



C3 SB Church



# FULLY ALIVE



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

- Jesus



[www.c3southernbeaches.com.au](http://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".

## 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.

## Day 8 - In His Strength

Colossians 1:28-29 has been a favourite of mine for sometime. It is a guiding principle for everything I do.

“He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ. **29 To this end I strenuously contend with all the energy Christ so powerfully works in me**” - Col 1:28-29.

Being lazy in life is not a good option.

But either is thinking you can do it on your own (or in your own strength).

Paul makes it clear that he ‘strives’ but he does it with ‘Christ’s energy’.

The context here is that Paul is talking about being a pastor/evangelist, but the principle is still relevant for all areas of our life. From doing the dishes to grinding the 9-5, or being patient with family or friends.....

We work hard in His strength.

As we set goals and daily take steps in the right direction, be consistent, work hard but draw from the Almighty, powerful God!

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## Day 9 - Prayer

Perhaps only equal to worship, what better way to 'draw strength' from the living God is there than prayer.

Prayer is the most under used (and most powerful) weapon we have in our lives. It is the most fundamental to our relationship with God and yet the most neglected.

Prayer is humility (which the Lord blesses!)

Prayer gives divine answers ...

Prayer brings supernatural breakthrough ....

Prayer shields. prayer hopes, prayer is power, prayer guides and prayer grows us in maturity and relationship with the Lord. It's a conversation, not a monologue.

If there's one thing that will bring the most change in your life, it is daily reading the Bible and prayer.

The most basic of activities with the biggest impact. That's why there is so much opposition to it.

Keep it simple, do it often and don't worry about immediate change. The fruit will come! Transformation will happen over time ...

## Day 10 - The Lord's Prayer

This model of prayer is so simple and yet effective! Don't know what to pray? Apparently either did Jesus' disciples. That's why they asked the question, 'how should we pray?'

You can pray it word for word (and I do) but it is so powerful when breaking it down and praying through each part of the prayer. It's a daily template for prayer.

I've recently written about this in greater detail at [www.thewalk.blog](http://www.thewalk.blog) so I won't make this too long.

It's a community prayer (we all get blessed when we pray it). 'Our Father', 'Give us', 'forgive us'. So let's pray it! I want you to be blessed when I pray it. AND I want to be blessed when you pray it!

It's a daily prayer - 'Give us this day our daily bread'.

It's worship - 'Hallowed be Your Name'.

It's declaration - 'Your Kingdom Come'

It's forgiveness ...

It's provision ...

It's a reminder of who He is ....

It's great theology ...

It's spiritual warfare and protection ...

And so much more.

You can find it in Matthew 6:9-13

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Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation,  
but deliver us from the evil one

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## Day 11 - Worship

Worshipping God is the first and greatest commandment  
Jesus says - Matthew 22:37-38.

He said it like this, 'Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment'.

Loving God is where everything starts.

The Lord's prayer starts with worship ...

Loving others and even yourself is impossible to do well,  
unless you start with loving God. It's an overflow.

In fact loving God is not even the start. The real start is God  
loving us!

'We love because he first loved us' - 1 John 4:19.

As you worship God, which brings transformation, don't even  
do that in your own strength. Ask the Lord for help with that  
and remind yourself about who He is .....

'Hallowed (Holy) be your name'!

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## Day 12 - Thanksgiving

Unbelievers know the power of thanksgiving. Every self-help guru talks about being thankful. They are right. Being thankful brings great benefit to your soul.

And of course we know that our soul, body and spirit are intrinsically intertwined (Day 2). We are triune in nature. Made in His image (Gen 1:26-27).

Where they go wrong though, is offering up thanks to the universe, or just being generally grateful.

When we give thanks to our creator,  
our souls come alive,  
bitterness fleas,  
we remind ourselves of His goodness,  
and we invite Him to do it again,  
and we invite His presence.

The bible says that 'the testimony of Jesus is the Spirit of prophecy' - Revelation 19:10. It is a declaration of what He has done and will do again.

Psalm 100:4 - 'Enter into His gates with thanksgiving, And into His courts with praise'.

Worship (who He is) and Thanksgiving (what He is done) helps us to enter into His presence, where we are eternally and continually transformed more and more into His likeness .....

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## Day 13 - Humility

We've already touched on humility to some degree, but it's worth a special mention.

If you are like me, you are wanting to see transformation in many areas of your life. From getting a 'six pack' to 'having peace' or seeing circumstances change. We have many things we would like to see changed.

And we've already talked about the need to do all of this 'in his strength', which is really an act of humility, which is why we pray (again humility - I need help!)

It's worth noting that **humility brings favour!**

AND the opposite : **Pride, brings God's opposition!**

"God opposes the proud but gives grace to the humble" - James 4:6.

I have enough opposition in my life. From capitalism wanting more and more from me or my own stupidity or demonic opposition to name just a few.

I certainly don't want to see opposition from God!

Humility brings grace, most probably better translated as favour. And we all need plenty of that!

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# **Day 14 - Rest**

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## Day 15 - Growing in Grace

We receive grace big time when we give our lives to the Lord. When we accept His free gift of salvation, when we humble ourselves before Him, admitting our sin and need for help.

