



#8 “Resetting Your Energy” Part 3

1. Find and flow in a personal rhythm.

John 5:19 (NLT) So Jesus explained, “I tell you the truth, the Son can do nothing by himself. He does only what he sees the Father doing.

Whatever the Father does, the Son also does.”

John 10:30 (NLT) The Father and I are one.

8 keys to life rhythm:

- Set a regular daily pattern, and a weekly pattern.
- Find your best daily work and life flow.
- Do away with time wasters.
- Limit energy drainers.
- Stop multi-tasking.
- Check your addiction to media and technology.
- Give yourself fully to the moment you’re in.
- Embrace interruptions and changes positively and graciously.

2. Be grateful.

Philippians 2:14 (NLT) Do everything without complaining and arguing.

Colossians 3:15 (NLT) And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.

Colossians 3:17 (NLT) And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.

1 Thessalonians 5:16-18 (NLT) Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.

5 things that will help you to become more grateful:

- Look for the good.
- Think about the best.
- Express the appreciation.
- Remember the value.
- Repeat the process!

3. Focus on God’s purpose.

Exodus 9:16 (NIV) But I have raised you up for this very purpose, that I might show you my power and that my name might be proclaimed in all the earth.

2 Timothy 1:9 (NIV) He has saved us and called us to a holy life — not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time.

Matthew 5:14-16 (NLT) You are the light of the world — like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

7 energy-renewing confessions that remind us of our purpose:

- I am grateful for life — now and eternally.
- I have a God-given purpose.
- Today is an opportunity to bless, serve and share the love and message of Jesus Christ.
- My work is part of my worship.
- God and others are counting on me.
- God is present with me.
- God’s plan is good.