

# Become a Better You

*7 Keys to Improving Your Life Every Day*

**Stay Passionate About LIFE**

**L'Chaim!** (“to life, to your health”)

--Jewish toast

I was wishin' you had one of those left—wishin' upon a star!

--Brian Regan

...hope does not disappoint us...

--Romans 5:5

borrow vessels...empty vessels and **not just a few.**

--2 Kings 4:3

There's a **Somebody I'm longing to see,**

I hope that s/he turns out to be

**Someone who'll watch over me.**

--George Gershwin

...all in the temple cry “**glory**”

--Psalm 29:9

Thou O LORD art a shield for me, You are my **glory** and the lifter of my head

--Psalm 3:3

three things persist ... **faith, hope, and love**

--1 Corinthians 13:13

To them God chose to make known ... the riches of the **glory** of this mystery,  
which is **Christ in you, the hope of glory..**

--Colossians 1:27

I pray that God illuminates your heart's outlook so you can see providentially:  
you are called to **hope**, you have inherited **rich resources** with others on the way,  
and God's **power** is **for you** who believe.

--Ephesians 1:17-19 (paraphrase)

God must be the power on the side of life and the love that wills its fulfillment.

--Sallie McFague

Becoming a better you is all in **how you choose to view life.**

--Joel Osteen

Becoming a better you is about **the possibility and promise of power**  
to be otherwise and better than we are. It's about **Hope, Power, Life, & Glory.**

It's about Providence and Outlook (**looking out for**).

--Dave

- **Hope, Life, Power, Glory**
- Think of a quote, a story, or something from this last section that is meaningful to you.
- What’s one thing you will take away from this book that will help you become a better you?
- 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)
- Spiritual Perception and *Old Rocking Chair’s Got Me* (Suzette Haden Elgin, 1974)
- My Story, My Song
- Elisha and the widow (grab some jars)
- My answer to two questions running in the background: 1. Life for all; 2. Nothing too wonderful.
- You can water the seeds of hope in your life. Raise the sails of hope to catch the winds of grace, and stay on the lookout for the God who is looking out for you and calling you to look out for others:
  - read and surround yourself with God’s word
  - sing a new song (from where I’m standing)
  - read a good book, watch a good movie
  - be grateful (make a list)
  - remember God’s goodness in the past
  - plan for blessings
  - enjoy NOW
  - eliminate life clutter/make room for God
  - prepare for guests and wait on them
  - be a blessing
  - see signs of God speaking grace into your life (looking out for God/looking out for others, instead of just looking out for yourself)

**JOEL’S NUTSHELL POINT – STAY PASSIONATE ABOUT LIFE:**

*When you prepare for God’s favor in your life you make room for blessings and good things to happen. Don’t make plans for defeat, make plans to prosper. Collect big jars, prepare for victory, put action behind your faith. God has placed a song and a well of joy deep inside you. Find your song and sing it with gratitude for all God has done and is doing in your life. Smile. Stand tall. Make your body language communicate the reality of who you are: a child of the Most High God. Your gratitude and song of joy energize and refresh you, activating the power of God to see the good in your life. Move from believing to expecting. Wait on God’s goodness like you’re preparing for a guest. Put actions behind your faith. Water seeds of hope with gestures of expectancy—do something that shows you are waiting for God to act. Fan your flame of faith. Make a gratitude list, remember how far God has brought you, focus on God’s goodness, and be on the lookout for God’s goodness and favor. The best is yet to come!*