

## RESUMING LIFE AFTER A CAPTIVITY

Building a Better Life – Rick Warren  
Parts 1-2

**CAPTIVITY:** “The condition of having your freedom limited involuntarily. Being confined, trapped, restricted or controlled against your will.”

**The Opposite:** Emancipation, freedom, independence, liberty, choice

### HOW TO RESUME LIFE SUCCESSFULLY

#### 1. EXPECT

“All who had returned from captivity (in Babylon) began to work on rebuilding the Temple of God . . . When the builders finished laying the foundation . . . everyone sang with thanksgiving to God and shouted, ‘Praise the Lord! The foundation of his Temple has been laid!’ BUT many of the older people, including the priests and family leaders who had seen and remembered the first Temple wept with sadness when they saw the new foundation. But because everyone made so much noise that it could be heard far away, no one could tell the difference between the joyful shouting and the sad crying, and it was all mingled together.” Ezra 3:8-13 (NCV)

#### 2. EXTRACT

“You have experienced many things. Were all those experiences wasted? I hope not!” Galatians 3:4 (ICB)

“Did you go through this whole painful learning process for nothing? It is not yet a total loss, but it certainly will be if you keep this up!” Galatians 3:4 (The Message)

**QUESTIONS:** What have I LEARNED about: What matters most and what doesn't matter? . . . My weaknesses? . . . My relationships? . . . The pace of my life? . . . About God? . . . The world? . . . How I use my time? . . . About money? . . . About happiness?

#### 3. EVALUATE

“This is what the Lord Almighty wants you to do: Take a good, hard look at your life. Think it over! You've spent a lot of money, but you haven't much to show for it. You keep filling your plates, but you never get filled up! You keep drinking but you're always thirsty. You put on layers of clothes, but you can't get warm. You earn wages, only to put them in a purse with holes in it! So give serious thought to your ways!” Haggai 1:5-7 (The Message/NIV)

“Zeal without knowledge is not a good thing; a person who moves too quickly may go the wrong way.” Proverbs 19:2 (NLT)

#### 4. ENGAGE

God: “At the appointed time that I have decided, everything I've planned will happen. You can trust what I say about the future, but it won't happen all at once. It may seem that it's taking a long time, but be patient and keep on waiting, because the vision will surely happen!” Habakkuk 2:3 (CEV)

God told the Israelites: “I'm NOT going to get rid of all your enemies in a single year, because the land would then be deserted and unmanaged, and wild animals would multiply quickly beyond your control. So, instead, I will drive them out slowly, little by little, until you've grown strong enough to take full possession of your land!” Exodus 23:29-30

#### 5. ELIMINATE

“An intelligent person aims at wise action, but a fool starts off in many directions.” Proverbs 17:24 (GNT)

Jesus: “My dear friend Martha! You worry and fuss over so many different little things. But really, only one thing is essential, and Mary has selected it.” Luke 10:41-42 (GNT)

#### 6. EMBRACE

“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)

“Even though your land was unused and abandoned, it will soon be too small for all the new people—more people than you know what to do with! Your captivity will seem far away! And the new generation born in exile will return and say, ‘We need more room! It's crowded here!’” Isaiah 49:19-20 (NLT/The Message)

#### 7. ENTRUST

“The Scriptures show us that the whole world is held captive by sin. We're ALL prisoners to sin's powerful control. The only way to freedom is through faith in the promise of Jesus Christ. That freedom is given to ALL who believe in Jesus. Until faith in Christ came, we were all held captive under the judgment of God's Law. We were locked up until God revealed the way to freedom through faith.” Galatians 3:22-23

*Next Step*

Visit [PastorRick.com](http://PastorRick.com) for more Bible teaching and to sign up for the daily devotional.

## DOING A RESET FOR A BETTER LIFE

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Parts 1-3

**RESET:** To make a new, fresh start due to changed circumstances, opportunities, or priorities.

### PRINCIPLES FOR RESETTING YOUR LIFE AFTER A TRAUMA

#### From Part 1

1. Expect to feel mixed emotions. (Ezra 3:8-13)
2. Extract the lessons I learned. (Galatians 3:4)
3. Evaluate everything before resuming it. (Haggai 1:5-7)
4. Engage slowly, don't be in a hurry! (Habakkuk 2:3)

#### Part 2

### 1. ELIMINATE

"Let us run the race before us and never give up. We should **remove from our lives anything that would get in the way** and the sins that hold us back."  
Hebrews 12:1 (NCV)

"We must **throw off every weight that slows us down**, especially those sins that just won't let go." Hebrews 12:1 (CEV)

"Everything is permissible for me, but **not everything is beneficial**. 'Everything is permissible for me,' but I **won't be mastered by anything**."  
1 Corinthians 6:12 (NIV)

"Get rid of your old self, which made you live like you used to live—the old destructive patterns that were rooted in deceitful desires. **Instead, let your heart and mind be made completely new!** Put on your new self, which is created to be like God, and shows itself in the true life that is right and good."  
Ephesians 4:22-24 (GNT)

