

JUMP START

Part 1: A Recipe For Better

THE NEW YEAR APPEAL

- ❖ **Hope: Confident favorable expectation**
 - ◆ A new year means the hope of a new start
 - ◆ A new year means the hope of something better
- ❖ **Hope gets a boost with a new year**
 - ◆ One hidden reason is that people plan more in the new year
 - ◆ Because people connect or reconnect with God **(Romans 15:13 NKJ)**

FOUR MEN AND A PLAN (2 Kings 7:3-8 NKJ)

- ❖ **They still had some fight left in them**
 - ◆ They were unwilling to sit and wait for death to come
- ❖ **They minimized the risk**
 - ◆ Honestly assessed all their options
 - ◆ Took into account what would happen if failure came
- ❖ **They took action steps**
 - ◆ Did not wait until tomorrow to start
 - ◆ They moved in the direction of the camp
- ❖ **God did something big with their little steps**
 - ◆ He magnified their footsteps
 - ◆ Because of God's involvement - they wound up in a far better place

YOUR RECIPE FOR BETTER

- ❖ **Start with a dose of desire (Proverbs 13:12 NKJ)**
 - ◆ We operate on hope - vital to our heart health
 - ◆ Recognize desire spoilers
- ❖ **De-bone the risk**
 - ◆ Play out the if "what if I fail" scenario
 - ◆ The real issue with failure is that it confirms that inner voice of "you're not good enough"
- ❖ **Put it in a plan - moving towards something**
 - ◆ Think daily, not dazzling - schedule your plan into your daily routine
 - ◆ Sample plan for improving your connection with God
 - Project 3:45
 - Prayer - Lord's prayer and Psalm 23
 - Schedule church time - scheduling something positive
- ❖ **Mix in some faith (Mark 10:27 NKJ)**
 - ◆ What could you do if you knew God was helping you?