

# HOW TO PREPARE FOR A LIFE-RESET

## SERIES: Life Reset – Part 1

January 22, 2023



**RESET:** to make a fresh, new start; to begin again.

*“You’ve learned the truth that is in Jesus...so in regard to your former way of life, PUT OFF your old self...and be made NEW in the attitudes of your mind. And PUT ON your NEW self, created to be like God, truly good and holy!” Ephesians 4:22-24 (NIV)*

## 4 PREPARATION STEPS

### 1. START ASKING GOD TO DO SOMETHING **NEW** IN ME

*“I am making everything new!” Revelation 21:5 (NIV)*

*“God, make a fresh start in me! Shape a Genesis week from the chaos of my life!” Psalm 51:10 (MSG)*

*“The Lord says, ‘Forget the former things, and do not dwell on the past. Instead, look at the NEW things I am going to do. They are already starting to happen. Can you SEE what I’ve begun to do?’” Isaiah 43:18-19 (NCV)*

*“You do not have what you want because you don’t ask God for it.” James 4:2 (GN)*

### 2. PINPOINT SPECIFICALLY WHAT I WANT **CHANGED** IN ME

#### **WHERE DO I NEED A RESET?**

*“Look closely at yourselves. Test yourselves to see if you are really living in the faith.” 2 Corinthians 13:5 (NCV)*

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|---|---|---|
| <input type="checkbox"/> My connection to God | <input type="checkbox"/> My career or job | <input type="checkbox"/> My parenting     |
| <input type="checkbox"/> My health & body     | <input type="checkbox"/> My thought life  | <input type="checkbox"/> My time/schedule |
| <input type="checkbox"/> My priorities        | <input type="checkbox"/> My marriage      | <input type="checkbox"/> My confidence    |
| <input type="checkbox"/> A relationship       | <input type="checkbox"/> My routine       | <input type="checkbox"/> My finances      |
| <input type="checkbox"/> My energy level      | <input type="checkbox"/> My habits        | <input type="checkbox"/> My dream         |

*“Do not think you are better than you really are. Decide what you really are by the amount of faith God has given you.” Romans 12:3 (NCV)*

### 3. FIND SOME PEOPLE TO **SUPPORT** MY RESET

*“A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. And three are even better, for a triple-braided cord is not easily broken.” Ecclesiastes 4:12 (NLT)*

*“If one person falls, another can reach out and help. But people who are alone when they fall are in real trouble.” Ecclesiastes 4:10 (NLT)*

# **COMMUNITY IS GOD'S ANTIDOTE TO DISCOURAGEMENT, DEFEAT & FAILURE**

*"Since we are all one body in Christ, we belong to each other, and each of us needs all the others."  
Romans 12:5 (NLT)*

*"So let us not give up the habit of meeting together... Instead, let us encourage one another."  
Hebrews 10:25 (GN)*

## **4. ELIMINATE ANYTHING UNHELPFUL OR UNHEALTHY**

*"We should remove anything from our lives that would get in the way and the sin that so easily holds us back." Hebrews 12:1 (NCV)*

*"We must GET RID of everything that slows down our progress, especially the sin that just won't let go. We must be determined to run the race that is ahead of us. And we must keep our eyes on Jesus who leads us." Hebrews 12:1-2 (CEV)*

## **Q: WHAT DO I NEED TO GET RID OF OR LET GO OF IN ORDER TO PREPARE FOR THE "NEW ME"?**

*"You used to live according to selfish desires, when your life was dominated by them. But now you must GET RID of all these things: anger, hot temper, and hating others. No insults or filthy talk must ever come from your lips. And stop lying to each other, for you have PUT OFF your old self with its HABITS and you've PUT ON your new self." Colossians 3:7-10 (TEV)*

**The Hebrew word for "RESET" is used only once in the Bible:**

*"The mountains may shake, and the hills may crumble, but my unfailing love for you will never be shaken. And my promise of peace will never change,' says the Lord, who has compassion on you. 'Oh Jerusalem, you suffering, storm-ravaged city needing comfort! I will rebuild you with priceless jewels and I will RESET your foundations with sapphires!" Isaiah 54:10-11 (GW)*

*"Put your heart right. Reach out to God, and get rid of evil and wrong from your home. Then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more. Your life will be brighter than sunshine at noon...and you will live secure and full of hope!" Job 11:13-18 (GN)*

*"When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!" 2 Corinthians 5:17 (LB)*