

January 4th- 10th

How to Change Your Life: Power of Repeat

In this lesson you will learn three ways to change your life this year.

Intro: This can be your best year yet if it is your best year spiritually. Our potential is our gift from God. Our possibilities are God's gift to us. What we do with our potential is our gift back to God and the world around us. The potential in our lives is like a balloon filled with helium but anchored to the ground by a sandbag. What stops people from fulfilling their potential? Most people are limited by the choices they make. Those choices make them. Develop the discipline of making wise choices consistently. Breakthroughs are not the result of random chance, but of consistent faith and action.

I. Renew Your Mind

- A. Romans 12:1-2 be transformed by renewing your mind on a daily basis. Take time to flood your thoughts with passages from the Scriptures. After reading the Word, stop, pause, and meditate on what the scriptures mean to you, and how to apply them to your life. Right or wrong thoughts will shape your life. It's your mind. Mind your business. Feed your mind His Word, free your mind with his Word, and focus on the Bible.

II. Renew Your Mouth

- A. Take an audit of the words that you speak on a daily basis. Are they positive or are they negative? Begin to declare over your life and your situations what God says about them. You hold the power of death and life (Prov 18:21-22). Use your words to build people up instead of tearing them down. Use your mouth to bless and not curse others. Choose life today.

III. Renew Your Vision

- A. See with your eyes of faith. Get your vision full of faith in God. If you can accomplish your vision in your own strength, get a bigger vision. Stretch your faith in God. Find the vision that can only be achieved with God's help. Take time to write the vision down and make it plain (Hab 2:2). Make sure the vision is clear and easy to understand so that you can focus on it.

Discussion Questions

1. What goals have you set for this new year of 2020?
2. What is the focus for your 21 day fast in this new year?
3. What micro-habits do you need to enact to accomplish your goals?