



## **Reboot to a New Life!**

Philippians 3:13-14

Message Notes by Dr. Mark Platt

Everybody has trouble. Disease, bills, lawsuits, lay-offs, economic down-turns, grief, pain, divorce, wayward kids, and death are some of the troubles that we face.

But trouble never lasts forever. After the storm comes the sun. After the winter comes the spring. And after trouble, God eventually breaks through with His resolution and grace. This is the time when it is possible to start a new life.

How does a person start again? How do you begin a new life?

You can't re-start a new life alone. If you want to begin a new life, you need God's help and strength. Here are **six strategies** to re-boot your life.

- 1. Trust God in your new life**                      Philippians 3:13-14; Isaiah 26:4; Jeremiah 17:7
  
- 2. Practice prayer in your new life**                      Psalm 17:6; Philippians 4:6; Colossians 4:2
  
- 3. Read Scripture in your new life**                      Psalm 19:8; 119:24; 119:105; Proverbs 6:23
  
- 4. Leave worry in your old life**                      Psalm 94:19; Isaiah 41:10; Matthew 6:25. 34
  
- 5. Take wisdom into your new life**                      Proverbs 3:7, 13; 4:5-9; 9:10; 19:8; James 1:5
  
- 6. Choose joy for your new life**                      Nehemiah 8:10; Psalm 97:12; Proverbs 15:15;  
Philippians 4:4; James 1:2-3

**Your Response:**

1. What are the takeaways from the troubles that you have experienced in the past?
2. What lessons have you learned during the last 10 weeks about handling trouble?
3. Go through the main points of this outline. What item or items are you not practicing? What needs to be committed to the Lord and changed?
3. Are there people to whom you need to pass these lessons? How can you impress these lessons on these people? Make plans to tell people what you have learned after trouble,
4. What goals do you have for your temporal and your spiritual life after the current trouble is over? What do you believe God wants you to do from now on?
5. What will you do differently when you go through trouble the next time?

**Resources:**

Fresh Start: God's Invitation to a Great Life by Doug Fields

A Bend in the Road: Finding God When Your World Caves by David Jeremiah

To Begin Again by Naomi Levy

Happiness Is a Choice by Frank Minirth and Paul Meier

Absolute Surrender by Andrew Murray

Coronavirus and Christ by John Piper

Hope Heals by Jay and Katherine Wolf