

Man Up • Session 3: The Benefit of Resets

Midweek Men's Bible Study

Pastor Dale Campbell

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I. Review

A. Previous Session

1. The Making of a Man

- a. God created us for reigning in life – dominion and to subdue.
- b. Satan strategizes to keep us down, never becoming what God created us to be.
- c. Inferiority causes us to withdraw and live in the shadows.

2. Stretch Yourself

- a. When God called people into action throughout the Bible, they were always required to stretch themselves.
- b. Growth doesn't occur in our comfort zones.
- c. Real growth occurs when we do something to challenge ourselves.

DISCUSSION – What did you do this week to *STRETCH YOURSELF*?

II. Learning the benefit of resets

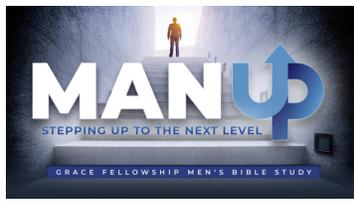
A. Reset = to set back to an original position – or to start again.

1. A broken bone must be “Reset” if it is to heal properly.

2. Other words:

- Reactivate
- Readjust
- Rearrange
- Reorganize
- Realign

B. There are seasons in every man's life when things will get out of alignment. *The daily pressures that fall upon our shoulders will often become too heavy if we do not know how to make necessary adjustments in our life.*



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1. Example – Wheel Alignment Issues

- a. Irregular tire wear
- b. Handling problems – car pulls to the right or left
- c. Potential accidents

2. Potential areas that will need to be experience reset.

a. Spiritual life

○ *Prayer*

Luke 18:1 NKJV “Then He spoke a parable to them, that men always ought to pray and not lose heart.”

Matthew 26:41 NKJV “Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.”

Luke 5:16 - Jesus himself would often slip away to the wilderness to pray.

○ *Word*

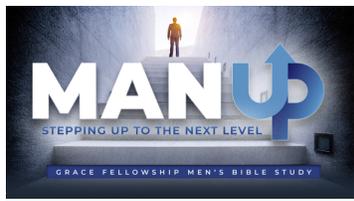
Matt 4:4 NKJV “But He answered and said, ‘It is written: Man shall not live by bread alone, but by every word that proceeds from the mouth of God’.”

○ *Church Attendance*

Every person needs to be involved with a local assembly of believers. Satan finds a great advantage when a believer isolates himself.

- *There is safety in numbers.*
- *There is strength in numbers.*
- *There is comfort in numbers.*

NOTE: *Jesus always sent His followers out in groups.*



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Heb 10:24 NKJV “Not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching”

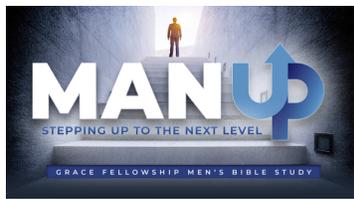
- ***A reset requires change of habits/routine***
If our routine has taken us away from good spiritual disciplines, we need to reset our habits.

b. Family

1 Tim 5:8 NKJV “But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.”

NOTE: *Most of the time this scripture is used in reference to financial provision only. While this may be the context as written, we need to take note that it is our responsibility to give many forms of provision to our families.*

- **Establish family time – *This is especially important if your career requires travel or excessive hours.***
- **Be certain to do specific things for your spouse. *Marriage needs resets.***
- **Reset the priorities of your family.**
Too many activities and responsibilities challenge the real priorities for our family. Priorities will have to be adjusted and refocused over time.
- **Remember, much success is guaranteed by putting God first.**



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Matt 6:33 KJV “But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

Mark 4:19 KJV “And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful”

AMP “but the worries *and* cares of the world [the distractions of this age with its worldly pleasures], and the deceitfulness [and the false security or glamour] of wealth [or fame], and the passionate desires for all the other things creep in and choke out the word, and it becomes unfruitful.”

NOTE: This is a spiritual law. However, take note of the fact that worries, cares, distractions of things to do in this world, all have a CHOKING effect.

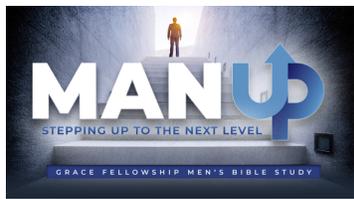
CHOKER = to press around = as to suffocate. *Spiritual and Natural areas of our life may be choked.*

c. Health

- **Diet/Exercise**
- **Rest - *Rest is often the key to resetting our health.***

Mark 6:31 NKJV “And He said to them, ‘Come aside by yourselves to a deserted place and rest a while.’ For there were many coming and going, and they did not even have time to eat.”

- **Give attention to what your body is saying. *Do not ignore symptoms.***



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- **Practice good emotional/mental health.** *If your mind isn't functioning in peace, there will be an open door for sickness.*

3 John 2 KJV "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

Soul = seat of our emotions – feelings and desires

NOTE: *Most people believe that John is speaking of the spiritual prospering of the soul – (Spirit). While we may take this literally to mean spiritual prosperity, we need to understand that if our natural mind/soul – (seat of our emotions) isn't prospering, it will have an effect on our health as well.*

d. Career

- **There are times that we need a Career Reset.**
This may be a change of jobs or a change within your present place of employment.
- **A career reset must not be used as an excuse to remain in an ongoing cycle of employment instability.**
If you have a record of short-term employment – your reset may need to be establishing the ability to be more settled.

e. Routine and Habits

- Life becomes filled with routines and habits regardless of whether we plan for them.
- Routine can work for you or against you.
- Do an assessment on your daily routine and habits.
Are they creating an ascending flow or a descending flow for your life?
- Reset – Do something different as small as it may be.
Do new things until they become a routine for you!

