

How to... Rebuild Your Life

March 29 & 30, 2008

Realize that you have been rescued!

"I assure you, those who listen to my message and believe in God who sent me have eternal life. They will never be condemned for their sins, but they have already passed from death into life.

John chapter 5, verse 24 (813)

Rescued from...

- ✓ God's judgment
- ✓ My sin.
- ✓ Myself!
- ✓ ???

Rescue others by snatching them from the flames of judgment. There are still others to whom you need to show mercy, but be careful that you aren't contaminated by their sins.

Jude chapter 1, verse 23 (947)

Q. Am I willing to participate with God in rescuing others?

God is in the rebuilding business.

In his kindness God called you to his eternal glory by means of Jesus Christ. After you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation. 1 Peter chapter 5, verse 10 (937)

- You are immensely valuable to God and he paid a high price for you.
- God will never give up on you and is actively working in your life.
- Rebuilding is hard work.
- Rebuilding can be risky and get messy.
- My job is to submit my life to the rebuilding process.

And so, dear brothers and sisters, I plead with you to give your bodies to God. Let them be a living and holy sacrifice-the kind he will accept. When you think of what he has done for you, is this too much to ask? Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is.

Romans chapter 12, verses 1-2 (866)

1. Repentance

- ✓ **Seeing your sin as God sees it.** *If we say we have no sin, we are only fooling ourselves and refusing to accept the truth. 1 John 1:8 (941)*
- ✓ **Sorrowing over your sin.** *The sacrifice you want is a broken spirit. A broken and repentant heart, O God, you will not despise. Psalm 51:7 (436)*
- ✓ **Confessing your sin** – *Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just. Psalm 51:4 (436)*
- ✓ **Turning from your sin** – *Prove by the way you live that you have really turned from your sins and turned to God. Matthew 3:8 (734)*

It is only through God's power that I can practice real repentance.

2. Resist living in the past.

No, dear brothers and sisters, I am still not all I should be, but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven.

Philippians chapter 3, verses 13-14

- ✓ Accept what can not be changed.
- ✓ Focus on what's left, not what's lost!
- ✓ Leave your failures and successes behind you.
- ✓ You can explore your past without it crippling you.

3. Receive help from others.

... so it is with Christ's body. We are all parts of his one body, and each of us has different work to do. And since we are all one body in Christ, we belong to each other, and each of us needs all the others. *Romans chapter 12, verse 5 (866)*

- ❖ God never intended for you to go through life without help from others.
- ❖ We were created for community.
- ❖ This is why we emphasize regular involvement at church!
- ❖ Who knows you and loves you enough to speak truth to you?
- ❖ Are you willing to become vulnerable to someone for the purpose of rebuilding your life?

As iron sharpens iron, a friend sharpens a friend. Proverbs chapter 27, verse 17 (500)

4. Rely on God!

When you bow down before the Lord and admit your dependence on him, he will lift you up and give you honor. James chapter 4, verse 10 (932)

“Spiritual growth comes only through greater dependence upon God, not greater independence from God.”

SPIRITUAL DISCIPLINES

- ✓ Pray!- bring everything to God!
- ✓ Read the Bible everyday.
- ✓ Be consistent with church attendance.
- ✓ Practice regular repentance.
- ✓ Re-evaluate your relationships
- ✓ Reach out to others.

"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. John chapter 15, verse 5 (824)

Want more?

- Read Romans chapters 1-2 to see of what each of us have been rescued from.
- Share your story with one person this week of how God rescued you.
- What tools does God use to rebuild our lives? Read Hebrews chapters 11-12 and James chapter 1.
- Recall some recent failures in your life and determine whether real repentance was practiced?
- For a picture of real repentance read the story of King David in 2 Samuel 11-12 and Psalm 51.
- How has God used your past to build your future? Determine whether your have allowed your past is holding you back. Read 2 Corinthians 5:16-17
- Read Acts chapter 2 to gain an understanding of what Godly relationships look like.
- List those qualities that characterize a Christ follower who is dependent upon God. What does independence look like?

Next week- How to... Treat Your Enemies