

## STEP 2: FOCUS ON A CENTRAL THEME

The second step in the SCORE™ process is to narrow the focus by choosing a single aspect of your subject as a central theme. The theme must be brief and crystal clear.

The purpose of the theme is to \_\_\_\_\_ the presentation to a \_\_\_\_\_ amount of information.

### Central Theme Exercise

Choose four of the subjects below and create one central theme for each subject.

NOTE: This will become more clear as we move throughout the course.

Fear  
Relationships

Suffering  
Sales

Exercise  
Rabies

Subject: \_\_\_\_\_

Central Theme: \_\_\_\_\_

Subject: \_\_\_\_\_

Central Theme: \_\_\_\_\_

Subject: \_\_\_\_\_

Central Theme: \_\_\_\_\_

Subject: \_\_\_\_\_

Central Theme: \_\_\_\_\_

## Transform Anxiety From Foe to Friend

\* Most important, remember speaking is not about you. It's about what you want to give to your audience.

\* Most stress will decline between 60-90 seconds after you begin speaking. This is one reason it's helpful to have your opening memorized. You won't be straining to remember what comes next, and this will help your mind and body relax so you can continue in a more centered state.

\* "Turn down the dial." In his book, *Your New Playlist: The Student's Guide to Tapping into the Superpower of Mindset*, Jon Acuff discusses changing your perspective about stress and anxiety from a switch to a dial. A switch turns something "off" and "on." A dial turns something lower or higher. Stress isn't something we turn "off." It's something we can turn "up" or "down." Saying things to yourself or someone else like, "Calm down. Stop being nervous" doesn't help because these words treat anxiety like a switch and not a dial.

Instead, change your perspective and see stress as a good friend. Nerves aren't excited because they want you to fail; nerves want you to perform well. Professional athletes don't want to be "chill" at the start of a game. They want to be "excited" and "ramped up" because this gives them an edge physically and mentally.

\* Practice doesn't make you perfect; it makes you prepared. The more prepared you are, the more secure you'll be. It's just like walking into class when you are going to take a major test. If you've studied hard, you may have some jitters, but you won't be ready to fall apart. However, if you spend your study time binge-watching movies, videos, or social media reels, your anxiety will be much higher when it's test time.

\* Picture the audience as your friend and tell yourself, "They want me to succeed," because they do. Your audience doesn't want to be bored or embarrassed. They want you to succeed because this means you'll deliver a message that improves their life. (If there is that one person who wants you to fail, then decide, "I won't give them the satisfaction of watching me fail!")

\* Take deep, controlled breaths. How you breathe ramps your nervous system up or calms it down. Be mindful and deliberate about your breathing.

\* Visualize yourself at the end of your presentation walking off confident you gave your absolute best! You can't control how the audience responds, but you can control how you deliver.

\* Pray. God has given you an ability and will empower you to develop it and use it to bring truth, hope, and healing into the world. "If God be for you, who can be against you?"

\* You may find simple rituals like listening to music, repeating a Scripture verse or quote, praying, bowing your head for a moment of silence, basic stretching to loosen your muscles, and intentionally straightening your body posture also helps transform anxiety from foe to friend.

\* You don't have to wait for confidence before speaking. Choose courage because action builds confidence!

### STEP 3: DETERMINE THE OBJECTIVE OF YOUR PRESENTATION

The third step in the SCORRE™ process is to write a sentence that embodies the objective of your presentation.

The objective is a \_\_\_\_\_ containing a \_\_\_\_\_ and an \_\_\_\_\_ that

indicates how you will accomplish that proposition. It must also contain a

\_\_\_\_\_.

“I have a conviction that no sermon is ready for preaching, not ready for writing out, until we can express its theme in a short, pregnant sentence as clear as a crystal. I find the getting of that sentence is the hardest, the most exacting, and the most fruitful labor in my study.”

--J.H. Jowett

You can write a clear objective sentence by following these instructions:

1. Write a \_\_\_\_\_.
2. \_\_\_\_\_ your proposition with WHY or HOW.
3. Write an \_\_\_\_\_.
4. Choose a \_\_\_\_\_.