

Reset Chapter 10 (Believe)

Questions for discussion

1. Trusting in “Hope” is the beginning of belief

I hope my life ends well. I hope we get to go to Disneyland next year. I love to hope. One thing that has helped me these days is the strength of my hope. I know God will provide. Sometimes it takes more time than I'd like but God always comes through at some point. The Prayers he has dismissed have been a good move in hindsight. My belief in people and God have grown as hope in them has grown.

A Christian pop group called “The Darins” have a line in their song “Believe” and it says: “This is real: all you have to do is believe and let this love into your heart.” Listen to the words again from the dictionary: “Only if one believes in something can one act purposefully.” There are those who say first you must believe. I don't believe that. First you must trust in hope then you will begin to believe.

In an earlier chapter I quoted Eomer from Lord of the Rings saying “Look for your friends. But do not trust to hope. It has forsaken these lands.” That man had lost all hope. I say we always have “Hope” it's just about bringing it back to life. I also quoted God saying he gives us hope. Look at Romans 15:4 “For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope.” Look at the words endurance and encourage. All our life's events have driven and trained us to have more hope. Chapter 10, p, 1

2. A happy “You” is good for us

Try spending time with miserable people. If a spouse becomes intolerable you might ask why. Maybe they are not doing the things that make them who they are. That could be the same for you. Happy people are the life in a party. Content people argue less and love more. these type of people are probably doing the things they dream of and love. It's your turn to find out who you are and exploit it.

The reset is not just about you. Maybe those around you need “You” to reset. Are you miserable, unhappy, or sad all the time? Maybe those around you might like a happier you? To give of one self is to bless others far more than it is to bless you. Titus 3:8 “This is a trustworthy saying; and I want you to stress these things, so that those who have trusted in God may be careful to devote themselves to doing what is good. These things are excellent and profitable for everyone.” Those that seek adornment receive the full blessing right then and there. If we are good to those around us we are like a Hallmark card that's the gift that keeps on giving. The presence of a happy person is better than gold. Chapter 10, p, 3

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3. Are you a life worth living?

I read once that we should live a life others would die to live. Wouldn't that be cool to have that type of life? The traits you love about yourself make you who you are. Why not take the time to study them and know them deeply. It's time to do the things that make you happy. This is not a pride or selfish thing. Should a hiker join the chess club and quit hiking? Of course not so why are you doing things you would rather not do? Be the life you love.

With that in mind we must understand that the spiritual and physical go together. We were built that way. If I punch someone I hurt their body, but I also hurt their feelings. God is spirit but we are the physical flesh. To glorify God we must be healthy spiritually and physically. God works on the spiritual in us and we work as the physical for him. We must become better than expected to make God look good. A car maker is thrilled when they win the car of the year award. It is the same with God. He would be thrilled to see you be person of the year.

How do we get there? It's all in the trust. I wonder if Neil Armstrong took a step on the moon because it was symbolic or that (hesitantly) he really didn't know what to expect, yet he stepped. God made you but you were built to step. The real you inside is out there waiting to be seen like a city on a hill. If you plan something to challenge yourself that is good, but no matter how detailed your plan, there will always be the first step. That step will always be into the unknown and unsure. That is where trust is grown. Chapter 10, p, 4


4. Do you want to love the game?

There is a saying "Love the player and hate the game." It means we might not be suited for the games we're in. If it's not fun then maybe you're doing the wrong thing. I want each player to be the best. To do that, they need to be in the right game. Choose the right game to live in. Make your life match your traits, character, and talent.

A reset brings all that good confidence to the forefront of our lives. We keep on trying until we win. We never give up because God says we were built with a purpose. Our confidence is fueled by doing the things we love. We were made to love certain things. We are most likely pretty good at those things too because of our zeal for them. I have heard that coaches are looking for football players that can play but they also want players that love the game. A reset will help you love the game. Chapter 10, p, 6

5. Are you willing to take the time to know you

We give our kids a time out so that they can think about things. These lovely children need time to realize how to do life right. Some people go on a spiritual journey to find themselves. There are people who say "We find our meaning in God." That is only partly



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true. God made each of us a certain way. We need to take time to rediscover ourselves. God just reminds us that he made us, has purpose for us, and believes in us. The “Us” is the creation he made. So yes, we find ourselves in God but further to that we find ourselves in the person God has made. Happiness and joy come from knowing our place in this world. We need time with God and time with ourselves to discover that.

To believe in you takes time; to really believe in God takes time. Why add eternal life? God gives us plenty of time to learn and trust in him. Some say that God is slow and patient. That means he takes the time to get it right. There is nothing rash about God. There needs to be a slowness and patience to you as well. To believe means you need to begin somewhere. Eternity is probably enough time to do that, so take your first steps. Here are three places to begin.

The first thing you need is to trust in the Lord. Know inside that you were made for a purpose. That purpose is not just church work. Doctors, Lawyers, and Subway sandwich makers are the Lords ministry too. Trust is always earned. God has given you time to earn his trust. The Bible is a big place and so is this world and universe. Rome was not built in a day, but they trusted that it would be someday. Take steps to trust by trying to do things that inspire you. Chapter 10, p, 7

6. A reset begins with you

One day I asked God to rescue me. He does not offer but waits patiently for us to come around. The reset does begin with you. Are you coming around? Do you have questions about your life? Do you hope for more, dream of more, and desire more in your life? You have to take that first step. Jesus says he is waiting at the door for us to knock. People never do anything until they try. Try this reset list and begin to walk towards knowing you better.

A reset is not only important for you but it's critical for humanity. To believe in humanity means to believe in the will of God for a better world. Church is good if we inspire it to be good. People are good if we inspire them to be good. We are good if we let God inspire us to be good. It all begins with your list of ten traits. Do you want to inspire change in this world? It begins with you. Chapter 10, p, 13