



# The Power of a Half Hour: Take Back Your Life Thirty Minutes at a Time

By Tommy Barnett

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*“The Power of a Half Hour is full of unique, practical, and God-inspired truths to keep your time focused on all that God has called you to do. If you apply these principles...they will bring renewed purpose and inspiration to your life.”*

--Joyce Meyer, Bible teacher and best-selling author

*“Allow the deep revelations and years of wisdom from this man of God to impart health and life into your faith journey.”*

--Brian Houston, senior pastor, Hillsong Church

### Turn your fleeting minutes into defining moments.

What can you do in thirty minutes? Have lunch? Watch television? Check Facebook?

How about change your life?

Why do some people achieve far more than others? We all get the same twenty-four hours in a day, yet a special few seem to have superhuman abilities when it comes to accomplishing great things in life.

Tommy Barnett, a proven master at “getting things done,” says the key to maximizing your productivity is to make use of small, manageable moments in your day—just thirty minutes at a time. In this remarkably practical book, Tommy shows how to begin a whole new life of fruitfulness. You’ll see immediate results in all areas of your life, including your—

- Purpose and values
- Personal goals
- Faith
- Character and attitude
- Dreams
- Career

- Relationships
- Marriage and family
- Church involvement and ministry

Why not change time from being your worst enemy to your everlasting friend? It all starts with the amazing things you can do in only a half hour. Through inspiring stories and biblical principles, discover how your downtime can have a major upside.

Get going—you don't have a minute to lose!

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### Editorial Review

#### Review

##### Praise for *The Power of a Half Hour*

“Before reading this book, I never thought of seeing 30 minutes as a power-packed opportunity to improve my life. Pastor Barnett’s half hour power principles have helped me strengthen my faith, become more productive, and connect with those I love with more intentionality. This book is as inspirational as it is practical, and I plan to use it as an integral part of my staff development program.”

— *Lysa TerKeurst, New York Times bestselling author and president of Proverbs 31 Ministries*

“Tommy Barnett inspires people to be bold witnesses and fulfill Christ’s commission. He accomplishes much for the kingdom. After reading this dynamic book, you’ll understand why. His concept of ‘thirty minutes’ can help you make the most of each day—in many areas—and enable you to have a positive influence on others.”

— *James Robison, founder and president, LIFE Outreach International*

#### About the Author

**Tommy Barnett** is the co-pastor of Phoenix First Assembly of God, one of the fastest growing churches in America and home base for more than 260 outreach ministries. He also serves as chancellor of Southeastern University, is the former Chancellor of Grand Canyon University, and founded the original Dream Center in Los Angeles. He’s the author of *Multiplication, Hidden Power, Reaching Your Dreams*, and other books. Tommy lives in Phoenix with his wife, Marja. They are parents of three children who have all grown up to be successful church leaders.

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My name is Tommy Barnett.

I’m a pastor and have devoted my entire adult life to helping people connect with God and find better ways to live. I could fill up this book and more with all kinds of spiritual and practical ideas about what works in life and what doesn’t. I think it would be good stuff, but I have one practical idea that I know from my own experience rises far above all the others.

I admit it’s not an overly unique concept, like the invention of the Internet, for example. However, it’s an idea that has helped me realize success and great satisfaction in all aspects of my personal and professional life. I mean everything—from personal goals and dreams to marriage to raising a family to relationships to work.

I believe the idea can change your life, though, as it has changed mine.

Most importantly, it has helped me serve God and others more effectively. Trust me, my idea is not rocket science; in fact, it’s so simple that anyone can understand and benefit from it.

I believe the idea can change your life, though, as it has changed mine. I call it the power of a half hour.

Many people think of a half hour as a minimal or meaningless gap in time, downtime to catch your breath

between periods of major effort. But the truth is your half hours can determine the difference between success and failure. Your half hours direct and shape your future.

You can literally change your world in thirty minutes. In the same way that your effect on the world is felt one life at a time, so is that effect delivered through the careful and thoughtful investment of your half hours. The beauty of this reality is that anyone can do it. You don't need a PhD, and you don't need a life coach to pull it off. All you need is to accept the idea, have a clear sense of your God-given purpose, examine your activity patterns, sensitize yourself to your time choices, and start taking advantage of the power of a half hour.

Every half hour in your day is a power-loaded resource. Your choice of how to spend those minutes is the focus of this book, which I intend to make a practical conversation about a resource that we misunderstand, abuse, take for granted, and ignore.

I want to help you become the person God intends you to be and accomplish His plans for your life. And in order to do that, you need to use your small increments of time wisely—not just the big slices of time that are devoted to both routine daily activities and major life events.

