

## 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)** – <sup>11</sup>*You suffering, comfortless, storm-ravaged city! I will rebuild your city with precious stones. I will reset your foundations with sapphires. <sup>12</sup>I will rebuild your towers with rubies, your gates with sparkling stones, and all your walls with precious stones.” <sup>13</sup>All your children will be taught by the LORD, and your children will have unlimited peace. <sup>14</sup>You 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**

## **II. Experiencing a Lifestyle Reset**

### **A. Lifestyle Defined**

1. The way in which a person lives.
2. Behavior, customs, manner of living
3. Cambridge Dictionary – Someone’s way of living; the things that a person usually does.
4. Synonyms – Way of Life – Conduct – Customs – Habits – My Ways.

### **B. Sometimes our lifestyle needs a reset.**

1. When we desire to move forward in life.
2. When we desire to see changes in our life.
3. When God is wanting to advance us in our spiritual life.

### **C. To experience a lifestyle reset**

1. We need to examine our routine.
2. Routine – a sequence of actions routinely followed
  - a. A fixed way of doing things.
  - b. Our daily habits or practices.
  - c. What is typical of us.
  - d. What is customary for us.
  - e. What is predictable in our lives.
3. What are your daily practices?
4. Are they blessing your life or just causing you to only to survive?
5. God doesn’t want us to live life in SURVIVAL MODE.

6. **God is always about moving our lives forward – advancement – growth – increase – maturity.**
7. **New levels are never achieved by doing the same old things!**
  - a. Stop the same old same old routine.
  - b. Stop running around in circles – (repeated behavior – no progress)

### III. **What does the word say about resetting our lifestyle/routines?**

**A. Deuteronomy 1:6-8 (NKJV)** – <sup>6</sup>“The LORD our God spoke to us in Horeb, saying: ‘You have dwelt long enough at this mountain. <sup>7</sup>Turn and take your journey, and go to the mountains of the Amorites, to all the neighboring places in the plain, in the mountains and in the lowland, in the South and on the seacoast, to the land of the Canaanites and to Lebanon, as far as the great river, the River Euphrates. <sup>8</sup>See, I have set the land before you; go in and possess the land which the LORD swore to your fathers—to Abraham, Isaac, and Jacob—to give to them and their descendants after them.

1. **You have dwelt long enough at this mountain** – You have been at this place long enough.
2. **Turn = Change of direction – go a different way – move – do something differing**
3. **Vs 8 – I have set the land before you – go in and possess it!**
  - a. I have given you something you haven’t possessed yet!
  - b. I have more available for you.
  - c. I have more planned for you.
  - d. As long as you stay here/same old same old/You will never have it.
  - e. There are things that God has planned for us, yet we will never experience it if we continue in the same lifestyle/routine.

**B. Deuteronomy 2:1-3 (KJV)** – *<sup>1</sup>Then we turned, and took our journey into the wilderness by the way of the Red sea, as the LORD spake unto me: and we compassed mount Seir many days. <sup>2</sup>And the LORD spake unto me, saying, <sup>3</sup>Ye have **compassed** this mountain **long enough: turn you northward.***

**1. Compassed – encircle – to cause to go around**

- a. AMPC- You have roamed around this mountain long enough
- b. Many translations use “Wandered – Wandering”
- c. Wandering = traveling aimlessly from place to place
- d. Movement – but without progress

**2. Often our lives are filled with MOVEMENT/ACTIVITY, yet without progress.**

- a. We experience a busy year – but without any measurable growth or further development by the year end.
- b. Why? We did the same things day in and day out; = the same harvest.
- c. If you desire a new harvest – you must sow some different seed!

**IV. How do I establish a lifestyle reset?**

**A. Every reset begins with personal assessment.**

**1. Assessment** =personal evaluation of the things in your life

- Attitudes – Habits – Priorities – Thoughts – Dreams – Goals – Relationships

**2. 2 Corinthians 13:5 (NKJV)** – *Examine yourselves as to whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you?—unless indeed you are disqualified*

- **Examine yourself**
- **Test yourself**
- **This should be a regular activity for believers**
- **By examining and testing – we know what needs to be reset**

3. **Lamentations 3:40 (ISV)** – *Let us examine our lifestyles, putting them to the test, and turn back to the LORD.*
4. **Haggai 1:5-7 (NKJV)** – <sup>5</sup>*Now therefore, thus says the LORD of hosts: “Consider your ways!”* <sup>6</sup>*“You have sown much, and bring in little; you eat, but do not have enough; you drink, but you are not filled with drink; you clothe yourselves, but no one is warm; and he who earns wages, earns wages to put into a bag with holes.”* <sup>7</sup>*Thus says the LORD of hosts: “Consider your ways!”*
  - If you are sowing but not seeing the results you desire – “Consider your ways”
  - If you are not satisfied with what you have – “Consider your ways”
  - Holman Translation – “Think carefully about your ways”
  - NET Bible – “Think carefully about what you are doing”
5. Be willing to make an honest personal evaluation of where you are in life – especially your lifestyle – **“Is your lifestyle/routine producing the kind of life you want”**

## B. Be willing to make changes

1. Don’t live in a rut = settled or established in a habit or a course of action – especially a boring one! – **“Get out of the rut!”**
2. Many people simply are not willing to change!  
*Set in their ways – fixed habits and ideas.*  
*Ways of thinking! – Ways of acting! – Ways of doing!*
3. Keys to getting out of the rut.
  - Try something new.
  - Stop making excuses.
  - Stop the procrastination.
  - Don’t let past experiences hold you back.
  - Try a new environment – get out!
  - Declutter your environment.
  - Start off with small steps forward and increase momentum

4. Determine what daily/weekly routines must be reset in order for you to have your desired results. Get busy!

**C. Remind yourself of the Good plan God has for your life!**

1. The abundant life is mine according to Jesus.
2. It is God's will for my life to be in forward motion.
3. It is not God's will for my life to be stuck.
4. God provides – but I have to do the possessing.  
*He provided everything in the promised land for the children of Israel, but it was up to them to possess/seize/take it!*
5. Jesus said, the kingdom suffers violent, but the violent take/seize/possess it by force.

**D. Start Now!**

1. Decide to have a lifestyle reset.
2. It isn't easy but it is possible.
3. With God – all things are possible!
4. The beginning of your lifestyle reset may include renewing your commitment to God
  - Commitment to receiving Him!
  - Commitment to His plan and purpose for your life!
  - Commitment to His Word and His way of doing things!
  - Commitment to serve him – talents and abilities!
  - Commitment – Lifestyle reset begins with COMMITMENT!  
*No real change occurs unless we are willing to commit.*



Reset Session 7 – Lifestyle Reset  
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