

Session 2 Guide

EDIFY: Shape Your Life for Good

How to Reset Your Life



This guide provides key questions, verses, takeaways, and discussion questions to help deepen your understanding and application of the session's content.

Key Questions

- Can believers become disoriented and stuck in life?
- What does the Bible say about resetting our life?
- What are some gospel protocols for a life reset?

Setting the Stage

Key Verse – Ephesians 2:1-10

As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Takeaways:

- Believers have been brought from death to life, from lost to saved, from alienated to reconciled, from hostility to peace.
- The inevitability of struggles and the need for resets.
- Encouragement to lean on God's love and take time apart from worldly stimuli to be with Jesus.

Facing the Enemy

Key Verses:

- **Ephesians 2:1-2:** And you were dead in your trespasses and sins, in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience.
- **Ephesians 6:12:** For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Takeaways:

- Christians live on enemy territory, with the prince of the power of the air (Satan) influencing the world.
- Struggle is inevitable for believers, as they face constant opposition from spiritual forces.
- Recognizing the reality of this struggle helps believers prepare and stay vigilant.

Facing Ourselves

Key Verses:

- **Lamentations 3:22-23:** The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.
- **Genesis 16:7-13:** The story of Hagar and the angel of the Lord asking her, "Where have you come from and where are you going?"

Takeaways:

- Believers must assess their current situation honestly, identifying areas needing a reset.
- Understanding that God's steadfast love never ceases provides a stable foundation for self-assessment.
- God sees and hears us, even when we feel invisible or overwhelmed by our circumstances.
- The importance of asking oneself, "Where have I come from and where am I going?" to reorient ourselves to God's story and move forward.

Facing God

Key Verses:

- **Ephesians 3:14-19:** For this reason I bow my knees before the Father... that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend... the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

Genesis 50:20: But as for you, you meant evil against me, but God meant it for good in order to bring about this present result, to preserve many people alive.

Takeaways:

- Orienting oneself towards God involves connecting personal stories to the broader narrative of God's love and purpose.
- Recognizing and embracing the love of God, which surpasses knowledge, helps believers stay grounded and move forward.
- Believers should understand their role in God's larger plan, using their experiences, even painful ones, to contribute to the greater good and the fulfillment of God's purposes.
- Moving forward involves practical steps, whether seeking help, engaging in community, or actively serving others.

3 Gospel Protocols for a Life Reset

1. Assess

- Honestly identify the areas in your life that need a reset.
- Assess how you arrived where you are.

2. Orient

- Connect your story to God's story via the narrative lens of scripture.
- Trust that God's spirit is in you, giving you a new heart and a new spirit.

3. Move

- Make a deliberate choice to move in the direction God has called you.
- Seek help, engage with a supportive community, and establish daily practices of connecting with God's love.

Discussion Questions

Identifying the Need for a Reset: What are some signs or feelings that indicate it might be time for a life reset? Can you share a personal experience when you realized you needed to make a significant change?

Role of Prayer in Life Resets: How can prayer and seeking God's guidance help in identifying areas of our lives that need a reset? Can you share a time when prayer led you to make an important life decision?

Community Support in Resets: How can our faith community support us during times of resetting our lives? What are some practical ways we can offer and receive support from each other?

Practical Steps for a Successful Reset: What practical steps or habits can we incorporate into our daily lives to facilitate a successful reset? How can we stay motivated and committed to these changes?

Learning from Biblical Characters: Choose a biblical character who experienced a significant life reset (e.g., Moses, Ruth, Paul). How did their story inspire you, and what lessons can we learn from their journey to apply in our own lives?

