

I. Review

A. Session 1 – Everyone Needs a Reset

1. **Reset Definition** – A series of actions to restore back to order. To make necessary adjustments. To restore back to initial or proper position.
2. **There are times in my life that I need a reset!**
3. **Isaiah 54:11-14 (GWT)** – *¹¹You suffering, comfortless, storm-ravaged city! I will rebuild your city with precious stones. I will reset your foundations with sapphires. ¹²I will rebuild your towers with rubies, your gates with sparkling stones, and all your walls with precious stones.” ¹³All your children will be taught by the LORD, and your children will have unlimited peace. ¹⁴You will be established in righteousness. You will be far from oppression, so you will not be afraid. You will be far from destruction, so it won’t come near you*

B. Previous Sessions

1. **Session 2 – Reset Your Attention**
2. **Session 3 – Reset Your Priorities**
3. **Session 4 – Reset Your Emotions**

II. Reset Your Thinking

A. The Difference in thinking and thoughts

1. **Thoughts come without my initiative – thinking is a choice.**
2. **You are not responsible for your thoughts!**
You cannot keep thoughts from coming.

3. **You are responsible for you thinking!**
The pattern of thoughts you choose to accept.
4. **Thoughts appear by themselves. We are continually facing the steady stream of thoughts and emotions that enter our mind.**
 - a. Echoes of the past.
 - b. Voices of the present.
 - c. Memories, experiences, impressions from life's experiences.
 - d. Every thought may be categorized as good/bad – right/wrong
5. **I cannot choose the thoughts attempt to enter my mind; however, I can choose to engage in or not.**
6. **Thoughts are neutral events until our mind decides to jump in and engage in that specific way of thinking.** *Once you engage, you may develop that thought into a way of thinking/thought patterns.*

B. Jesus and the Great Reset

1. **Jesus' ministry was all about reset.**
2. **Repentance**
 - a. **Matthew 4:17 (NKJV)** – *From that time Jesus began to preach and to say, "Repent, for the kingdom of heaven is at hand.*
Matthew 4:17 (GWT) – *From then on, Jesus began to tell people, "Turn to God and change the way you think and act, because the kingdom of heaven is near!"*
 - b. **Repent** – to change one's mind for better – to reconsider
 - c. The church has primarily embraced repentance as a change of behavior. *You cannot change your behavior until you first change your thinking.*
3. **Jesus spent much of His time showing people that they needed to change their thinking.**
 - a. **Matthew 5:21-22 (KJV)** – ²¹*Ye have heard that it was said of them of old time, thou shalt not kill; and whosoever shall kill shall be in danger of the judgment: ²²But I say unto you, that whosoever is*

angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, thou fool, shall be in danger of hell fire.

- b. **Matthew 5:27-28 (KJV)** – ²⁷*Ye have heard that it was said by them of old time, thou shalt not commit adultery: ²⁸but I say unto you, that whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.*
- c. You have heard – but I say – *I have come to give you a different way of thinking*
- d. **Matthew 12:9-13 (NKJV)** – ⁹*Now when He had departed from there, He went into their synagogue. ¹⁰And behold, there was a man who had a withered hand. And they asked Him, saying, “Is it lawful to heal on the Sabbath?” – that they might accuse Him. ¹¹Then He said to them, “What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift it out? ¹²Of how much more value then is a man than a sheep? Therefore it is lawful to do good on the Sabbath.” ¹³Then He said to the man, “Stretch out your hand.” And he stretched it out, and it was restored as whole as the other.*
- e. **Luke 13:10-17 (NKJV)** – ¹⁰*One Sabbath Jesus was teaching in one of the synagogues, ¹¹and a woman there had been disabled by a spirit for eighteen years. She was hunched over and could not stand up straight. ¹²When Jesus saw her, He called her over and said, “Woman, you are set free from your disability.” ¹³Then He placed His hands on her, and immediately she straightened up and began to glorify God.*
Jesus had to show them that their thinking was wrong. They thought more of an animal than they did another human being.
- f. **Mark 1:40-41 (NKJV)** – ⁴⁰*Now a leper came to Him, imploring Him, kneeling down to Him, and saying to Him, “If You are willing, You can make me clean.” ⁴¹Then Jesus, moved with compassion, stretched out His hand and touched him, and said to him, “I am willing; be cleansed.*
- g. Jesus spent more time correcting their way of thinking than He did talking about faith.

It would do no good to teach them about faith, if they were not willing to reset their thinking

- We need to reset our thinking
- Salvation – it is more inclusive than heaven only
- Healing – It is His will to heal
- Blessing – He wants to bless my every part of my life
- Teaching – He isn't sending trouble to teach me a lesson

C. When do we need to reset our thinking?

1. When our way of thinking is not in alignment with God's way of thinking. (Does my thinking agree with God/His Word?)

a. What does God say about me?

I am righteous!

I am victorious!

I am a winner/more than a conqueror!

I am able!

I am equipped!

I am strong!

b. Who does He say that I am?

I am a child of God!

I am a joint heir with Jesus!

c. What does He say is available to me in His promises?

Grace!

Salvation!

Healing!

Deliverance and Freedom!

Prosperity – My needs are supplied according to His riches in glory!

Divine protection from my enemies!

A good future!

A blessed family!

d. What does He say I can do?

I can do all things through Christ who strengthens me!

I can cast out devils!

I can manifest the fruit of righteousness!

*I can overcome the powers of the enemy!
I can lay hands on the sick and expect healing!*

2. **When we have allowed our way of thinking to be influenced by the world's way of thinking. (Do I think any different than the unsaved?)**
 - a. Culture
 - b. Education
 - c. Peers
 - d. Media
 - e. Religious systems
(Just because it is called a church doesn't mean it's right)
3. **Is my way of thinking producing Good results in my life?**
4. **Is my way of thinking damaging to my life?
(Does my way of thinking add or subtract?)**

D. Keys to resetting Your Thinking!

1. **John 8:32 (NKJV)** – *And you shall know the truth, and the truth shall make you free.*
 - a. Jesus was speaking to a crowd who didn't believe Him.
 - b. As He continued to speak, many believed.
 - c. This statement in John 8:32 was made to those who had decided to believe what He was saying – believers.
 - d. Because they decided to BELIEVE – RESET THEIR THINKING – the truth would make them free.
2. **Truth is the key to resetting your thinking!**
 - a. Find out what is true!
 - b. **John 17:17 (NKJV)** – *Sanctify them by Your truth. Your word is truth*
3. **Stop all thinking that is not aligned with what God says about you!**

4. Start thinking in align with His plan for your life.

- a. You are His special creation!
- b. You are created in His likeness!
- c. You are a child of God!
- d. You are well able to do great things!
- e. You have His wisdom to deal with life's problems!
- f. You are strong in the Lord!
- g. You can be who He says you are!
- h. You can do what He says you can do!
- i. You are not a failure – you are created to succeed.

III. Closing Thoughts: Joshua 1:8 (NKJV) – *This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.*

- A.** Joshua had not seen success in forty years.
- B.** He witnessed the failure of the 10 spies.
- C.** He witnessed millions of his brothers dying in the wilderness in defeat.
- D.** He witnessed Moses not being allowed to enter the promised land because he allowed his emotions to defeat him.
- E.** He witnessed over 40 years of defeat.
- F.** God knew that Joshua had to shift his thinking from defeat to success.
- G.** The Key – Meditate on God's Word
 - a. Who He says you are.
 - b. What He says He will do for you.
 - c. What He says you can do.
- H.** The Same will work for us if we meditate on God's Word.
- I.** The same will work for us is we meditate on God's Word.