**Reset (Graphic)**

**Week 1:** Unplug

1. **Unplug** from distractions
2. **Unmoved** by temptations
3. **Unravel** the wreckage

**21 Day Reset:**

* 21 day reading plan
* Wednesday night prayer gathers (6pm)
* Fasting plan
* Daily prayer
* Unplug from distractive habits/activities

**Reset:** Plug-in

1. Plug-in with **Scripture**.

Reasons why we don’t read the Bible:

* We see the Bible as **old**.
* We see the Bible as **difficult**.
* We see the Bible as **work**.

**Reset and discover that the Bible is**:

* Better than food.

(Matthew 4:4)

“Man shall not live on bread alone, but on every word that comes from the mouth of God.”

**Reset and discover that the Bible is**:

* Better than **food**.
* A Better way of **life**.

(Psalm 119:97-100)

“Oh, how I love your law! I meditate on it all day long. Your commands are always with me and make me wiser than my enemies. I have more insight than all my teachers, for I meditate on your statues. I have more understanding than the elders, for I obey your precepts.”

The Bible can improve your life in these ways:

* Decision making.
* Morality (right and wrong)
* Discovering your purpose.

**Reset and discover that the Bible is**:

* Better than **food**.
* A better way of **life**.
* A better way to **navigate**.

(Psalm 119:105)

“Your word is lamp for my feet, a light for my path.”

**Tips for reading your Bible:**

* Read until you “bump” into something.
* Ask questions. What does this tell about God? What does this mean for me right now?
* Write it out.
* Talk about it with others.
1. Plug-in with **prayer**.

Reasons why we don’t pray:

* We don’t know **what to say**.
* We don’t know **how to say it**.
* We don’t know **what to expect**.

(Psalm 22:1-2)

“My God, my God, what have you forsaken me? Why are you so far from saving me, so far from my cries of anguish? My God, I cry out by day, but you do not answer, by night, but I find no rest.”

(Psalm 28:1)

“To you, Lord, I call; you are my Rock, do not turn a deaf ear to me. For if you remain silent, I will be like those who go down to the pit.”

 **Real** prayer is **right** prayer.

 **Prayer:** “Palms down. Palms up.”

Reset and discover:

* How **personal** prayer can be.
* How **close** prayer brings you to God.
* How **powerful** prayer can be.

Prayer and study is the **hard work** of gradual **spiritual growth**.

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