Much of the church believes that God's grace is really just all about forgiveness. It is indeed forgiveness and yet so much more.

The Greek word that we translate as 'grace' - 'charis', is also the word we often translate as 'favour'. In our culture, it is better to think of the word 'charis' as favour. You His favoured one. It means you get special treatment. Not because of you, but because of Him.

When we humble ourselves, we don't opposed (Day 13), we get favoured!

'Charis' is the word used in Luke 2:52 when it says "and Jesus increased in wisdom and stature, and in favour with God and man".

Jesus didn't need forgiveness!  
But obviously needed favour.

And if He **grew** in it, surely for us it's not a one off event too.

As you continue to humble yourself, prepare to continue to grow in favour.

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## Day 16 - Prayer Walking

We've already noted that prayer is so powerful, that if we prayed daily our lives would see transformation.

I've found prayer walking to be one of the most powerful things that I do in my life.

Here's a few reasons why :

1. Prayer walking is good for the body, spirit and soul. You get exercise, get some fresh air, smells and sights and of course our spirit is alive as we pray.
2. Because we are triune, as one part of our being becomes healthier, so do other parts. Each part has an impact on the others. And as prayer walking improves each part, there is an exponential effect.
3. It's a lot harder to fall asleep praying when you're walking. If you get sleepy when praying, it is possibly a spiritual attack. You can pray, declare and cast out (all spiritual activities) and in the natural you can simply choose to go for a walk.
4. I often get inspired to pray for certain people, or places when I walk around.
5. God will often speak to us through what we encounter, especially in nature.

Prayer walking will not only improve your prayer life, but feed your soul and help your fitness to improve.

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## Day 17- Loving God

When I'm trying to see change in my life, it seems it's around the 2 week mark when I start to get tired or complacent, or discouraged and give up.

It's probably a good time for us to step back a little, refocus if you need to, forgive yourself if you need to and above all, with humility, keep coming back to the grace/favour of God.

If possible, I love to summarise, to see the big picture and in the process keep it simple.

If you spend more of your time loving God and less time worrying about yourself (including improving yourself - even for godly reasons), you will find that He will lead you, guide you and transform you Himself.

Remember that when we worship we are transformed. He is the great transformer!

I know we've already touched on this topic, Day 11 in particular, but it is good to revisit again and again what is of the utmost importance.

Also be encouraged that when you Love God with all of your triune self (Mark 12:30) , there is an overflow.

Infact us loving God is an overflow of God's love for us!

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## Day 18- Loving People

The second great commandment is to love others as ourselves.

Jesus said those two commandments, loving God and loving others summed up all of them.

Perhaps it's a new phenomenon that many people don't love themselves and I don't think Jesus was giving people a loophole to get out of this commandment.

He was assuming that loving ourselves is given.

A few things to consider for today:

1. You should love yourself. Jesus loved you enough that He literally died for you. So stop hating yourself. We need to think more like Jesus don't we.
2. Loving others (and yourself) is almost impossible when we don't first love God. It is an overflow, just as loving God is an overflow of God's love.
3. Loving God, yourself and others sums up literally all the commandments. So we can keep it simple (not easy) and trust the process that our loving Father has designed.

So today, as you pray and worship, exercise or whatever it is you are doing, why not reflect on God's love for you and let an overflow of Love spill out from within you.

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## Day 19 - Loving Life

The overflow of living God's way, of obeying His commandments (which are for us and not for Him) is a life that overflows with joy, love, peace, kindness and so much more (Galatians 5:22-23).

It is a life that anyone would love to live.

Loving life is a fruit of receiving His love, loving Him back and others.

Life won't ever be perfect. There's still trials and bad things still happen. Storms will rage but facing them with Jesus is a million times better.

On day 1, we noted that Jesus said that He came to give us life to the full - John 10:10.

That's not empty rhetoric!

He meant that 100%.

Loving life is the fruit.

Loving God and others is like caring for the tree.

Sweet oranges grow on healthy orange trees. Trees well watered and fed, without weeds and pests.

The parable of the sower speaks into this very topic, if you'd like to dig deeper (Matthew 13).

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## Day 20 - What He Started

I am convinced that because you are reading this, right now, that God has started a good work in you!

I don't say that lightly.

With all humility I believe this is a prophetic word.

And if He has started a good work ...

If He has begun the transformation ....

The Bible says He will finish it.

Paul wrote, "being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus" - Philippians 1:6.

Be encouraged ...

He has begun a good work in you ...

And He finishes what He starts!

Don't give up ...

Enjoy the journey and continue to partner with Him (Day 8) as you are transformed more and more into the image of the one who loves you.



## **Day 21 - Rest**

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## Day 22 - The Belt

You don't bring a knife to a gun fight and you don't fight (effectively) a spiritual fight with everyday weapons.

It's why we see people, governments and organisations doing their very best, trying to change something in the natural, that has a supernatural cause and being not only unsuccessful but somehow achieving the opposite of the desired result.

The enemy does not want you to bring positive, sustainable change to your life!

And so you must resist, whether you like it or not.

