

Think It Over helps you turn what God is saying to you into action steps. The points, questions, and Scriptures are designed to help make it real in your life.

- What are the electronic and non-electronic devices in your life that you have had to reset? What is involved in those kinds of resets? Why do we avoid resetting them? What is the longest you have gone before resetting one of those devices?
- The Bible is full of people starting over/getting reset. What are some of your favorite Biblical resets? What happened? What did it take for the reset button to get pushed?
- This week we broke resets into three categories. Review each one. What was involved in each one? Why were they needed? What was the result of each reset? How can embarrassment and pride become an obstacle for pushing the reset button? Are there other obstacles? Which are the hardest for you to overcome?
- Review the three areas that can cause confusion regarding a rest. How have you seen them become a source of avoidance for a soul reset? Why is it important to regularly evaluate soul experiences? How is knowing better, not necessarily the ability to do better? Why is time actually our friend?
- Read about Manna from Exodus 16. Why do we like to live on yesterday's Manna? What happens when we try to receive our soul/sole power for today or tomorrow, from yesterday's Manna? Jesus speaks of being the Christ follower's Manna (bread of life). What does it take to be nourished regularly by Jesus? What does life look like when your soul is nourished? What happens when it is not?
- Read Matthew 11:28-30 from the Message Guide. Why is Jesus' offer so soothing and refreshing for our souls? Why do you think so many of us smell the delicious baking bread of Jesus, but never really sit down to eat? What other smells promise a good meal, but never seem to deliver?

Making It Real: What is one thing you could do to enhance your ability to smell the baking bread of Jesus? How will you plan your life this week in order to actually sit down and dine of the Bread of Life (John 6:35)? How upset do you really need to become before a reset? Remember, when we wait we experience a "hangry" soul (the phenomenon where we get grumpy and short-tempered as we are overdue for a spiritual meal).

Changing Your Mind: Choose one of the verses listed in the Message Guide and commit it to heart.



➤ Reset types

➤ Soft Reset

Jesus: ²⁷ Be still. It is I. You have nothing to fear. Peter: ²⁸ Lord, if it is really You, then command me to meet You on the water. Jesus: ²⁹ Indeed, come. Peter stepped out of the boat onto the water and began walking toward Jesus. ³⁰ But when he remembered how strong the wind was, his courage caught in his throat and he began to sink. Peter: Master, save me!
Matthew 14:27-30 (Voice)

➤ Hard Reset

¹⁰Create in me a clean heart, O God; restore within me a sense of being brand new. ¹¹Do not throw me far away from Your presence, and do not remove Your Holy Spirit from me.
Psalms 51:10-11 (Voice)

➤ Reset power

Yesterday's "Manna" won't be enough
soul/sole power for today or tomorrow

Exodus 16 (NIV) page 49

John 16:32-59 (NIV) page 744

³⁵Jesus said to them, "I am the Bread of Life. Come every day to me and you will never be hungry. Believe in me and you will never be thirsty. John 6:35 (TPT)

²⁸Are you weary, carrying a heavy burden (Burned out on religion)? Then come to me. I will refresh your life, for I am your oasis. ²⁹Simply join your life with mine. Learn my ways and you'll discover that I'm gentle, humble, easy to please. You will find refreshment and rest in me. ³⁰Keep company with me and you'll learn to live freely and lightly. Matthew 11:28-30 (TPT, Msg)

Bottom Line

How upset before a reset?

Resources for this series include messages from North Point, Mecklenburg Church, Christ's Church of the Valley, & Life Church

Think it over is on the back page.

➤ Factory Reset

¹⁷...Jesus, who appeared to you on the road as you were coming here—has sent me so that you may see again and be filled with the Holy Spirit."¹⁸Immediately, something like scales fell from Saul's eyes, and he could see again. He got up and was baptized, ¹⁹and after taking some food, he regained his strength. Saul spent several days with the disciples in Damascus.

Acts 9:17–19 (NIV) page 765

➤ Reset confusion

➤ Experience makes me wiser

Evaluated experience makes me wiser

➤ Since I know better, I'll do better

Doesn't guarantee the ability to do better

➤ Time is against me

Time is not your enemy it's your friend

Nothing is instant