

LOGF NOTES 01.26.20

New Year, New You: What's the Plan?

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Memory Verse:

Proverbs 4:20-23 My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body. Above all else, guard your heart, for it is the wellspring of life.

Let's do an overall review of this series and pull all these thoughts together:

1. I need to incorporate my new IDENTITY in Christ.
2. I start by taking INVENTORY of my soul.
3. I adjust my INPUT to be the voice of the Holy Spirit and the Word of God.
4. I change my INTERNAL DIALOGUE until God's Truth is imbedded into my heart.
5. I adopt a DAILY ITINERARY of cycling through this process.

DAILY ITINERARY for FREEDOM:

1. **Discover Jesus in the Bible and Dialogue with the Holy Spirit throughout the day.**

Particularly, look for who Jesus is, what Jesus has done and how all of the life and work of Jesus is now applied to you and your benefit. And talk with and connect with the Holy Spirit during the day.

Matthew 11:28-30 Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

John 8:31-32 If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.

Action Step: Practice talking and connecting with God throughout the day.

2. **Intentionally work on any current SOUL INDIGESTION.**

Any hurt, hang up or habit that you are aware of, specifically target with God's Word, prayer, journaling and counseling with others.

Romans 6:11-14 In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness. For sin shall not be your master, because you are not under law, but under grace.

Action Step: Identify any hurt, hang up or destructive habit that God is highlighting in your life and pursue the tools to help you find healing and freedom.

3. **Proactively create daily streams of input.**

God's Word, worship music, prayer time, podcasts, and reading. The key is to daily intake more of God's truth than the world's.

Proverbs 3:13,14,18 Blessed is the man who finds wisdom, the man who gains understanding, For she is more profitable than silver and yields better returns than gold. She is a tree of life to those who embrace her; those who lay hold of her will be blessed.

Action Step: Decide on a daily Bible reading plan and devote a time and place for study. Evaluate any other changes for the better you can make with regards to the inputs in your life.

4. **Meditate throughout the day on God's truth.**

Carry a verse with you or on your phone that you reference throughout the day to keep yourself growing in God's truth and freedom.

Proverbs 2:9-11 Then you will understand what is right and just and fair—every good path. For wisdom will enter your heart, and knowledge will be pleasant to your soul. Discretion will protect you, and understanding will guard you.

Action Step: Don't start the day without a verse or passage that you will meditate on.

5. **Respond immediately to any SOUL PAIN.**

Filter your situation through Christ and reconnect to his love and his grace to sustain you, heal you and keep you from evil entering your heart.

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Action Step: Practice "real time" healing by instantly going to God with any SOUL ACHE.

Life Group Discussion

1. Discuss this week's memory passage: Proverbs 4:20-23
2. Review and discuss the 5 Daily Itinerary Action Steps that equip us to live in freedom.

