

I talked at great length in the first chapter about life and death. When things go wrong we have a choice: live or die. Sure that might seem, too easy, or the wrong way to look at life. We have different choices about life, don't we? We can live rich or poor; smart or dumb; or maybe in secret or exposed. You could, on face value, have many choices within your life. Yet, I think they all fall under the headings of life or death.

When we're sick, we want to live. When we're deathly ill we might just want to die. While at Disneyland, we want to live forever. In a break-up, we feel like dying. There is something within us that puts value on life. Some people cherish the life they have while others can't wait for it to end. The fact remains that we are alive and we can embrace it, end it, or change it. God is said to give life to his people. If life is given then life is a gift. What will you do with that gift?

There are three kinds of people the way I see it: "Livers", "Survivors", and the "Walking Dead." Each one takes life and grades it. It can be a 10 if we let it; a 5 and we scrape by; or a 0 and we are named Eeyore the pin tailed donkey from "Winnie the Pooh." Three people co-existing in the same room in many instances. Each one is cordial to each other but they look at their own lives differently. They look at the other two lives differently too. I think we need all three types to make a great society. Each one has a role in the others' lives.

Let's take a quick look at each type of person. The "Livers" want life. They expect to win. These people spend their day putting their dreams into action. They take risks and love adventure. "Livers" laugh, cry, and all the other emotions put together. They are thrilled with life as it is. They say things like "That was the best cry ever." "That was the funniest thing I've ever seen." "I want to do that again and again." They seem invincible not matter what happens. They are "Livers."

Who are these kinds of people? I think they are those who write motivational books. They might be found in a lawyer's office or in the Oval Office. They run corporations and teach in our schools. They want to pass on their experiences to others. The little train in Dumbo charged up the hill with the weight of the circus behind him. As he strained to pull this massive weight he screamed "I think I can." Livers have confidence because they have succeeded many times where others have failed. They think they can.

Now the "Survivors" are not so hot. They hesitate in life. They won't try anything once unless it's safe. A "Survivor" takes time to evaluate first. The goal is to "Survive" far more than to live. "How do I navigate today so that I'm still here tomorrow." A "Survivor" likes consistency and known expectations. They don't do well with the unexpected. "Survivors" like to walk the line between good and bad. You could also call it fun and danger. Be safe and survive. They are "Survivors." I was one of them.

Survivors can mask themselves at times. We have seen them crumble in the lime light of Hollywood. These people are stars and have all the talent in the world. The problem is what to do with talent when you're shy and unsure of yourself. Survivors give great advice and stealthily guide us along. They just prefer to keep things running smoothly behind the scenes. In a way they might say "I'm good just not that good."

Now there is the 'Walking Dead' and they are not just on TV. These people are quite alive and living among us. Their way of life is to live stealth like behind the scenes. I know a lady that keeps her door locked at all times. Even when you come to her house she resists opening the door for you. Other "Walking Dead" are the ones you realize have been working with you for ten years but you have never talked to or known their name. They seem to not exist. They never speak up or rock the boat. In a way they ride on the coat-tails of the "Survivors."

These people don't touch the "Livers" because "Livers" are on fire. At-least the "Survivors" are playing it safe. The "Walking Dead" never take credit, give advice, or lead. In a way they are the backbone of society: secretly keeping everything running by unseen hands. Their goal is to exist until they die. They are the "Walking Dead."

I'm going to bet that "Livers" love to live and try to keep life alive. "Survivors" don't have the guts to kill themselves because surviving is the goal. The "Walking Dead" don't live for much. They could even kill themselves from time to time because life has no meaning. To them: they exist or not. Each type of person though has meaning. The "Livers" inspire, "Survivors" maintain common sense, and the "Walking Dead" keep mundane things running.

I heard this analogy about being an airplane. Some people like to fly at 30 thousand feet while others prefer to fly at lower altitudes. What kind of plane are you? The problem is all in the expectations. High flyers tend to expect the most from people. They pick on the lower cruisers calling them underachievers and lazy. I am now a 'Liver" but I have learned a great lesson over the years from being a "Survivor." I should be a high flying example, but I have to remind myself that some people were not made to soar with me. We should respect that.

