

I. Review

- A. Reset Definition** – A series of actions to restore back to order. To make necessary adjustments. To restore back to initial or proper working position.
- B. Isaiah 54:11 (GWT)** – *You suffering, comfortless, storm-ravaged city! I will rebuild your city with precious stones. I will reset your foundations with sapphires.*

II. The Right Flow

A. Flow Defined

1. It is how we move along – our movement through life’s journey
2. Our course – the path by which we follow daily to accomplish our course.
3. Flow involves our intense focus or engagement.

B. Getting in the flow.

1. My mental state is right – regarding what I am involving myself in.
2. I am fully immersed in – I am giving my full attention to things.
3. I am energized to be able to accomplish my goals .
4. Personal Examples of different flows.
 - a. Sermon prep
 - b. Writing
 - c. Administration
 - d. Various tasks require a different flow

C. The Right Flow

- 1. When you are in the right flow – it will bless you.**
 - a. You will get results.
 - b. You will enjoy your assignments.
 - c. You will feel a sense of accomplishment.

- 2. When you are in the wrong flow – it takes away from you.**
 - a. You will feel overwhelmed.
 - b. Your productivity will be minimal.
 - c. You will lack in good feelings of accomplishment.

- 3. There is a SPIRITUAL FLOW – The right flow for us is to be in the right spiritual flow.**
 - a. When you are not in “GOD’S FLOW.” No matter what you do, you will come up short.
 - b. The reason many cannot seem to find the right flow – is because they have not learned how to get into God’s flow.

D. What comes to mind when you think of flow?

- 1. Conduit/pipe – with rushing water springing forth.**

- 2. River**
 - a. Trickle and drips
 - b. Slow moving streams
 - c. There are mighty rushing rivers – Yellowstone waterfalls.
 - d. It can be pleasant to get in a slow-moving stream on a flotation device and make your way down stream.
 - e. White water rafting takes on a different flow.
 - f. Dangerous Flows
Flood waters have a dangerous flow. You can be swept away.

E. Life experiences many different flows – the world has a flow – it’s a dangerous flow – you can be easily swept away by the flow of this world.

1. **Immorality/Tolerance of things that the Word of God speaks clearly against.**
 - a. Television commercials have a flow.
 - b. The move toward new laws and ordinances that endorse things as being right when God says they are wrong – it’s a flow.
2. **Ungodliness**
3. **Selfishness**
4. **Hatred/Anger/Abuse**
5. **We must be on guard that we do not get swept away by the wrong flow.**
 - a. Flood waters can sweep away a person or vehicle.
 - b. If you get too close to the edge you will fall in.
 - c. If you stay too close to the wrong flow – you may get swept away.
 - d. Lot got swept away by the flow of Sodom and Gomorrah.
 - e. Saul got swept away by a flow of jealousy toward David.
 - f. God warned Israel not to be influenced by what other nations were doing – by the false gods they were worshipping.
Exodus 23:24a (NKJV) – *You shall not bow down to their gods, nor serve them, nor do according to their works.*

F. The Right Spiritual Flow

1. **God has a flow!**
 - a. His ways – His directions – His will – His purpose.
 - b. God’s flow will always BLESS your life.
 - c. **John 7:38 (NKJV)** – *He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.*
John 7:38 (NIV) – *Rivers of living water will flow within them.*
Living waters – are water full of life.
There will be a live giving flow.
Because your SAVED – a child of God – there is a life-giving flow that exists within you!

- d. Your life can follow a LIFE GIVING FLOW – or take the FLOW OF THE WORLD – *more like the dead sea.*
- e. **Isaiah 48:21 (ESV)** – *They did not thirst when he led them through the deserts; he made water flow for them from the rock; he split the rock and the water gushed out.*
The rock represents Jesus – from Jesus, the rock – we have a flow of living water from our savior/Lord.
- f. **Jeremiah 32:22 (NKJV)** – *You have given them this land, of which You swore to their fathers to give them—a land flowing with milk and honey.*
When you are in God’s place – there will be a flow!
- g. God wants to give us a land – flowing.
The Life that God desires for His children is a life that flows...
 - **Flowing with his peace**
 - Joy
 - Healing
 - Blessing
 - Prosperity
 - Hope
- h. You must get in the flow!

III. GET IN THE RIGHT FLOW

A. You choose your flow!

- 1. **Some of you have been swept away by the wrong flow.**
 - a. The world’s flow of immorality and ungodliness.
 - b. There are other flows we need to pay attention to that may have swept us away – and we don’t even realize it.
- 2. **Flows to pay attention to:**
 - a. **Negativity** is a flow – have you become negative?
Philippians 4:8 (CEV) – *Finally, my friends, keep your minds on whatever is true, pure, right, holy, friendly, and proper. Don't ever stop thinking about what is truly worthwhile and worthy of praise.*
 - Does your day begin with the flow of negative thoughts?

- Our day should begin with the flow of what is true, pure, right, holy, friendly – what is proper!
- b. The **victim mentality** is a flow – “*Why is everybody picking on me?*”
- c. The victim mentality flow will distort your view of reality.
 - It sucks the joy out of our life.
 - It damages relationships.
 - **2 Corinthians 2:14 (NKJV)** – *Now thanks be to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place*
 - God never endorses a “Victim Mentality.” He always leads us to triumph
- d. **The sympathy flow** – always looking for sympathy.
 - People who are addicted to their own sob stories.
 - People who wallow in self-pity.
 - People who want validation for their feelings and justification for their tears and sorrows.
 - **1 Samuel 22:8 (NLT)** – *Is that why you have conspired against me? For not one of you told me when my own son made a solemn pact with the son of Jesse. You’re not even sorry for me. Think of it! My own son—encouraging him to kill me, as he is trying to do this very day!”*
 - ***Saul was in the wrong flow – things didn’t end well***
 - **Many confuse sympathy with empathy and compassion.**
 - **Sympathy** is an emotional reaction of pity.
 - **Empathy** is the ability to understand and accurately acknowledge the feelings of others.
 - **Compassion** – has to do with a deep awareness of what others are experiencing.
 - **People need to be empathized with – people need compassion. People do not need sympathy in every circumstance.**
 - **If you are seeking SYMPATHY/PITY in every circumstance – you need to understand – SYMPATHY is no remedy for your issues. SYMPATHY will not move you forward – It can only assist you where you are. If your goal is to STAY where you**

are, stay in the flow of Sympathy – if your goal is to move forward – find a flow off compassion with encouragement.

- e. The **complaining flow** – are you a complainer?
Proverbs 17:14 (NKJV) – *“The beginning of strife is like letting out water, so quit before the quarrel breaks out.”*
- **Strife = disagreements/conflicts/dissension/contention**
 - **Controversy – quarreling**
 - **Abraham’s herdsmen got into strife with Lot’s herdsmen.**
 - Complaining about others often is related to strive.
Selfish motives – if I don’t get my way....
 - **Science** – *The more you complain the more negative you will become – complaining puts you in the negative flow. Complaining damages your memory – proven by MRIs. Complaining increases your level of cortisol – stress hormone. It can shorten your lifespan. Increases blood pressure.*
 - **James 5:9 (NKJV)** – *Do not grumble against one another, brethren, lest you be condemned. Behold, the Judge is standing at the door!*
James 5:9 (NASB) – *DO not complain brethren against one another*
James 5:9 (CSB) – *Brothers and sisters, do not complain about one another*
James 5:9 (GNT) – *Do not complain against one another my friends.*
- f. These are dangerous flows that never lead your life forward.
- g. These flows are like the river that is leading to a water fall and you don’t know what is up ahead until it is too late.
- h. If these flows are evident in your life – YOU NEED TO RESET THE FLOW!

B. The Right Flow

1. The Spirit flow vs the flesh flow.

2. **Romans 8:1-2 (NKJV)** – *¹There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh,*

but according to the Spirit. ²For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death

- a. **For those who are saved – there is a different flow available.**
- b. **We do not live – conduct our lives – flowing in the flesh.**
- c. **We are to live our lives out of the flow of the spirit.**
- d. **Flowing in the spirit will keep us on course and safe!**

3. You must intentionally choose your flow.

- a. **Choose to SET the flow.**

Romans 8:5 (NKJV) – *For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.*

- b. **Set the flow every day!**
- c. **Smith Wigglesworth QUOTE:** “I don't ever ask Smith Wigglesworth how he feels! I jump out of bed! I dance before the Lord for at least 10 to 12 minutes – high speed dancing. I jump up and down and run around my room telling God how great he is, how wonderful He is, how glad I am to be associated with Him and to be His child.”

Smith started in the flesh and ended in the Spirit.

4. Regardless, if you know it or not, you are setting your flow for the day soon after you leave the bed.

5. Do some things to approach your day in the right flow.

- a. Prayer
- b. God's Word
- c. Goals and Structure for your day
- d. Keep your emotions in check
- e. Be determined to be God's vessel for the day.