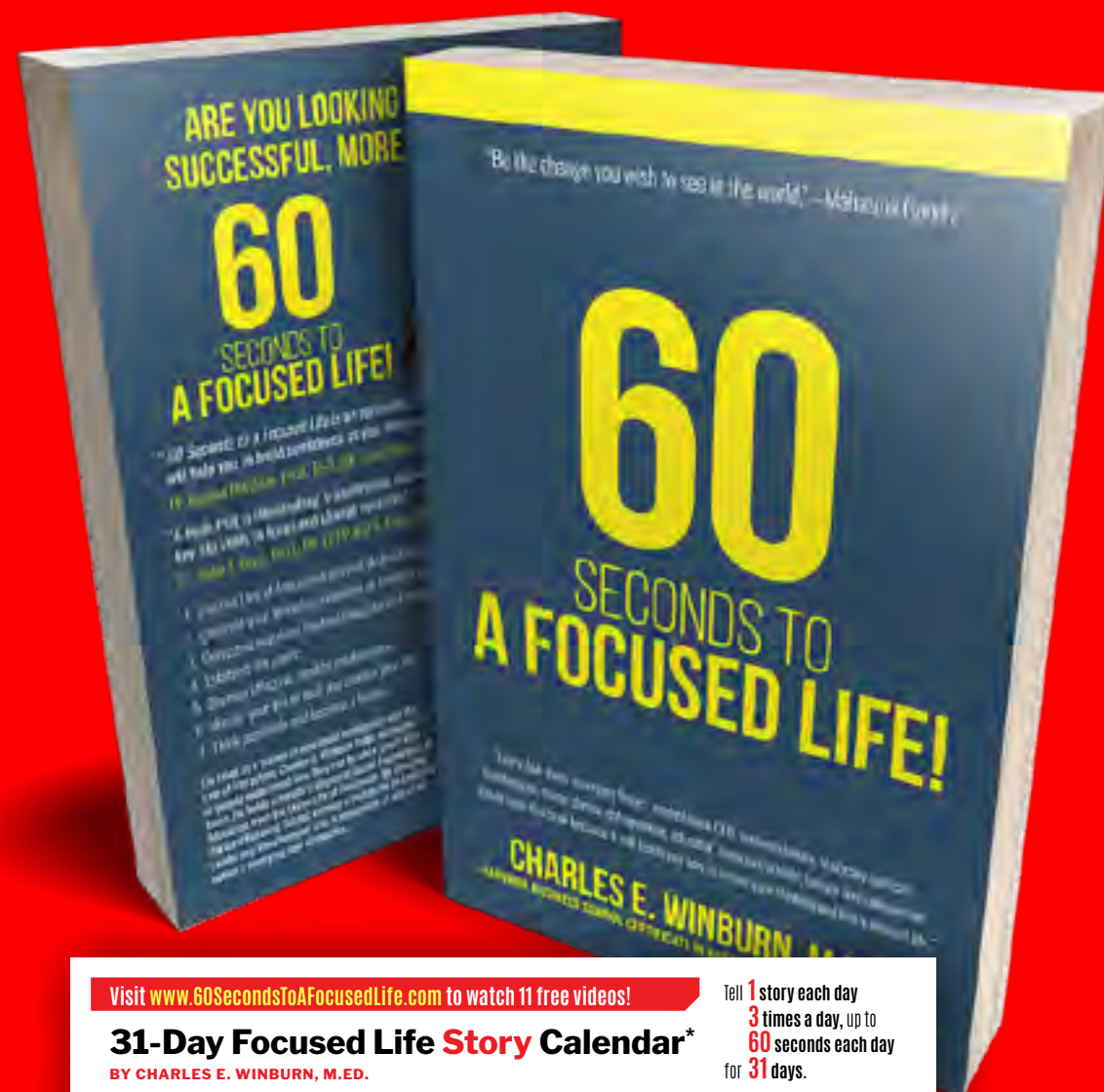
**26. Temples / living stones
(believer-as-God's dwelling
imagery; strong in NT)**