Some people have unrealistic expectations of others. Many rich motivational speakers try and get 10 thousand ft. flyers to cruise at 30 thousand. I have learned that they usually can't without an airline disaster. "Livers" need to be who they are and respect those (not below them) who are flying at a different but important altitudes. We can't stand doing what the others do in life, so why complain about them. Instead, maybe we should encourage and accept different people for who they are.

"Survivors" keep us safe. They sometimes become upset with the "Livers." Our carefree attitude bugs them. They say "You think you are so cool, smart, and gifted." "Survivors" are not

really jealous at “Livers” but annoyed at the lack of caution. “Livers” need to be grounded sometimes. High flying for too long is not healthy. “Survivors” can show us how to calm down and smell the roses. The “Walking Dead” are interesting because they can be “Survivors” with a little encouragement. Jesus said that we will always have the poor. Sometimes the “Walking Dead” want to be dead. “Survivors” are a light to them.

As for the “Walking Dead”, they could not handle “Livers.” We are the snooty, annoying, and high flying people they avoid. The “Dead” prefer the shadows. They need to be encouraged that they are of value. We need those people who get things done. All jobs are valuable and important, I’m just giving an example here of system jobs that hold things together. Livers and survivors do these jobs too. They might be the ditch digger, mailman, or the day care worker. Society has unjustly deemed those types of jobs worthless, but we rely on them every day. Some of these jobs are hard and mundane. There is not much room for excitement and advancement in this part of the working work, yet we desperately need them.

“Livers: and “Survivors” should value the “Dead” every day. They are not just charity. Some are born to soar and some are to be poor, yet each one of us helps the other. There is no reason to deem you or others better than or worthless. The “Dead” are really the most important people. Not many people could do the job of an undertaker. Are these workers different? It seems they are but I’m sure not all of them are. They save us all by doing things most of us could not handle. We tend to keep those people and those jobs in the shadows away from us.

Not one single person is worthless. To think of dying is real because life is hard sometimes, life seems worthless. I have been there and I know what despair feels like. I’d like to think that the story of Scrooge proves my thought. Scrooge is rich, but he lives a hollow life. Bob Cratchet (the understudy) is middle class and feels the pinch in life. He is blessed and happy, yet

poor is not below him. Throughout the movie we see the poor and walking dead in the streets. Bob has compassion but Scrooge says “Aren’t there enough prisons or workhouses for them.” This story is all three kinds of people, yet each one of them needs one thing: hope.

In each one of them is hope to some degree. How each person looks at hope varies. I think it’s possible that the amount of hope you have might affect how you view life. I believe we all need hope, but for some it wavers or seems missing all together. In Lord the Rings (The Two Towers) Eomer says to Aragorn **“Farewell. Look for your friends. But do not trust to hope. It has forsaken these lands.”** Some have seen more than their share of despair. Their “Hope” meter rises and falls by the life dealt them. In a reset of your life I hope to change your view of “Hope.”

“Hope” in the dictionary is **“To look forward to something with reasonable confidence.”** Some call it a feeling or expectation. I suppose it is all those things but in my heart hope is so much more. Hope is what makes dreams, desires, and positive thinking a reality. Eeyore says he hopes it will happen, but I say “Trust in hope.” This word is misused and underscored. A “Liver” lives in hope. “Survivors” cling to hope. While the “Walking Dead”, have little or no hope at all. In the Bible, God brings “Hope” to life.

I find it interesting that the word “Hope” is not found in the first five books of the Bible. Those books are called the “The Pentateuch or the Law” in the Old Testament. I know I’m splitting hairs, just because there is no mention of hope, does not mean there is none.

