

# Become a Better You

*7 Keys to Improving Your Life Every Day*

## Be Positive Toward Yourself

"Who told you that you were naked?"

--Genesis 3:11

All that we are is the result of what we have thought:  
we are formed and molded by our thoughts.

--The Dhammapada, 1:1

Don't be so hard on yourself.

--Seal

I was lied to, but you told the truth, 'cuz you are the Truth.

--Keith Green

Put on the breastplate of God's approval.

--Ephesians 6:14

...to those who are of the faith of Abraham...

He is our father in the sight of God,  
in whom he believed--the God who gives life to the dead  
and calls things that are not as though they were.

--Romans 4:16b, 17

With God's help we are writing **a new script** for our lives.

--DT

My own heart let me more have pity on;  
let me live to my sad self hereafter kind, charitable...

--Gerard Manley Hopkins

**You are a child of the Most High God.** You have been crowned with God's glory and honor. You can do all things through Christ. You are full of potential. You are overflowing with creativity. There's nothing in your heart that you cannot accomplish. You have courage, strength, and ability. The favor of God surrounds you wherever you go. Whatever you touch is going to prosper and succeed. You are blessed and you cannot be cursed. **That's who you really are.**"

--Joel Osteen

- **Catching Up** (Name Tags, Brian & others, Joel Mantra Cards)
- Quotes? Verses? Stories? What's the biggest lie you've ever believed (or at least on your top ten list of whoppers you fell for)?
- Brian Regan, the essentials & pressure & sight & self-consciousness
- Joel's key insights: **God** is with us, for us, and **in us** as the power and glory of life abundant (God's part); We have a **hope** that can amplify and activate the abundant life (our part)
- Hope: "positive expectation in the face of negative evidences;" ambiguous, paradoxical, bifurcated

- **JOEL'S NUTSHELL POINT – BE POSITIVE TOWARD YOURSELF:**

*You are made in the image of God (imago Dei). Negative thinking about yourself is an obstacle to experiencing God's best; it brings forth more negativity. God loves you. We are human. We make mistakes. But one of the biggest mistakes we can make is to believe the lie that God is disgusted and done with us. When we repent and ask for God's forgiveness we must also **receive God's mercy** and **see ourselves the way God sees us: as precious children. A new image of ourselves and a new attitude** forms as we learn to **speak words of faith and hope over our lives**—countering the countless negative words from our past and, worse, from ourselves. Ask for help. Receive God's mercy. Agree with God and echo God's words over your life: "You are my beloved child in whom I am well pleased."*

## *Reading Schedule*

Week One <b>January 13</b>	<i>Introduction</i>
Week Two <b>January 20</b>	<i>Keep Pressing Forward</i> <b>Chapters 1-6</b>
Week Three <b>January 27</b>	<i>Be Positive Toward Yourself</i> <b>Chapters 7-10</b>
Week Four <b>February 3</b>	<i>Develop Better Relationships</i> <b>Chapters 11-15</b>
Week Five <b>February 10</b>	<i>Form Better Habits</i> <b>Chapters 16-19</b>
Week Six <b>February 17</b>	<i>Embrace the Place Where You Are</i> <b>Chapters 20-24</b>
Week Seven <b>February 24</b>	<i>Develop Your Inner Life</i> <b>Chapters 25-27</b>
Week Eight <b>March 2</b> <b>(if necessary)</b>	<i>Stay Passionate About Life</i> <b>Chapters 28-31</b>