**27. Loyal/faithful / faithful ones
(faithfulness designation)**

**28. New creation (identity phrase—
Paul)**

**29. Light / children of light
(apostolic ethics/identity
language)**

30. Salt



Jesus doesn't use "Christian,"
Paul doesn't use it, and the
disciples don't use it—yet the
word "Christian" appears
three times in Scripture

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The three “Christian” verses:

1. Acts 11:26: “The disciples were called Christians...”

- **This reads like an identifying label used by the public/ community around them, not a word Jesus taught them to repeat in prayer or preaching.**

2. Acts 26:28: “Almost you persuade me to be a Christian...”

- This is King Agrippa speaking
—an outsider reacting to
Paul’s message.**

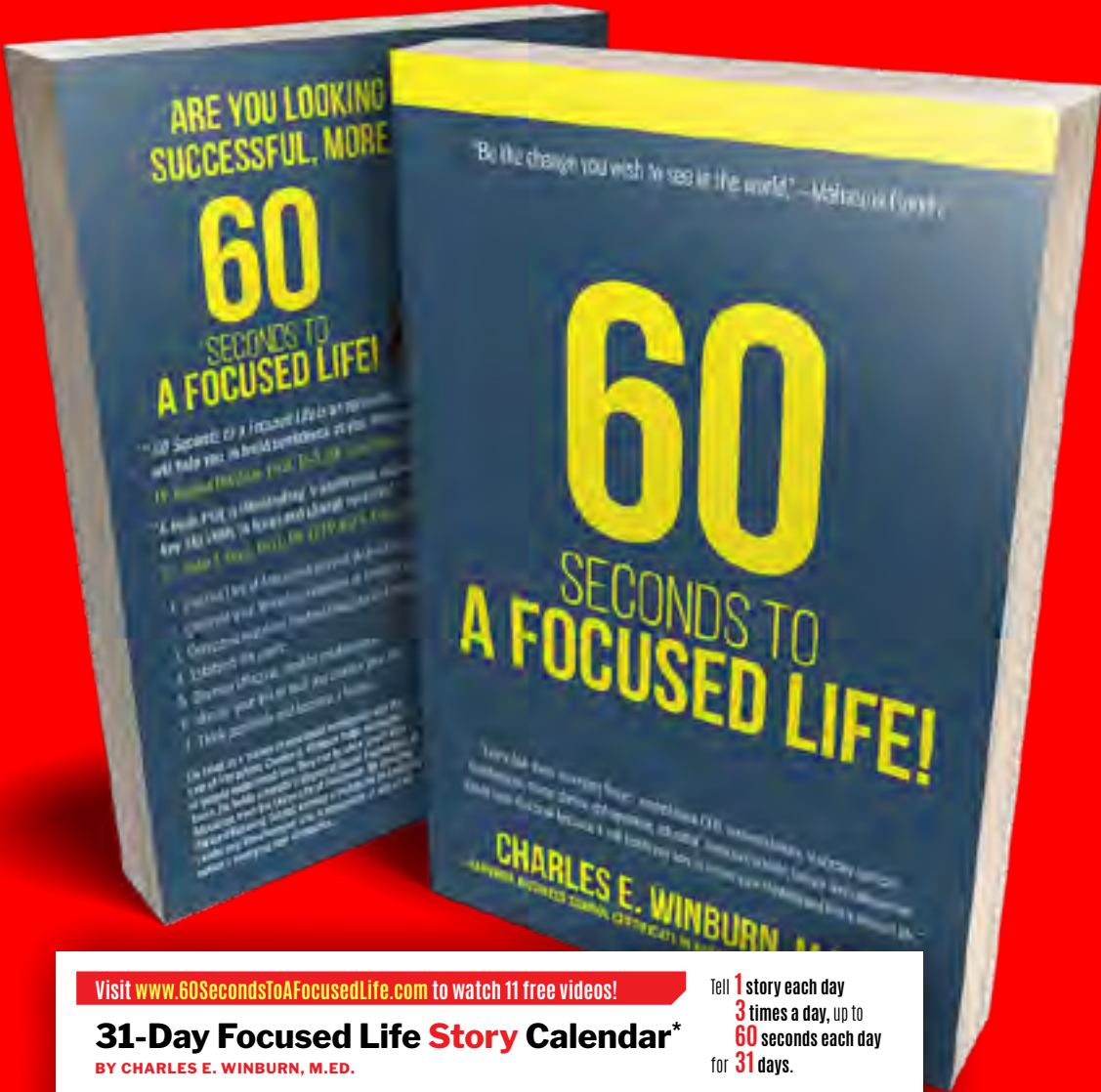
3. 1 Peter 4:16: “If anyone suffers as a Christian...”