Genesis 15:4-6 **“But the word of the Lord came to him, “This man shall not be your heir; no one but your very own issue shall be your heir.” 5 He brought him outside and said, “Look toward heaven and count the stars, if you are able to count them.” Then he**

said to him, “So shall your descendants be.” 6 And he believed the Lord; and the Lord reckoned it to him as righteousness.”

Abraham believed God. You could say he had hope. I suppose when Abraham fathered a child outside of his wife his hope seemed small. Yet Abraham, through all his failures, followed the Lord. I believe he had hope because he believed God’s promise. He just made the mistake of trying to fill that promise by himself without God’s help.

In 2 Kings 6 the Prophet Elisha prophesied to the King of Israel about his destruction. The king witnessed these events unfold and said **“This trouble is from the Lord! Why should I hope in the Lord any longer?”** The king laid hope in the actions of the Lord. That is good and true but there is a twist. We can hope in the Lord but what if our hope is not based on actions. Maybe we should trust in our hope. Look at these Psalms

Psalm 62:5 says “For God alone my soul waits in silence, for my hope is from him.”

Psalm 71:5 “For you, O Lord, are my hope, my trust, O Lord, from my youth.”

Psalm 71: 14 “But I will hope continually, and will praise you yet more and more.”

Psalm 78:7 “so that they should set their hope in God, and not forget the works of God, but keep his commandments.”

You see that “Hope” is found in the Bible. These men who wrote the Psalms did not mention “Hope” in their stories, but it’s found in their Psalm writings. The reason I chose these verses (and there are plenty more) is because there is a progression to “Hope.” Psalm 62 waits on the Lord for hope. Psalm 71 trusts the Lord and Hope. Psalm 78 asks us to remember that Gods good deeds for his people never change. God is always giving us hope. There needs to be experience in the Lord so that our trust and hope in God grows.

Interestingly enough “Hope” is only mentioned a few times in the Gospels too. Does that mean “Hope” is yet again missing? Does Jesus or the Gospel writers not put importance in “Hope?” Matthew 6:32-33 says **“For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. 33 But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.”**

This is just like God’s talk with Abraham. God will provide and our hope should be found in that. The word “Righteousness” is found in both dialogues. It means we will be accepted by God because of his work, not ours. God’s gives righteousness and hope to us.

In Romans 5:5 Paul says **“And hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit that has been given to us.”** See again Paul is saying the same thing. We are given the Spirit and our hope grows by what were given by God. The neat part is that Paul goes further and says hope will not disappoint. That is because “Hope” is constant. It does not change by God’s actions. If God seems to not answer your prayer the way you want; does that mean you have less hope in God? Real hope is trusting and believing, one way or another, God is going to find a way to make things right.

The reason I wanted to talk about life, death, and hope is because they are connected. 1 Corinthians 13:13 says **“And now these three remain: faith, hope and love. But the greatest of these is love.”** If you combine this with Romans 8: 37-39 **“No, in all these things we are more than conquerors through him who loved us. 38 For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, 39 nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.”**

What we get is a clear picture of God's heart for us. If we chose to live and we chose to believe then we will have hope in God, and hope in life too. No matter whom you are: a "Liver", "Survivor", or the "Walking Dead" you can have hope. "Hope" is not just a mere expectation that God will. It is a belief and trust that hope in God is a sure thing. Once you have experienced the love of God all is never the same. The Love of God gives hope and it gives a reason to live beyond the troubles of our day.

To reset our life is to say "ok, I want to live, I want to hope." "I want to begin again going back at the basics." I don't want to pigeon hole anyone into one of three types of people. My point was to say no matter who you appear to be: there is hope. That hope is in God and is strengthened through God's love for us. That is the drive within us. When bad things happen, why don't 99% of us kill ourselves? It's because deep inside we have the will and drive to live: a hope for something better.

I'm asking you to not throw out who you were or are. It is part of all you have become. Many of us have at one time or another believed in God. We have spent time in church or have experienced God through Christians. We know what God's love looks like and feels like. Sometimes though, we lose our way. We forget what good times were like. We can't remember if God loves us. I don't understand it, but that is what happens through life's trials: we lose our way.

