

HOW TO PREPARE FOR A LIFE-RESET

Resetting My Life – Part 1

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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 _____ IN MY LIFE

“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 (GNT)

2. PINPOINT SPECIFICALLY WHAT I WANT GOD TO CHANGE IN MY LIFE

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"/> My 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 _____ 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)

_____ 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 _____ OR UNHEALTHY IN MY LIFE

“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 (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)

1. new 2. support 3. community 4. unhelpful

如何預備人生重啟

重啟人生 (一)

華理克牧師

2022年4月30日至5月1日

「重啟」：全新開始、重新開始的機會

「你們領了他(耶穌)的教，學了他的真理，就要脫去你們從前行為上的舊人，這舊人是因私慾的迷惑漸漸變壞的。又要將你們的心志改換一新，並且穿上新人，這新人是照着神的形像造的，有真理的仁義和聖潔。」 以弗所書 4:22-24 (和合本)

四個準備步驟

1. 祈求上帝在我身上做_____

「看啊，我要把一切都更新！」 啓示錄 21:5 (新普及譯本)

「上帝啊，求你在我裏面造一個新的開始，從我生命的混亂中塑造一個新的創造。」 詩篇 51:10 (意譯)

「耶和華說：『不要想念過去，不要留戀往事。看啊，我要行一件新事，這事現在就要發生，難道你們沒有察覺嗎？』」 以賽亞書 43:18-19 (當代聖經)

「你們得不到想要的，是因為你們沒有向上帝祈求。」 雅各書 4:2 (新普及譯本)

2. 具體指出我想在我生命中的改變

我在哪方面須要重啟？

「你們要考驗自己，省察自己，看看你們是否過著信心的生活。」 哥林多後書 13:5 (現代中文譯本)

- | | | |
|---------------------------------|-------------------------------|---------------------------------|
| <input type="checkbox"/> 與上帝的聯繫 | <input type="checkbox"/> 事業 | <input type="checkbox"/> 教養方式 |
| <input type="checkbox"/> 健康和身體 | <input type="checkbox"/> 思想生活 | <input type="checkbox"/> 時間和日程表 |
| <input type="checkbox"/> 優先次序 | <input type="checkbox"/> 婚姻 | <input type="checkbox"/> 自信心 |
| <input type="checkbox"/> 一段關係 | <input type="checkbox"/> 日常作息 | <input type="checkbox"/> 財務狀況 |
| <input type="checkbox"/> 精力 | <input type="checkbox"/> 習慣 | <input type="checkbox"/> 夢想 |

「不要自視過高；要誠實地看待自己，按照上帝給我們的信心來衡量自己。」 羅馬書 12:3 (新普及譯本)

3. 找一些人_____我的重啟

「一人獨自站立，遇襲即敗；兩人背靠背，便能克敵制勝；三人就更好了，三股擰成的繩子不易斷。」 傳道書 4:12 (新普及譯本)

「一人跌倒，另一人還能伸出援手；一人孤身跌倒，那就真是倒楣了。」 傳道書 4:10 (新普及譯本)

_____是上帝對灰心、挫敗和失敗的解藥。

「我們眾人在基督裡組成一個身體，彼此聯結，息息相關。」 羅馬書 12:5 (當代聖經)

「不可像某些人那樣忽略聚會，倒要彼此鼓勵。」 希伯來書 10:25 (新普及譯本)

4. 消除我生命中任何_____或不健康的東西

「應該脫下各樣的拖累，和容易纏住我們的罪。」 希伯來書 12:1 (新譯本)

「讓我們除掉所有拖累我們的重負，尤其是那極易令我們跌倒的罪。讓我們堅忍地奔跑上帝擺在我們前面的賽程，注目於那位信心的創始者和完成者耶穌。」 希伯來書 12:1-2 (新漢語譯本)

我需要除掉或放下甚麼，來預備「新造的我」？

「你們從前也曾經生活在這一類的慾望中，受它們的支配。但是，現在你們必須根絕這些事：不可再有忿怒、暴戾，和仇恨；不可說譏謗、污穢的話。不可彼此欺騙，因為你們已經脫掉舊我和舊習慣，換上了新我。」 歌羅西書 3:7-10 (現代中文譯本)

希伯來文「重啟」這字，在整本聖經中只出現一次：

「大山可以挪開，小山可以遷移；我對你的慈愛永不動搖，平安的約也永不改變。愛你的上主這樣宣佈了。上主說：耶路撒冷，你這憂患無助的城啊，沒有人來安慰你。我要用彩色的石頭奠定你的基石，用寶石重建你的根基。」 以賽亞書 54:10-11 (現代中文譯本)

「你要存心正直；你要尋求上帝。要徹底清除那污染你的邪惡；不要讓不義滯留在你家裡。這樣，你就能無愧地面對世界，堅定不移，無所懼怕。你將忘記一切的禍患，像流水一樣從人的記憶中消逝。你的人生將比正午的陽光明亮... 你將享受安全，充滿希望。」 約伯記 11:13-18 (現代中文譯本)

「凡屬基督的人都已經成為新人，舊生命過去了，新生命已經開始！」 哥林多後書 5:17 (新普及譯本)