

DOING A 'RESET' FOR A BETTER LIFE

Building a Better Life
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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."

Psalms 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)

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