To "Reset" is to keep the good and evaluate the bad. The evaluation is to know God loves you and you are not junk. I considered myself junk for a long time. One day in a Christian life group a man looked me in the eye and said "God does not make junk." His words were good and soothing but did I believe him? What made me agree with him was that verse in Genesis 1:31 **"And God said it was very good."** I had to trust that if God made us then we are very good and

not junk either. We create as people to see our work survive. Can't we give God the same respect? He wants us (the created) to not only survive but thrive.

Bad situations and people make our lives miserable, but the good person that God has made remains. Those same bad people and situations do things 'In the name of God' and try and ruin what God looks like, but the real Good God remains. A "Reset" reminds us of the good in God and in ourselves. It brings us back to the real reason for living. We were meant for a good purpose and God has great plans for us. The bad stuff tries to make us lose our way from time to time.

In Matthew 19:14 **Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."** The simplicity of a child is all God wants. A child trusts, believes, and dreams more than an adult. The life adults experience can ruin hopes and dreams of the little child inside. It doesn't have to be that way. We are all still those little children at the core. We have just forgotten what it was like. Life is hard and it is too much for a child to bear. It's too much for adults too. Going back to the basics is to re-experience our inner child. Yes, that sounds philosophical or metaphysically deep, but in reality it's true. Our child in us can save us.

A child accepts people by trust and faith. Their hope is so strong that they expect to be fed and clothed. When do we adults lose that type of hope? Why can't it remain? Life will do that to us. Despair can make hope hard to handle. Blind trust seems foolish to the adult. Jesus said to not hinder the children from coming to him. It's time we tell life to do the same thing. Our negative experiences have hindered us from believing in God the way we were supposed to. Our negative experiences have tried desperately to hinder us from believing in ourselves too. It's time to reset ourselves.

In the last chapter I told you that Dr. Laura reminded me I had a spiritual side. She went on to say “We need it.” Do we? We (As people) are many things. We are a boy or girl; strong and weak; and we are also flesh and spirit. The word Metaphysical means: “The combining of these two concepts.” How does the spirit combine with our physical bodies? An interesting problem is discussed in a Metaphysical debate. A person loses his head while another person loses his body. The doctor combines the remaining parts together to make a new person. The question is: who died and who remains?

Is our essence or soul in our head or body? Would the new body have neither or both of the spiritual beings they once were? That is mind busting stuff to think about. Why am I here? Why am I different than anyone else in character? We see the person but the real person is either flesh alone or do we have a spiritual side. If we believe in the spiritual then this gets interesting. Here is a burning question “What is the spiritual side and where do we get it from”?

I believe with all that I am that we have a spiritual side. Why do we have premonitions? Why do we get feelings about others? We have all experienced the supernatural in one form or another like Deja vu. Why do people get angry about Jesus or God? Don't people love evil demon movies and ghost stories? There is something going on behind the scenes we can't see or explain. Paul says in 2 Corinthians 4:18 says **“So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal”** and also Jesus says in John 4:24 **“God is spirit, and his worshipers must worship in the Spirit and in truth.”** We are spiritual.

We all have hearts. Somewhere inside our body we house the spirit. Is it in our mind or body? Either way we need it to survive. We were built to be spiritual and flesh. Paul says in 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.” Also he adds in Galatians 5:17 **“For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.”**

To just discount yourself (the flesh) or your spiritual side is nonsense. We are who we see in the mirror and we are a spiritual being. Our bodies were built between the physical and spiritual. Philosophers call that the Metaphysical. That word means literally **“relating to things that are thought to exist but that cannot be seen.”** Even in debating philosophical circles the flesh and spiritual are argued over. So what does that have to do with resetting our lives?

Again I’m trying to say: don’t throw out who you are and don’t throw out God. You are who God made you to be, and you are a spiritual being. To toss out God takes away from whom you are. Discounting your old traits is discounting what God has done to build you. Remember in the first chapter I said you are baking like a cake. Throughout your life, experiences are being added to your mix. We are the sum of our experiences. Look at these three verses

Psalm 121:3 **“He will not let your foot slip-- he who watches over you will not slumber.”**

John 10:28 **“I give them eternal life, and they shall never perish; no one will snatch them out of my hand.”**

1 Corinthians 10:13 **“No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.”**

Sure people say that God is in control, but with all the death and mayhem on this planet, are we sure of that? These verses could be picked by me to be taken out of context? Listen, I

only want what's best for you, I really do. I picked these verses because they (and others) have encouraged me. I feel that God is on my side. I have had terrible things happen to me but I am who I am today because of them. I can encourage the poor in spirit. I can inspire those in despair. Yes, I can be there for those who have lost their way. I can because God used my experiences to shape me.

I am a better person today because I have been humbled. Sure I hate it, but I love more and care more because of it. Sure some people get bitter because of their experiences. I have been bitter at times. Yet, its verses like those above that draw me away from bitterness and towards hope. Our hope is strengthened by the work of The Holy Spirit and our spirit working together. God does have a plan. He is spiritual and we are flesh. That's how it works.

When we pray, our spirit contacts the Holy Spirit and they send a spiritual message to God. I don't really know if that's quite how it works but somehow God gets the message from our prayers. The spiritual fuels our purpose and reason for living. Gods wants us to be one with him. The example in the Bible is of the wedding. The tradition is that the bride groom prepares a place for the bride. Jesus uses the same example in explaining our relationship. I won't quote John 14 but the whole Chapter is what I'm talking about. Jesus says he is preparing rooms for us in heaven. He also talks about heaven having many rooms. He goes on to say he is in the Father as we are in him. Read that chapter and pause and think about it. The symbiotic relationship between God the father, Son, and Spirit works in us too.

We are to work spiritually with God and we are to work spiritually with people. God said in Genesis that he tried to find a fit between man and animals but none were suitable. With woman we have a suitable mate. Have you ever heard of soul mates? I believe it. We are not only to be soul mates with people but also with God. We are connected to the maker. There is a

reason you are reading this. God has opened a door for you to tinker with your life. It's like a wedding: something old, new, borrowed, blue. The blue is the sad times that shape us. We are the sum of our old, new, learned, and (yes) tragic parts of our lives.

One last thought. It is time to reset: a time to change course. Solomon wrote in Ecclesiastics 3 there is a time for everything under the sun. It's time to believe again. We all have faith: faith in God; and faith in ourselves. Some have faith in the spiritual and they don't call it God. It's time to go back and realize that you have always believed. When you were a child you believed in yourself. It's time to re-believe in God too. Believing in God changes you but only for the better. Many parts of who you are will always remain. All the work and experiences God has allowed in your life mean something. That experience is not for nothing.

I am inviting you to "Reset." To come back to the basics that you once believed as a child. Change will come in a "Reset" but not all that you are will be removed. It's just like the Sports Effect I mentioned in the last chapter. Change is needed from time to time. Some things will be pruned like on a vine, but for the most part new things will be added or grown in you.

I mentioned Luke 11 earlier and for the sake of repeating myself this is a warning to those who think we have to clean house. Luke 11:24-26 **"When the unclean spirit has gone out of a person, it wanders through waterless regions looking for a resting place, but not finding any, it says, 'I will return to my house from which I came.' 25 When it comes, it finds it swept and put in order. 26 Then it goes and brings seven other spirits more evil than itself, and they enter and live there; and the last state of that person is worse than the first."**

God gave you stuff to keep. What are those things? God will give you new things to add. What are they? Do you want to know what they are? A "Reset" just starts over, the original

program remains. You won't lose "You" in a reset, but you will gain life in a new way. The person God has crafted in you is a really great reason to live. It's also a really great reason to want more. There is more to you than you know. Now it's time, first of all, to talk about the bombs that blew our hope out of the water. It's now time to start the beginning of your reset.