

A Fresh Start Sermon Series
Part #3 – “Focusing on a Fresh Practice”

1 Timothy 4:7-8

Summary

You have been challenged to begin the year with a fresh start and you have already faced several obstacles in fulfilling your resolutions and goals. The desire of your heart is not to fail in meeting your goals for the new year, in achieving a fresh start with a fresh focus. These are the crucial days, determining whether or not you will continue down the path of renewal and victory or venture off the path to that of a conformed life to the standard the world has set for you to embrace. This sermon will help you make the decision of victory over defeat.

Objective

The main objective of this sermon is to challenge each person to create a strategy or plan as to how to accomplish the great purpose God has given to them for 2008 and beyond. We will explore the difference between transformation into the person God desires for you to be versus conforming to the person the world wants you to be.

Four Steps of Living a Transformed Life

Step #1 – Training is not the Same as Trying

- **1 Timothy 4:7-8**
- Remove the Double from Double Minded
- **Key Point** – The key point found in this text is to make it a point that spiritual growth requires intentional training in order to be achieved. It is one thing to train yourself for Godliness and quote another to try to be Godly without any conditioning or training. Training yourself for godliness is a command while merely trying to build godly is not.

Step #2 – Clean House

- Ephesians 5:25
- Romans 12:1-2
- Cleanse the Mind
- Psalm 51:10
- Cleanse the Heart
- **Key Point** – Christians that desire to live a transformed life must understand that for transformation to begin then we must first be willing to let God clean house in our lives. We must give Him our heart, mind, and soul and be willing to let it all be cleansed.

Step #3 – Set Your Sight on Pursuing One Thing

- Matthew 6:33
- Top Goal – Love God
- **Key Point** – We have a tendency to live a life of multiplicity or double-mindedness. We say that we believe in God and His promises yet we do not live as if we truly believe. He says give me all your worries and anxiety and grip them tight to our chest. He says let go of your addictions and we embrace them with passion. Throughout Scripture God

reminds us that the only cure to living a double-minded life is learning to live the single-minded life, a life of simplicity that is focused on seeking God and His Kingdom first.

Step #4 – Develop and Implement Your Game Plan

- Proverbs 4:23
- Create a Spiritual Growth Plan
- **Key Point** – The final step in living a transformed life is to actually develop and implement your personal spiritual growth plan. There is a difference between having good intentions to grow and actually setting a plan to grow. You cannot train yourself to be Godly if you do create and training routine to help you accomplish this goal of godliness.

Questions to Consider

1. What does it mean to transform your life to be more Godly? Explain.
2. What are your weakest spiritual areas that you need to improve upon in order to become more Godly? How will you accomplish this in 2008? Explain.

Memory Verse

Proverbs 4:23 – Above all else, guard your heart, for it is the wellspring of life.

Challenge

Continue making your personal and family spiritual growth plan for 2008. List your mission, goals, and the core passage that will describe your focus for the year.



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