- This is guidance to believers about how they may be named by others during persecution, not a command from Jesus.**

Jesus used different labels because his mission was to form disciples, not brand a movement. the word Christian look like it was used to brand a movement instead of carrying out the mission of Jesus Christ.

**In the Gospels, Jesus
overwhelmingly uses terms like:**

- 1. disciples**
- 2. followers**
- 3. believers**
- 4. those who do God's will**



What does it mean to be a follower of Christ?

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1. A Follower of Christ means believing in Him (faith)

- **Definition: A follower of Christ trusts Jesus as the Son of God and puts confidence in His life, death, and resurrection.**
- **Scripture: John 3:16 — “For God so loved the world... that whoever believes in him should not perish but have eternal life.”**

2. A Follower of Christ means repenting and turning toward God

- **Definition: A follower of Christ turns away from sin and toward God, seeking a changed life.**
- **Scripture: Mark 1:15 — “Repent and believe in the gospel.”**

3. A Follower of Christ means obeying Jesus (discipleship)

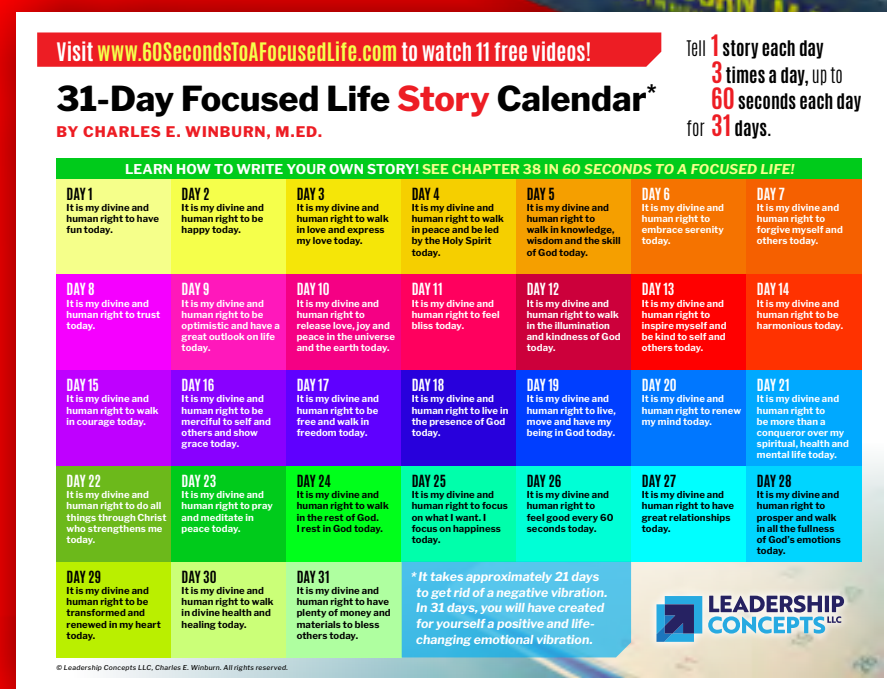
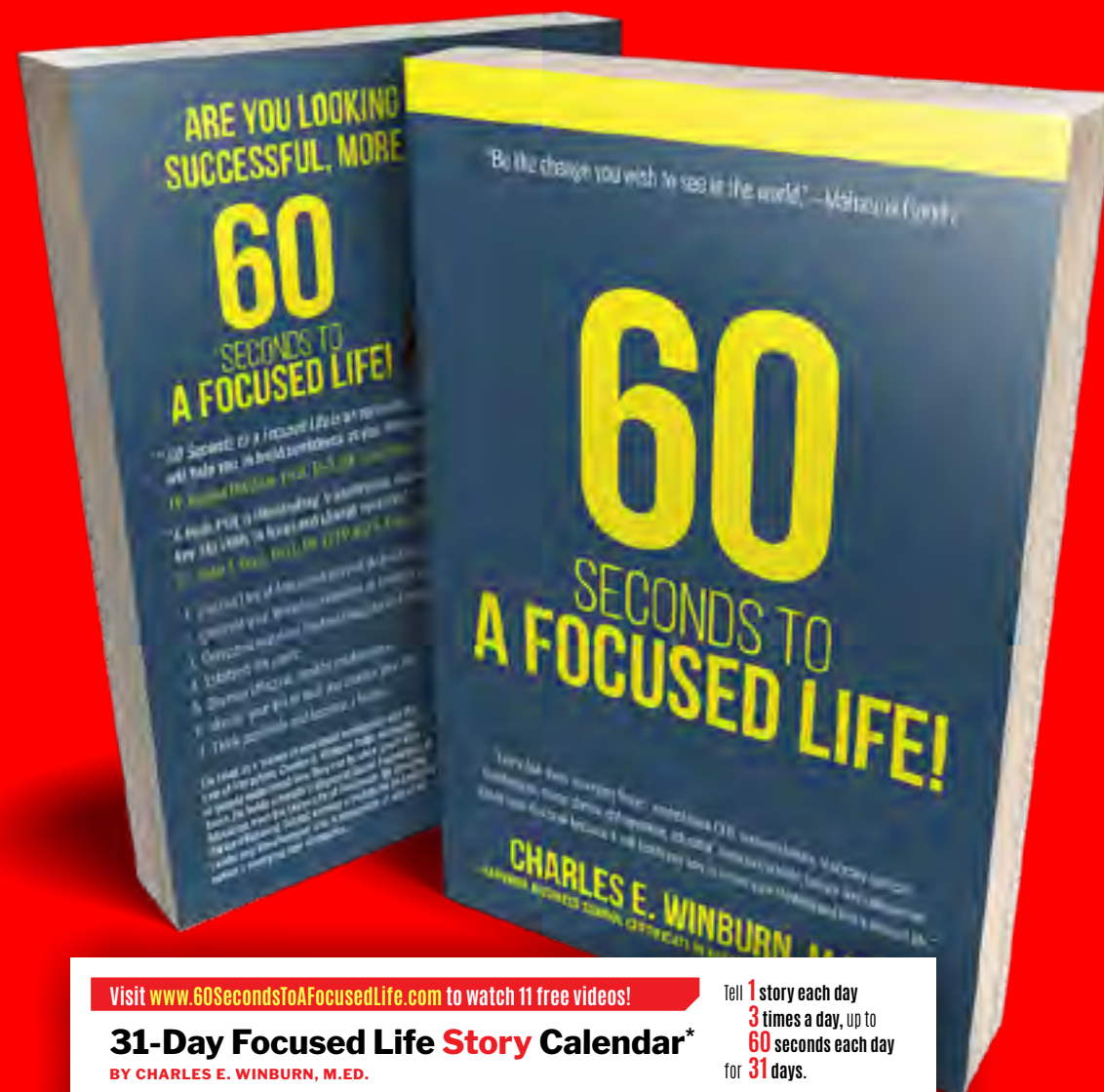
- Definition: A follower of Christ follows Jesus' teachings and chooses obedience in daily life.**
- Scripture: John 14:15 —
“If you love me, keep my commandments.”**

4. A Follower of Christ means living by love and bearing fruit

- **Definition: A follower of Christ demonstrates His character—especially love—for God & others.**
- **Scripture: Galatians 5:22-23 — “The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness...”**

