

## Reflecting For Change Part 2

*Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups. You need firsthand evidence, not mere hearsay that Jesus Christ is in you. Test it out. If you fail the test, do something about it.* 2 Corinthians 13:5 (MSG)

- Refocus on what matters most and request help from others.

*Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track.* Proverbs 3:5-6 (MSG)

*Share each other's burdens, and in this way obey the law of Christ. 3 If you think you are too important to help someone, you are only fooling yourself. You are not that important.* Galatians 6:2-3 (NLT)

### Ask the right Questions:

- A. Who are the sources of wisdom, encouragement, strength and accountability in your life that you could seek help from?
- B. Who is someone in your life that seems to be able to keep God at the center of their life? Ask them for help!
- C. Who do you know that could use some help keeping God at the center of their life? Help them!

- Respond with a training plan and realign your schedule.

*Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else. 5 For we are each responsible for our own conduct.* Galatians 6:4-5 (NLT)

*Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life.* Galatians 6:4-5 (MSG)

*Don't waste your time on useless work, mere busywork, the barren pursuits of darkness. Expose these things for the sham they are. It's a scandal when people waste their lives on things they must do in the darkness where no one will see. Rip the cover off those frauds and see how attractive they look in the light of Christ. Wake up from your sleep, Climb out of your coffins; Christ will show you the light! So watch your step. Use your head. Make the most of every chance you get. These are desperate times!*

Ephesians 5:11-16 (MSG)

### Question:

- D. What are the things in your life that you need to stop doing so you can start living out your training strategy?

*Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. 8 For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.* 1 Timothy 4:7-8 (NIV)