

## Why Not You? Believing What God Believes About You

### **THE DAILY-CHECKLIST:** *He must increase, I must decrease.* (John 3:30)

- **Word & Worship:** (Colossians 3:16)
- **Filled with the Holy Spirit:** (Romans 15:13)
  - Surrendered to the Spirit: (Ephesians 4:30)
  - Sensitive to the Spirit: (1 Thess. 5:19)
- **Stay Battle Ready:** (1 Peter 5:8)
  - Anointing: (1 John 2:27)
  - Armor of God: (Ephesians 6:10-20)
- **You are Enough:** From Acceptance not For Acceptance. (Matthew 3:11)
- **Speak w/ Confidence:** (Ephesians 4:29)
- **God Dream:** What would you do for God if failure wasn't an option?
- **Availability not Ability:** (Isaiah 6:8)

### II. **THE DAILY-COMMITMENT:** *"be transformed by the renewing of your mind"* (Romans 12:2)

- **THE FRAME IS YOUR FILTER:** How I see it is how I perceive it.
  - Know Your Triggers (Senses recall a Memory +/-)
  - Cognitive Bias: Perception now produces an Emotion/Feelings/ or Mood.
  - Your Tendencies (Coping Mechanisms)
  - Your Trajectories (Tape/Loops/Ruts)
- **FLIP THE FRAME:** If how I perceive it doesn't match with what God says then I have to see it differently.
  - Trust God: (Proverbs 3:5-6)
    - With my Feelings (1 Peter 5:7)
    - With my Fears: (2 Tim. 1:7)
    - With My Future: (Jer. 29:11)
  - Lay it Down: (Blue Chip Mentality)
    - Addiction is not who you are: (John 8:32)
    - Failure is not who you are. (Romans 8:37)
    - Shame is not who you are. (Romans 8:1)
  - Holy Habits: Worry and Worship can't Coexist. (Matthew 6:33)
  - Healthy Habits: (Choices, Circles, Church)
    - Choices (Galatians 6:7)
      - Separate feelings from Fact: 2 Cor. 10:5 (T.H.I.N.K.)
      - Don't bend God's truth to justify my feelings.
      - Stop Self Sabotage & Accept encouragement: (1 Thess. 5:11)
      - Buffalo Mentality: 1 Tim. 6:12
    - Circles (Proverbs 27:17) #Roots
    - Church (Hebrews 10:25) #togetherness

### III. **THE DAILY-COVENANT:** **No Matter What Happens!**

- God's Character is Good: (Hebrews 13:8)

- Your Identity is in Christ: (2 Cor. 5:17)
- You're His Workmanship: (Ephesians 2:10)
- Your Weakness doesn't disqualify you: (2 Cor. 12:9)
- You're in God's Providence: (Romans 8:28-30)
- God's Timing is Perfect: (Isaiah 40:31)
- God will never waste your Pain. (Phil. 1:6)
  
- God's purpose is bigger than you. (Genesis 50:20)