### 2. EXCEL

"Teach us to **make the most of our time**, so that we may grow in wisdom."  
Psalm 90:12 (NLT)

"An intelligent person **aims at wise action**, but a fool starts off **in many directions**."  
Proverbs 17:24 (GNT)

Jesus: "My dear friend Martha! You worry and fuss over so many different little things. But really, only one thing is essential, and Mary has selected it."  
Luke 10:41-42 (GNT)

### 3. EMBRACE

"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)

### 4. EXPECT

"The flood gradually receded. **Little by little the water lowered**. After 150 days the worst was over." Genesis 8:3 (TLB/The Message)

"**Little by little** I will drive the enemies out of your life, until YOU **have grown strong enough** to take full possession of the land I've given you." Exodus 23:30

"Wealth that comes easily disappears quickly, but wealth that is gathered **little by little** will grow greater." Proverbs 13:11 (NCV)

"People who set their minds on you, you keep completely whole, and steady on their feet, because **they keep at it and don't quit**. So, **DEPEND ON GOD AND KEEP AT IT** because, in the Lord God, you have a sure thing!"  
Isaiah 26:3-4 (The Message)

### Next Steps

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## WITHSTANDING THE WINDS OF LIFE

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Parts 1-3

*“Storms can blow away unrighteous people, but the godly have a foundation that keeps them standing firm.” Proverbs 10:25*

### WHAT KIND OF WINDS ARE BLOWING IN YOUR LIFE?

Winds of change?	Winds of conflict?
Winds of opposition?	Winds of trouble?
Winds of temptation?	Winds of testing?

*“Put on the whole armor of God, so you’re able to withstand in evil days, and when they’re over, you’ll still be standing!” Ephesians 6:13*

### HOW TO WITHSTAND THE WINDS OF LIFE

1.

*“God has given his church gifted apostles, prophets, evangelists, pastors and teachers, to equip God’s people for their work of service, so that we, in the body of Christ, may be BUILT UP together until we’re all unified in our faith . . . and we become fully mature and grown up in thinking like Christ. Then we’ll no longer be babies, tossed back and forth, and BLOWN here and there by every SHIFTING WIND OF TEACHING from deceptive people who lead you into error with lies they make sound like the truth.” Ephesians 4:11-14*

2.

Jesus: *“Everyone who hears these words of mine AND PUTS THEM INTO PRACTICE is like the wise man who built his house on a solid rock. The rain came down, and the water rose, and THE WINDS BLEW HARD and BEAT AGAINST that house; yet it did not fall! Why? Because it had its foundation on the rock.”*

Matthew 7:24-25 (NIV)

*“Now that you KNOW these things, you will be blessed if you DO them!”*

John 13:17 (NIV)

#### Why do we use handout outlines and take notes?

1. Not everyone has a Bible.
2. It relieves embarrassment in finding texts.
3. We can cover more verses in less time.
4. We can read verses aloud together.
5. We can review what we learn later.
6. We can compare multiple translations.
7. We can emphasize key words by circling or underlining.
8. We remember and retain more!
9. We can use it for small group study and discussion.

*“Those who look intently into God’s perfect Word that gives us freedom, and continue to do this, and remember what they’ve heard, and then DO it—they are the ones who will be blessed in what they do.” James 1:25*

3.

*“Suddenly, without any warning, a violent wind hit the lake, so that giant storm waves swept over the boat and threatened to sink it. But Jesus kept on sleeping. So the frantic disciples woke him up shouting, ‘Lord, you must save us! We’re going to drown!’ Jesus replied, ‘Why are you so frightened? Your faith is so small!’ Then he simply spoke to the winds and the waves, and everything became completely calm. The men were amazed and asked themselves, ‘What kind of man is this? Even the winds and waves obey him!’” Matthew 8:24-27*

4.

*“Another evening, the disciples were out in their boat in the middle of the lake, and Jesus was alone on land. But Jesus saw his disciples were in trouble rowing hard with their oars, because the wind was against them. So Jesus decided to walk out to them on the lake.” Mark 6:47-48*

*“Peter said, ‘Lord, if it’s really you, tell me to come to you on the water!’ So Jesus said, ‘Come on!’ So Peter jumped out of the boat and started walking on the water toward Jesus! But when Peter looked at the wind, he became afraid and he began to sink. So he cried out, ‘Lord, save me!’ Immediately Jesus reached out his hand and caught Peter. ‘Why did you doubt?’ Jesus asked. When they climbed back into the boat, the wind stopped. Then those in the boat worshiped Jesus saying, ‘Truly you are the Son of God!’” Matthew 14:28-33*

*“After they took Jesus into their boat, they were able to reach the destination they’d been trying to head for on the shore.” John 6:21*

*“You, Lord, use the winds as your messengers.” Psalm 104:4*

### Next Steps

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