

HOW TO PREPARE FOR A LIFE-RESET

Resetting My Life
Rick Warren

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 _____

"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!" Psalms 51:10 (The Message)

"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 (GNT)

2. PINPOINT SPECIFICALLY _____

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)

- | | | |
|---|---|---|
| <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 _____

"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)

_____ 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 (GNT)

4. ELIMINATE ANYTHING _____

"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 _____ 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 (GNT)

"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 (TLB)

CHANGING ALWAYS STARTS WITH CHOOSING

Resetting My Life
Rick Warren

"Do not be conformed to the pattern of this world, but let God transform you into a new person by changing the way you think." Romans 12:2 (NLT)

3 REASONS RESETTING MY LIFE MUST BEGIN WITH CHANGING MY MINDSET

1. **BECAUSE** _____
"Be careful how you think; your life is shaped by your thoughts."
Proverbs 4:23 (TEV)

2. **BECAUSE** _____
"I love to do God's will so far as my new nature is concerned; but there's something else deep within me that is at war with my mind and wins the fight and makes me a slave to the sin within me. In my mind I want to be God's servant, but instead I find myself still enslaved to sin." Romans 7:22-23 (TLB)

3. **BECAUSE** _____
"Let the Spirit change your way of thinking and make you into a new person. You were created to be like God." Ephesians 4:23-24 (CEV)

"If your thinking is controlled by your old sinful self, it leads to death. But if your thinking is controlled by the Holy Spirit, that leads to life and peace."
Romans 8:6 (NCV)

3 DAILY CHOICES FOR RESETTING MY MIND

1. **EVERY DAY I MUST CHOOSE TO** _____
"Brothers and sisters, fill your minds with thoughts that are true, noble, right, pure, beautiful, and admirable. Think about things that are excellent and worth praising." Philippians 4:8 (TEV)

VERSES & QUESTIONS

"A wise person is hungry for truth, while the fool feeds on trash."
Proverbs 15:14 (NLT)

Q. Am I being wise or foolish with what I allow in my mind?
"People need more than bread for their life; they must feed on every WORD OF GOD." Matthew 4:4 (NLT)

Q. Am I feeding my soul every day with God's Word?
Jesus: "If you continue in my Word, you are truly my disciples. Then you will know the truth, and the truth will make you free." John 8:31-32 (NCV)

Q. Would Jesus say I'm a disciple?

Q. Does my media intake create freedom or frustration?

Best time? Psalm 119:97, 47

2. **EVERY DAY I MUST CHOOSE TO** _____
"Those who are dominated by their sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit." Romans 8:5 (NLT)

"Though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. [Our weapons] have divine power to demolish strongholds. We demolish any argument and every pretension that sets itself up against the knowledge of God, and we TAKE CAPTIVE EVERY THOUGHT to make it OBEDIENT to Christ."
2 Corinthians 10:3-5

HOW TEMPTATION WORKS

"Temptation comes from the lure of OUR OWN evil desires. These evil desires lead to evil actions, and then the evil actions lead to death." James 1:14-15 (NLT)

Step 1: Desire
Step 2: Doubt "Did God really say . . . ?"
Step 3: Deception – Believing a lie of Satan
Step 4: Disobedience and Defeat

3. **EVERY DAY I MUST CHOOSE TO** _____

• **THINK ABOUT** _____
"Keep your mind on Jesus Christ." 2 Timothy 2:8 (CEV)

• **THINK ABOUT** _____
"Don't just think about your own affairs, but be interested in others, too, and in what they are doing." Philippians 2:4 (TLB)

"Let us think about each other and help each other to show love and do good deeds." Hebrews 10:24 (NCV)

• **THINK ABOUT** _____
"Let heaven fill your thoughts. Do not think only about things down here on earth." Colossians 3:2 (NLT)

MAKING THE HARD CHANGES IN ME

Resetting My Life
Rick Warren

WHY ARE SOME THINGS IN ME SO HARD TO CHANGE?

Why do I hold on to self-defeating habits?

1. BECAUSE _____
2. BECAUSE _____
3. BECAUSE _____
4. BECAUSE _____

“Since you have heard all about Jesus and have learned the truth that is in him, throw off your old evil nature and your former way of life, which is rotten through and through, full of lust and deception. Instead, there must be a spiritual renewal of your thoughts and attitudes. You must put on your new nature because you are a new person, created in God's likeness—righteous, holy, and true. So put away all falsehood and tell your neighbor the truth because we belong to each other. Don't let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil.”

Ephesians 4:21-27 (NLT)

4 REQUIREMENTS FOR LASTING, PERSONAL CHANGE

1. CHANGE REQUIRES _____

“Learn the truth and never reject it!” Proverbs 23:23 (NCV)

“People say to God's messenger, ‘Don't tell us the truth! Just say things that will make us feel good, and things we want to hear. Let us keep our illusions.’”

Isaiah 30:10 (NCV/TEV)

“Jesus said, ‘I'm telling you the truth . . .’ Yet instead of facing the evidence and accepting it, you procrastinate with questions.” John 3:11 (The Message)

“When we claim we haven't sinned, we're only fooling ourselves and refusing to accept the truth.” 1 John 1:8 (NLT)

BEHIND EVERY SELF-DEFEATING BEHAVIOR, IS _____ I'M BELIEVING

“Love should always make us tell the truth. Then we will grow in every way and be more like Christ.” Ephesians 4:15 (CEV)

“Sanctify them by the truth; your word is truth.” John 17:17 (NIV)

“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It straightens us out and teaches us to do what is right. It is God's way of preparing us in every way, fully equipped for every good thing God wants us to do.” 2 Timothy 3:16-17 (NLT)

2. LASTING CHANGE REQUIRES _____

“There must be a spiritual renewal of your thoughts and attitudes.”

Ephesians 4:23 (NLT)

Think → Feel → Act

“Let the same mind and attitude be in you which was in Christ Jesus.”

Philippians 2:5 (AMP)

MY SO-CALLED “DEFECTS” ARE OFTEN . . .

. . . STRENGTHS BEING MISUSED

. . . ATTEMPTS TO MEET MY UNMET NEEDS

3. LASTING CHANGE REQUIRES _____

“Put away all falsehood and tell your neighbor the truth because we BELONG to each other.” Ephesians 4:25 (NCV)

“You'll never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.” Proverbs 28:13 (GNT)

“By helping each other with your troubles, you truly obey the law of Christ.”

Galatians 6:2 (NCV)

Many Examples of One-on-One Coaching in the Bible

5 kinds of Group coaches in Christ's church

“Christ gifted some of us to be apostles, prophets, evangelists, pastors, and teachers, so that his people would LEARN to serve and his Body would GROW STRONG. This will continue until we're united by our faith and understanding of the Son of God. Then we will be MATURE, just as Christ is, and we will be completely LIKE HIM.” Ephesians 4:11-13 (CEV)

4. LASTING CHANGE REQUIRES _____

“This is the word of the Lord: ‘You will not succeed by your own strength or power, but by my Spirit,’ says the Lord.” Zechariah 4:6 (NCV)

“As the Spirit of the Lord works within us, we become more and more like Him.”

2 Corinthians 3:18 (TLB)