

DOING A RESET FOR A BETTER LIFE

Building a Better Life – Rick Warren
Parts 1-2

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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