



C3 SB Church



FULLY ALIVE



I have come that they may have
life, and have it to the full.

- Jesus



www.c3southernbeaches.com.au

Day 1 - Fully Alive

As you partner with God over the next 28 days (and beyond) to see transformation in your life, **be encouraged that it is God's will that you would live a life to the full.**

Jesus said “the thief comes only to steal and kill and destroy; but I have come that they may have life, and have it to the full” - John 10:10.

His plan is and always has been for you to be fully alive.

Now and Forever.

Each day will be short, as you don't need another burden and once a week there will be a short youtube vid.

We will take time to set goals, reflect and pray and look at the why, the how and take steps of action to see transformation together ... with God's help.

For now, know that no matter how old you are or what stage of life you are in, God wants you to be fully alive.

Why not spend some time in prayer and ask God what that might look like for you. Be blessed as you dream with God!

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Day 2 - Triune Being

You are made in His image!

Genesis 1:26 says “so God created mankind in his own image, in the image of God he created them; male and female he created them”.

There’s so much we could talk about with respect to being made in His image but I just want to focus on one aspect for today.

Throughout the Bible God has revealed to us that He is a triune God. Father-God is fully God, one person. Jesus the Son, is fully God and one person. And Holy Spirit is fully God and one person.

One God, Three Persons.

We call this the Trinity (3 in 1).

Now, if He is a triune God and we are made in His image, then it makes sense that we would be triune in our nature (at least to some degree).

Day 2 - Triune Being

We are body, soul and spirit.

1 Thessalonians 5:23 says “may your whole **spirit, soul and body** be kept blameless at the coming of our Lord Jesus Christ”.

For us to be fully alive, it means for our spirit, our soul and our body to be fully alive.

We ‘feel better’ (soul) when we exercise (body). We have clarity (soul and spirit) when we fast (body). It’s hard to be thankful (spirit) when we have heartburn at 2am (body). Depression (soul) can lead to bad eating habits (body), and anxiety can make you feel sick. In fact the word disease is a combination of two words, dis and ease. Many diseases have been linked to dis-ease in our soul. And our soul can have dis-ease when relationship is broken with God and we could go on.

The point is, we are body, soul and spirit and each part of us has an impact on the others.

The good news is that whenever we make a positive change in one area of our life, it has flow on effects.

Ask the Lord about just one change you could make and implement today.

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Day 3 - SOZO

The Greek word Sozo is translated a few ways into English in our Bibles.

Depending on the context it is sometimes translated as healed or at other times saved.

The same word refers to salvation (spirit), being healed (body) and being whole (spirit, body and soul).

Jesus healed blind eyes, and made whole broken hearts and released forgiveness and salvation. The word Sozo, speaks into all those situations.

The Lord knows you are a triune being (I guess that's no surprise!)

And He is interested in supernaturally bringing wholeness into your life. Remember He has come to bring us life to the full.

We can go for a walk to get fit and reduce stress, and we should do what we can but we can also ask the Holy Spirit to heal us, to mend our broken hearts, to bring peace and forgiveness and so much more.

The good news : He is able to and it is His will.

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Day 4 - METANOIA

The last few days, we have hopefully begun to change our thoughts on what God wants for our lives. That it's okay and in fact expected that we believe for, pray for and hope for good outcomes in our life.

That Jesus, the Son of God actually wants us to live to the full!

This is what the Bible calls repentance.

Metanoia is the greek word for repent. Meta means beyond or transcending and noia refers to how we think. It's a changing of how we think.

It's about thinking bigger, differently.

It's 100% about turning away from our sins, but that's only one part of it.

Change is hard and just saying try harder or be better isn't always effective.

Romans 12:2 says "be transformed by the renewing of your mind" and in Proverbs 23:7 "for as he thinks in his soul, so is he".

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Day 4 - METANOIA

Transformation occurs when we renew our mind, when we change the way we think.

It's when we change the way we think about ourselves and God and His will that we will see transformation.

It's an overflow.

Better eating habits, laying aside bitterness, peace begin to flow when we start to think in line with how God thinks.

That's why we have focused so much on the truth of God's plan for your life and not 'just do it, stop being lazy or stupid'.

The most effective change comes from metanoia.

Ask the Lord if there is an area of your thinking that needs to change. I'm sure there are many things. Remember God is kind and won't ask you to change everything in one go.

Be transformed by the renewing of your mind - Romans 12:2

Day 5 - Habits

The outcomes in our lives are mostly due to the habits in our lives.

You still have teeth, because you brush regularly.

Being sad for a day is not depression.

Working out once might help you feel better for the day, but you won't get that sculpted body in one session. It takes months and years of taking small steps toward that goal.

Your maturity as a believer grows over time too.

Daily reading of the Scriptures, prayer and gathering with other believers regularly among other things brings maturity in Christ. It's a walk, a journey, not an event.

Once habits are established (good or bad) they are hard to break. They sort of happen on autopilot. That's great if it's a good habit like coming along to church each week. It kind of happens without too much effort. It's bad, of course if the habit is destructive.

Tomorrow we will set goals.

Long term and short term goals and break them down into habits or other action steps we can take.

Day 6 - Setting Goals

Setting goals is great to give us focus.

If you believe change is possible and that God wants to help you in this, then you are ready to set some goals.

Your goals might be to change some habits, with no specific, measurable goal in the end. Or you might have a specific goal with a timeline in mind. In that case, you might start with the long term goal and break it down into habits or regular actions steps.

Can I encourage you not to set too many goals.

Just set a few, perhaps ones that might have the biggest impact on your life and that potentially overflow into many areas of your life. You can work on the others later.

The goal of praying daily, will have an incredible impact on your life, if you don't already pray each day. Or perhaps the goal of exercising a certain amount of times a week will have great impact (chat with your doctor if you need to).

Think big (metanoia) and implement small regular steps.

Put those goals somewhere you will see regularly and if helpful, tell someone who might help keep you accountable.

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Day 7 - Rest

Rest is so important.

Rest from work, rest from the mundane, rest from so many different things could come to mind.

On the seventh day of creation God rested and He instituted a day of rest each week for His people to follow.

So take a rest from 'working' on yourself.

Take a rest, have some fun, worship the King and connect with your family and friends.

Be blessed.