I agree with Harvey Mackay who said, “Time is free, but it’s priceless. You can’t own it, but you can use it. You can’t keep it, but you can spend it. Once you’ve lost it, you can never get it back.”

I know that it’s not easy to find even a “free” hour in the world we live in. I also have learned that it’s difficult to accomplish a great deal in a quarter hour—especially if you need to communicate graciously and genuinely with another person within that time frame. But a half hour—it works!

### Claiming the Power of a Half Hour

Here's how we will approach turning your half hours into life-changing blocks of time. In the seven parts of this book, I will outline how seizing the power of a half hour can make such a difference in these major areas:

- Impact
- Purpose and goals
- Faith
- Character
- Dreams
- Relationships
- Advancing God's kingdom

To help you remember key themes in this book, each chapter contains a Half-Hour Power Principle.

By the way, researchers tell us that most people never finish reading the books they start. Because I think there's too much helpful information in these pages for you to abandon the content before you get to the end, let me suggest that you do four simple but practical things as you read this book.

First, read the book in half-hour spaces in your schedule. Each of the chapters in the book is short enough to read easily in a half hour. You might want to have more than one block during a day when you read the book, but start this practice as you engage with this book. In addition, at the back of this book you will find a Personal Power of a Half Hour Action Plan. This plan is set up to help you, over a thirty-day period, fully incorporate The Power of a Half Hour

concepts into all major areas of your life. You have heard that it takes about a month to establish a new habit? I urge you to use this thirty-day plan to make the power of a half hour a habit you will never break!

Second, if something strikes you as personally helpful, jot down notes about changes you need to make. Too often we are so intent on getting through a book that we forget some of the useful insights or challenges it provided.

Third, pray that God will help you to implement the things you discover in these pages (or in your related reflections) that will improve your life experience. Fourth, and finally, express a commitment to someone you know and trust that you are going to integrate these simple changes into your lifestyle. Ask that person to check up on you once or twice a month to see how intentional you are being with your half hours. That simple act of accountability will help prevent the reading of this book from being just another helpful but forgotten task. (You may also wish to find mutual encouragement in learning the half-hour concepts by attending a small-group discussion. A guide for such a study is included at the end of the book.)

I've been practicing these principles so long that I can now say I am a product of my half hours. I don't always get it right, but I'm very much aware of the gift of life and the value of time. My half hours—the ones I carefully plan, as well as the unplanned ones I discover—are committed to doing His will in my life because I want to serve our God and others.

I've been practicing these principles so long that I can now say I am a product of my half hours.

If you get your half hours right, God will not only change your life but also use you to alter the lives of the people and organizations you influence. I sincerely believe the future is not going to be defined by those who rely on their intelligence, their talent, or their good looks. Instead, the future is dependent on the choices made by God's people in the time that He has placed at our disposal.

## **Users Review**

### **From reader reviews:**

#### **Stevie Mozingo:**

Reading a e-book tends to be new life style in this particular era globalization. With looking at you can get a lot of information that may give you benefit in your life. Along with book everyone in this world can certainly share their idea. Books can also inspire a lot of people. A lot of author can inspire their very own reader with their story or even their experience. Not only the story that share in the guides. But also they write about the data about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors these days always try to improve their skill in writing, they also doing some investigation before they write on their book. One of them is this The Power of a Half Hour: Take Back Your Life Thirty Minutes at a Time.

#### **Fabiola Gaylor:**

Playing with family inside a park, coming to see the marine world or hanging out with close friends is thing that usually you could have done when you have spare time, and then why you don't try issue that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love The Power of a Half Hour: Take Back Your Life

Thirty Minutes at a Time, you can enjoy both. It is good combination right, you still need to miss it? What kind of hang type is it? Oh can occur its mind hangout folks. What? Still don't get it, oh come on its identified as reading friends.

**Ian Coghlan:**

As we know that book is significant thing to add our information for everything. By a publication we can know everything we wish. A book is a range of written, printed, illustrated or even blank sheet. Every year has been exactly added. This publication The Power of a Half Hour: Take Back Your Life Thirty Minutes at a Time was filled about science. Spend your spare time to add your knowledge about your scientific disciplines competence. Some people has various feel when they reading a new book. If you know how big advantage of a book, you can experience enjoy to read a guide. In the modern era like currently, many ways to get book which you wanted.

**Raymond Dahms:**

Reading a guide make you to get more knowledge from this. You can take knowledge and information from your book. Book is written or printed or outlined from each source in which filled update of news. With this modern era like currently, many ways to get information are available for a person. From media social just like newspaper, magazines, science publication, encyclopedia, reference book, new and comic. You can add your knowledge by that book. Ready to spend your spare time to open your book? Or just looking for the The Power of a Half Hour: Take Back Your Life Thirty Minutes at a Time when you needed it?

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