

Outline – January 1, 2023
Proverbs 15:21-22, 2 Corinthians 13:5-6
1 Thessalonians 5:19-22
Start Over: Self Examination

What Can We Do To Make This Year Better Than Last?

- I. How do we improve?**
 - A. In our walk with God
 - B. In our most important relationships
 - C. In the management of our finances
 - D. In improving as a person
- II. The Bible offers 5 ways to bring change and improvement**
 - A. Be born again (Born of the Spirit)
 - B. Hide His Word in our hearts
 - C. Seek His Kingdom first
 - D. Examine yourself and all things
 - E. Seek wise counsel
- III. 7 reasons for our problem (yesterday, today, tomorrow)**
 - A. We don't read directions
 - B. We don't examine ourselves
 - C. We don't learn from our previous experiences
 - D. We forget the basics of life, love, and learning
 - E. We easily drift away
 - F. We don't seek wise counsel
 - G. We allow emotional pain from yesterday and today to cloud our clarity
- IV. These problems create 3 phases in our life**
 - A. You see this in some of the heroes of the Bible
 - B. Phase 1: I do things my way - mess up
 - C. Phase 2: I admit my problem – Fess up
 - D. Phase 3: - Seek wisdom – success is coming up
 - E. How does this happen?
 - 1. (Like the prodigal son) you get tired of the pain
 - 2. You examine yourself
 - 3. You realize you messed up
 - 4. You come to your senses (confess it)
 - 5. You put words into action – success
- V. What Keeps us from examining ourselves?**
 - A. Pride
 - B. People (partners in crime)
 - 1. Show me your friends, I'll show you your future
 - 2. Walk with the wise, you will be wise (Proverbs 13:20)
 - 3. We all listen to someone

- C. Perspective on who God is
 - 1. Many have tried to hijack God's character
- D. Punishment – fear
- E. Persuaded – nothing will help
- F. Poor perseverance
- G. Petty myths
- VI. Myths we often believe**
 - A. Experience makes us wiser
 - 1. Only analyzed experiences make us wiser
 - B. Since I know better, I will do better
 - 1. Personal change only happens when we apply what we know
 - 2. We need the power of God to make changes
 - 3. We may know things, but not change things
 - C. Time is working against me
 - 1. Give yourself time to heal
 - 2. Time gives you clarity
- VII. What we need to incorporate to make this year better**
 - A. Create a routine that includes the. Word
 - 1. Reading
 - 2. Writing
 - 3. Daily
 - B. Worship/fellowship
 - 1. Connecting to God
 - 2. Connecting to others
 - C. Seeking counsel
 - 1. Accountability partner
 - 2. Sponsor
 - 3. Small group leader
 - 4. Professional counselor
 - 5. Pastors
 - 6. Trusted friend
 - D. Do something active
 - 1. Walk
 - 2. Swim
 - 3. Lift
 - 4. Play (something)
 - E. Avoid mind altering substances
 - 1. Something is going to control your mind/mood

**This Is How You Make This Year,
Better Than Last**