Focusing too much in this area is not a good idea, but either is sticking your head in the sand.

Paul lays out a simple strategy to resist and disrupt the plans of the enemy for your life.

It's worth reading Ephesians 6:10-20 each day this week.

The first piece of armour mentioned is the 'belt of truth'.

The belt protects what is vulnerable covering what would otherwise be an easy target on a soldier.

## Day 22 - The Belt

The belt keeps our pants up too. In this way our dignity is kept in tack.

The truth protects us where we are the most vulnerable.....our thinking life.

In the garden of Eden the serpent said “did God really say that”. He was able to get Adam and Eve to question what the truth was.

Jesus combatted temptation in the desert with truth (Luke 4) and much of this course has been about ‘changing the way we think’ to what is true.

If you have accepted Jesus as your Lord and Saviour, the truth is .....

You are a child of the living God ....

You are royalty .... an heir to the throne .....

You are forgiven ....

You are powerful .....

You are with God’s help able to anything!

That’s why reading the Word each day is so important. We need to be regularly reminded of the truth, which sets us free, protects, leads and guides.

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## Day 23 - The Breastplate

The Breastplate of righteousness keeps the enemies blows ineffective.

I love how many of these spiritual warfare activities are really just godly activities. Much spiritual war happens unintentionally.

Praise and worship is spiritual warfare just as much as casting out demons. In praise and worship I think about the Lord not the devil, yet I know of it's effectiveness.

Righteousness matters and has a direct impact on our lives. With that truth in mind, we live lives worthy of His calling.

And whilst we try (Col 1:28-29) to live a righteous life, we need to continue to be humble. One of the most important takeaways from this course.

Remember God opposes the proud and gives grace/favour to the humble.

Humility is knowing your own righteousness is like filthy rags compared to God's righteousness.

That's why we fight by falling on our knees.

It's why we fight by asking for forgiveness.

It's why we fight by putting on the righteousness of Christ.

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## Day 24 - Boots

Boots firmly fitted are essential for fast and flexible responses to life and at times the enemy. Good boots allow us to jump higher, pivot quicker, walk further and so much more.

In our 'upside down Kingdom' we belong to, the boots Paul talks about is the 'gospel of peace'.

We fight with the good news of 'Shalom' - which we usually translate as peace.

Shalom means peace, wholeness or completeness. It's so much more than the absence of conflict.

The 'gospel' or the royal declaration of good news is that 'shalom' is within reach.

Through Jesus we have everything we need and sharing that with others is the greatest endeavour we can embark on in this life.

Jesus said that He came to give us life to the full (Day 1 - John 10:10) and 'shalom' is a huge part of that...

And is part of the armour of God.

## Day 25 - The Shield

Paul writes : “take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one” - Ephesians 6:16.

Again we don't always think of 'faith' as an act of spiritual war .... but it is.

Faith is so important. Jesus said those that believe will be saved and those that don't will not (Mark 16:16).

'For it is by grace you have been saved, through faith' - Paul also writes earlier in Ephesians 2:8.

With humility (again) we should note, that not even that faith was our own v9-10.

We should desire that our faith increases!  
How do we do that?

Well Jesus' disciples asked for 'more' faith (Luke 17:5) and 'hearing the word' brings faith (Romans 10:9).

In many ways, it comes back to the basics.  
Keep praying, stay humble, read the word, share the good news.

'Shalom'!

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## Day 26 - The Helmet

The Helmet of Salvation is the knowledge that no matter what life throws at you, you are saved - body, soul and spirit.

Although primarily a defensive weapon (like the others so far) the helmet (and the others) could be used for offense.

With a great big spike on the top of the helmet, not only did it protect the brain, but could be used to attack the enemy.

Our knowledge of salvation brings comfort, brings security, brings peace and a secure identity, all which closes doors to the enemy. Anger, bitterness, unforgiveness etc opens them.

We fight knowing in the end we win.

We fight knowing that God is on our side.

We fight knowing the creator of the universe died for our sins, for our wholeness, for our salvation.

If we truly understand this, it changes our belief at our very core.

And really that is what we truly need to see positive, lasting change in our lives.

Repent - Metanoia - Think Bigger - from the perspective of Heaven.

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## Day 27 - The Sword

The Sword is the most powerful of all the weapons. The one you couldn't win a fight without is a sword, which Paul says is the word of God.

It seems to all come back to the same things.  
Keep it simple.

As you have an intimate relationship with God, you will hear His voice. And His voice will be crucial for you to navigate this life well, to be whole and fruitful.

The written word of God is tested and shown itself to be reliable and life changing, so don't stray from the Bible.

The Lord will speak to you over and over again from the static pages that somehow dynamically speak.

Jesus is known as 'the word' - John 1:1 & 14. The world exists because God said 'let there be light' - Gen 1:4 and Jesus won the battle against satan with the word (Luke 4).

When He speaks to you directly it is powerful too.

'The word' aka Jesus said 'my sheep hear my voice' - John 10:27.

So stay close to the Lord and let your relationship with Him flow into all areas of your life.

God bless!

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**Day 28 - Rest**

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