5. A Follower of Christ means persevering in faith through trials

- Definition: A follower of Christ remains faithful, continues trusting God, and holds to hope even under pressure.**
- Scripture: James 1:12 — “Blessed is the man who remains steadfast under trial...”**



15 reasons why emphasizing the devil, hell, and sin—in a way that sidelines the Good News (Gospel)—is not the Gospel of Jesus Christ

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1. The Gospel's center is Jesus' saving work, not fear-focus

- **The Gospel announcement focuses on who Jesus is & what He has done to save, not primarily on terrifying people with evil.**
- **When fear becomes the “main message,” the heart of the Gospel is often displaced by dread.**

Scriptures:

- **1 Corinthians 15:3-4 — “Christ died for our sins... He was buried... He was raised.”**
- **Romans 1:16 — “the power of God for salvation.”**
- **1 John 4:9-10 — God’s love shown in sending the Son.**

2. The Gospel is defined as “good news,” not “doom news”

- “Good news” means salvation, reconciliation, and hope—not only warnings.**
- True Gospel preaching includes warning, but warning is meant to lead to life in Christ.**

Scriptures:

- **Mark 1:14-15 — Jesus preaches the “kingdom of God” and calls to believe in the “good news.”**
- **Romans 10:15 — preaching of “good news.”**
- **Isaiah 52:7 — “How beautiful... the news... of salvation!”**

3. God's aim is reconciliation, not just exposure of evil

- The Gospel emphasizes being brought near to God through Christ.**
- If sermons mainly spotlight darkness without calling people to reconciliation, the message shifts away from reconciliation.**

Scriptures:

- **2 Corinthians 5:18-20 — “ministry of reconciliation.”**
- **Ephesians 2:13 — “brought near.”**
- **Colossians 1:21-22 — reconciliation through Christ’s death.**

4. Jesus taught the Gospel as repentance toward life, not punishment as the primary message

- Repentance is real, but Jesus presented it with the invitation of the Kingdom and mercy.**
- Emphasis on punishment can become legalistic or sensational rather than Christ-centered.**

Scriptures:

- **Luke 13:3 — “repent... or you will all likewise perish.”
(repentance + warning toward God)**
- **Matthew 11:28-30 — rest for the weary (not only fear)**
- **Romans 2:4 — kindness leads to repentance.**

5. God's love is the Gospel foundation; fear is not the core motive

- Love motivates faith; God's kindness draws people to Christ.**
- If sermons try to compel belief mainly through fear, they contradict how God works.**

Scriptures:

- **Romans 5:8 — God shows love while we were sinners.**
- **1 John 4:18 — “perfect love casts out fear.”**
- **John 3:16-17 — God sends the Son so the world may be saved, not condemned.**

6. Sin is addressed in order to save—never to crush hopelessness

- Sin must be called out, but always with a path to forgiveness in Christ.**
- If the focus becomes “you’re bad, God hates you,” without Christ’s atonement, that’s not Gospel.**

Scriptures:

- **Romans 3:23-24 — justification “by his grace... through the redemption.”**
- **1 John 1:9 — forgiveness and cleansing.**
- **Psalms 51:7-12 — cleansing, joy restored, renewed spirit.**

7. Hell is not the starting point; Christ's invitation to life is

- Jesus spoke about judgment, but His preaching began with the Kingdom and invitation to come.**
- Constant “hell-first” messaging can overshadow the offer of mercy.**

Scriptures:

- **Matthew 22:2-10 — the Kingdom feast invitation.**
- **John 10:10 — Jesus came so people may have life.**
- **2 Peter 3:9 — God is patient, not willing that any should perish.**

8. The devil is real, but the Gospel focus should be Christ's victory

- Christians should take spiritual danger seriously, but Jesus is the conqueror—not sensational evil.**
- When messages obsess over the devil, they can reduce Christ to a background character.**

Scriptures:

- **Colossians 2:15 — Christ disarmed rulers and authorities.**
- **1 John 3:8 — “The reason the Son of God appeared was to destroy... the devil’s work.”**
- **Revelation 20:10 — the devil’s end is already judged.**

9. Jesus redirects attention from Satan to God's mission

- In Scripture, Jesus rebukes Satan's attempts to derail mission and keeps preaching the Father's will.**
- A church can treat Satan as the main topic instead of God's redemptive plan.**

Scriptures:

- **Matthew 4:10-11 — Jesus resists and continues His mission.**
- **Luke 4:43 — “I must preach the good news...”**
- **Mark 1:38 — “Let us go on... so that I may preach there also.”**

10. Gospel preaching includes warning, but warning must serve salvation

- **The New Testament warns of judgment, yet its purpose is to call people to Christ.**
- **If warning functions like the main “payload,” it stops being Gospel-centered.**

Scriptures:

- **Acts 20:20-21 — repentance toward God and faith in Jesus.**
- **1 Thessalonians 1:9-10 — turning to God and Jesus' deliverance.**
- **Hebrews 12:25 — warning that pushes toward grace (not fear-only religion).**

11. The Apostolic message emphasized Jesus, not demon-fear

- **The early church preached Christ crucified, risen, and coming—not constant devil-exposure.**
- **Even when spiritual realities are mentioned, the focus is Christ's saving reign.**

Scriptures:

- **1 Corinthians 2:2 — “I decided to know nothing... except Jesus Christ.”**
- **Acts 2:36 — God made Jesus Lord and Christ.**
- **Galatians 1:6-7 — warning against a “different gospel.”**

12. “Gospel” without Christ’s atonement becomes a moral trap

- If you emphasize sin/hell without teaching forgiveness through Jesus’ sacrifice, you can end up with condemnation.**
- The Gospel includes atonement as the solution, not just moral diagnosis.**

Scriptures:

- **Romans 8:1 — “no condemnation for those who are in Christ Jesus.”**
- **Ephesians 1:7 — redemption through His blood.**
- **Hebrews 9:22 — “without the shedding of blood... there is no forgiveness.”**

13. Faith is meant to be answered through Christ, not fear-based control

- **God calls for faith, repentance, and trust in the Son—not manipulation by terror.**
- **Fear-driven religion can produce avoidance rather than transformation.**

Scriptures:

- **Ephesians 2:8-9 — saved by grace through faith.**
- **Romans 10:17 — faith comes by hearing Christ's word.**
- **2 Timothy 1:7 — God gives power and love, not fear.**

14. The Gospel produces worship, hope, and love—fear-focused messages often do not

- **Healthy Gospel preaching forms holiness from grace, not dread from threat.**
- **When fear becomes dominant, love can cool and joy can fade.**

Scriptures:

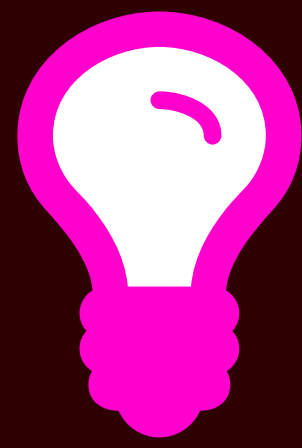
- **Titus 2:11-12 — grace trains us to live godly lives.**
- **Romans 14:17 — the Kingdom is righteousness, peace, joy.**
- **1 Peter 1:3-4 — living hope through Christ's resurrection.**

15. The New Testament repeatedly calls believers to “good news” identity in Christ

- **Believers are called to proclaim and live the Gospel, not merely dread hell or obsess over evil.**
- **The Gospel message is powerful: it creates a new life in Christ.**

Scriptures:

- **2 Corinthians 5:17 — new creation in Christ.**
- **1 Peter 2:9 — “proclaim the excellencies” of God who called you out of darkness.**



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ARE YOU A CHRISTIAN OR A FOLLOWER OF CHRIST? LEARN THE DIFFERENCE THIS SUNDAY!

By Charles E. Winburn, M.Ed.