

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**
4. **Session 5 – Reset Your Thinking Part 1**
God wants you to have a healthy mind!
5. **Session 6 – Reset Your Mind**
Defrag Your Mind
6. **Session 7 – Experiencing a Lifestyle Reset**

II. Reset Your Atmosphere

A. Atmosphere defined for this session.

1. The pervading tone or mood of a place

- a. The tone or mood that is created by the people we are doing life with.
- b. Family and friends
- c. Co-workers and associates
- d. The places we spend our time have an emotional and spiritual atmosphere
- e. The people we spend time with affect the atmosphere around us.
- f. Where we spend time has a mood, feel, tone, climate and environment.

2. Examples

- a. A welcoming atmosphere.
- b. Warm – pleasant – exciting – joyful – cheerful – encouraging
- c. Depressing – oppressive – sad – negative critical.

3. The environment and atmosphere around you effect your life.

- a. If you are around complainers – you have the tendency to complain.
- b. If you are in a negative atmosphere – you may become negative.
- c. If you are in a positive faith filled environment – it helps you to be more positive.
- d. Emotional contagion – a phenomenon of an automatic adoption of an emotional state of another person.
 - 1) Involves the spontaneous spread of emotions.
 - 2) The rapid spread of an emotion from one or a few individuals to others.
 - 3) Misery loves company.
 - 4) It happens when you begin to mimic without conscious effort, the emotions, and expressions of the people around you.

NOTE: *What if I told you that the emotions, attitudes and expressions of the people in your life atmosphere were catching. Do you want to catch the attitudes they are carrying?*

- a. ***You could catch a depressing mindset.***
- b. ***You could catch complaining.***
- c. ***You could catch negativity.***
- d. **Put your emotional mask on!**

B. What does the Bible say about who you spend time with?

1. **1 Corinthians 15:33 (KJV)** – *Be not deceived: evil communications corrupt good manners*

1 Corinthians 15:33 (CEV) – *Don't fool yourself, bad friends will destroy you*

1 Corinthians 15:33 (GNT) – *Bad companions ruin good character*

2. **The Bible tells us to stay away from certain people.**

Romans 16:17 (NLT) – *And now I make one more appeal, my dear brothers and sisters. Watch out for people who cause divisions and upset people's faith by teaching things contrary to what you have been taught. Stay away from them.*

Titus 3:10 (CEV) – *Warn troublemakers once or twice. Then don't have anything else to do with them.*

Proverbs 13:20 (NLT) – *Walk with the wise and become wise; associate with fools and get in trouble*

- a. Fool is catching – hang with the fool reap the same reward as a fool.
- b. Walk with the wise – become wise – reap the reward of the wise.
- c. The atmosphere created around you by those you associate with is catching, good or bad!

d. God says that you might need to reset your atmosphere/
environment by changing who you associate with!

- 3. Deuteronomy 20:8 (NKJV)** – *The officers shall speak further to the people, and say, “What man is there who is fearful and fainthearted? Let him go and return to his house, lest the heart of his brethren faint like his heart.”*

Deuteronomy 20:8 (CEV) – *Finally, if any of you are afraid, you may go home. We don't want you to discourage the other soldiers.*

When going into battle, the fearful were to be sent home. If left, they would create a FEARFUL ATMOSPHERE that would be contagious – they would infect the others with their fear.

- 4. Gideons army reduced from 32,000 to 22,000**

Judges 7:2-3 (NKJV) – *²And the LORD said to Gideon, “The people who are with you are too many for Me to give the Midianites into their hands, lest Israel claim glory for itself against Me, saying, ‘My own hand has saved me.’ ³Now therefore, proclaim in the hearing of the people, saying, ‘Whoever is fearful and afraid, let him turn and depart at once from Mount Gilead.’” And twenty-two thousand of the people returned, and ten thousand remained*

III. Closing Thoughts: In this year of resets, we may need to reset the atmosphere surrounding us.

A. Check up on our relationships

1. Are they building me up?
2. Are they blessing my life?
3. Are they taking me forward?
4. Are they taking away from my life?

5. Are they imparting something to me that I don't want to become?
6. Reset may require some relationships to be cut off.
You may have to move away from their atmosphere
7. Reset may require adjustments to how you spend time with some people.

B. What about atmospheres that I cannot change?

1. Working environments.
2. People and places where I have no choice in the matter.
3. When dealing with environments that are out of your control, you must put up a spiritual protective wall.
 - a. Be aware of the negativity and other emotions in the room.
 - b. By being spiritually aware, refuse to allow these attitudes to get in you.
4. Be an agent of change.
 - a. Let people see something different in you.
 - b. Don't involve yourself in the clutter of the room.
 - c. Don't be a feeder of wrong atmospheres by participating.
 - d. Began to insert something different in the room.
Just as negative emotions are catching – so are positive attitudes.
 - e. Jesus was always an agent of change.
*He entered many troublesome atmospheres.
Some he changed – others refused to be changed – but it didn't change him!*