

ONE DAY AT A TIME

- Psalm 90:12 So teach us to number our days that we may get a heart of wisdom. ESV
- What is a day? – The Bible and the word day!
- The Twenty-four Rule!
- Matthew 6:9-13 The Lord's Prayer
The Lord's prayer is three-dimensional – it helps us nullify past mistakes or sin, navigate present circumstances, and negotiate future challenges.

Fully Alive - Flip the Script

We saw the Nephilim there
(the descendants of Anak come from the Nephilim).

We seemed like grasshoppers
in our own eyes, and we looked the same to them."

Numbers 13:33NIV

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If we want to change our life, we must change our thinking (story).

How Long Have You Lived?

Time is measured in minutes, while life is measured in moments.

The future is right here, right now--the eternal now. Heaven is invading earth. Eternity is invading time.

Genesis 50:19-21 But Joseph replied, "Don't be afraid of me. Am I God, that I can punish you? 20 You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people. 21 No, don't be afraid. I will continue to take care of you and your children." So he reassured them by speaking kindly to them. NLT

“There are decades when nothing happens,” said Vladimir Lenin,
“and there are weeks when decades happen.”

Science of cybernetics there are two kinds of change.

First-order change is *behavioral*—it’s doing something *more or less*.

Second-order change is *conceptual*—it is the way you think.

Everything was once a thought, and that includes us. We don’t just bear His image; we are His idea.

Ephesians 2:10 For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

To see yourself as anything less is to believe a lie.

External - Internal Habits

- **It's your internal monologue. It's the way you explain your experiences to yourself. It's the stories you tell yourself day in and day out.**
- On average, about 60,000 thoughts fire across our synapses every single day. According to a study done by the Cleveland Clinic, 80% of those thoughts are negative!
- The battle is won or lost in the mind.

Let's talk about Joseph!

- Genesis 43:28 – In an instant
- **Genesis 50:20 - The day when decades happen.**
- May God give us 50:20 vision.

Three things to Flip the Script:

1. You have to know your name

- Charles Horton Cooley, founder of the American Sociological Association, said, **“I am not what I think I am, and I am not what you think I am. I am what I think you think I am.”**
- Scripture is our script-cure.
- Genesis 45:3 “I am Joseph”
- Genesis 41:45 Then Pharaoh gave Joseph a new Egyptian name, Zaphenath-paneah.
- Take a look at **Numbers 6:24-27**
- Simply put, you are who God says you are.

2. You have to fix your focus.

- Philippians 4:8-9 - **Then the God of peace will be with you.** NLT
- Why? Your focus will determine your reality.
- Cognitive Reappraisal - **It's telling yourself a different story about what is happening.**
- "Explanatory style is the manner in which you habitually explain to yourself why events happen."
- **How do we fix our focus?** The short answer is fixing our eyes on Jesus, the Author and Perfecter of our faith. Hebrews 12:2
 - **Matthew 14:28-33**
- Some simple steps:
 - One, keep a gratitude journal.
 - Two, change of pace + change of place = change of perspective.
 - Three, read old books. Different perspective!

3. You have to change your story.

- Emory University - The number one indicator of emotional well-being, is a child knowing their family history.
- Random Fact
- **We all have a family of origin, and that is our Genesis story.**
- When we get grafted into God's family, we get grafted into God's story. This is huge. Scripture becomes our script.

In Judaism, those who followed a Rabbi had four responsibilities.

- First, they would memorize his words. That's how we get the gospels.
- The second responsibility was adopting the Rabbi's unique interpretation of scripture. It was called the Rabbi's yoke. We call it the Sermon on the Mount
- The third responsibility is imitating the Rabbi's way of life. imitating—is one key to habit formation.
- The fourth responsibility was discipling others the way you were discipled. It's Paul saying, "Follow me as I follow Christ."

Method Acting

- Discipleship is method acting. It's taking our cues from Jesus. We love like Jesus. We think like Jesus. We pray like Jesus. We treat people like Jesus did. Do that long enough, and you become like Jesus which is the ultimate goal of discipleship—to be just like Jesus.
- Remember the signet ring Pharaoh gave to Joseph?

Yesterday is history.

Tomorrow is **History**.

Flip the script.

