

Message Notes
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God has created you to partner with Him to fulfill His will.

Your kingdom come, your will be done, on earth as it is in heaven.
Matthew 6:10

He gave his life to free us from every kind of sin, to cleanse us, and to make us his very own people, totally committed to doing good **deeds**. *Titus 2:14*

*“Caught up in his active rule, our **deeds** become an element in God’s eternal history. They are what God and we do together, making us part of his life and him part of ours.”* Dallas Willard

For we are God’s handiwork, created in Christ Jesus to do **good works** which God prepared in advance for us to do. *Ephesians 2:10*

We are out of energy!

You must decide to dedicate your body to God.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. *Romans 21:1*

You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. *1 Corinthians 6:20*

1. Eat and drink strategically for maximum energy.

The fastest way to boost your energy is to hydrate properly.

It takes food to make energy.

“Our moment to moment personal energy is all about how much ATP our body is producing.” Pam Smith

2. Exercise for maximum energy.

“If you want to be the best you can be, being fit will allow you to work - and play - longer hours and harder than somebody who is not physically fit.” Jack Gropel

3. Rest well for maximum energy.

“Even small amounts of sleep deprivation have a significant impact on strength, cardiovascular capacity, mood and overall energy levels.”

Jim Loehr

“Sleep is the repair shop of the body and brain, the process that most thoroughly restores our psychological and physiological vitality after the strain and exertion of life.” Pam Smith

Action Step: I am choosing to dedicated my body to You in order to do Your will on earth.

WEEKLY BIBLE READING

ONE YEAR NEW TESTAMENT	SUNDAY Matthew 3:1-17	MONDAY Matthew 4:1-25	TUESDAY Matthew 5:1-26
this week	january 3	january 4	january 5
WEDNESDAY Matthew 5:27-48	THURSDAY Matthew 6:1-18	FRIDAY Matthew 6:19-7:11	SATURDAY Matthew 7:12-29
january 6	january 7	january 8	january 9
WEEKLY MEMORY VERSES Matthew 6:10			

REBOOT

For Group Discussion

Answer these questions prior to your Small Group meeting this week.

Check-in

LAST WEEK'S ACTION STEP

From the information we discussed the last time we met, what did you apply to your life in a practical way?

OTHER POTENTIAL TOPICS FOR CHECK-IN

TIME WITH GOD – What are you applying that you are getting from your daily time with God?

MEMORY/MEDITATION VERSE – State it.

ACCOUNTABILITY FOR - Who was accountable for you? Did they care for you by helping you achieve your action step(s) this past week?

Discussion Questions

1. Its the first of the year and as usual almost half of Americans will make New Years resolutions to improve their life. If you are part of the half who do make them, what are they? If you don't make them, why?

2. Most people make resolutions to improve their life for selfish reasons. In this series, we want to look at achievement through the lens of becoming a better partner with God.

Read Ephesians 2:10. How does God want to partner with us? In what specific ways does He want to partner with you this year? Who does He want to help, bless, encourage, coach or train through you this year?

3. In week 1 of Reboot, we discussed the reality that many of us lack the necessary energy to do all of the "good deeds" God has planned for us. Do you often feel exhausted and fatigued? Why do you think you feel this way?

REBOOT

Small Group Questions Continued

4. How much of our fatigue and exhaustion is due to the fact that we tend to treat our bodies as our own? What are some things we do because we think they are best and most pleasurable for us (lack of sleep, eating the wrong foods, drinking too much, overusing caffeine)?

Read I Corinthians 6:20. What does this verse tell us about our body and our responsibility?

5. God's plan for us to attain maximum energy is threefold: Proper diet, exercise and proper rest.

This week's action step is a choice to dedicate our bodies to God. Which area do you need to most focus on (diet, exercise or rest), and what will you do this week to make progress in this area?

Action Step

Fill in the blanks below for this upcoming week.

My action steps are_____.

I'm accountable for_____, and their action steps are

_____.

My memory verse is_____.

This coming week, I'm praying for:

