

Become a Better You

7 Keys to Improving Your Life Every Day

Life in human beings is the **glory** of God.

--St. Irenaeus, 2nd Century

I wanted **life** and I wanted **the abundant life**. I wanted it for others, too.

--Dorothy Day

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

--Sallie McFague

I came that they may have **life**, and have it abundantly.

--John 10:10

. . . the mystery that has been hidden throughout the ages and generations but has now been revealed to his saints... **Christ in you** the **hope** of **glory**.

--Colossians 1:26-27

I pray that the God of our Lord Jesus Christ, the Father of **glory**, may give you a spirit of wisdom and revelation as you come to know him, so that, with the **eyes** of your heart **enlightened**, you may know what is the **hope** to which he has called you, what are the **riches** of his glorious inheritance among the saints, and what is the immeasurable greatness of his **power** for us who believe, according to the working of his great power.

--Ephesians 1:17-19

Love and hope and sex and dreams

Are still surviving on the street

Look at me, I'm in tatters!

I'm **shattered**

--Mick Jagger, Keith Richards

The **God** we see in Jesus is the **rebuilder** of the **shattered wholeness** of persons.

--Paul DeHart

- **Introduction** (books, e-mail addresses, name tags, Brian Regan, lost bags, and essentials)
- Why I'm Here & Where I'm at
 - Recovering Christian
 - Between 2 Years, old and new
 - Between 2 new Questions (foreground & background)
 - What can I hope for (anything wonderful)?
 - What is the good life (abundance)?
- Recap for the nostalgic or interested: Summary of *Your Best Life Now* class

- **Joel’s Key Insights –This Time Around**
- “**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)
- **Two Bible Stories**
- Abraham and something wonderful (Genesis 18)
- Elisha’s eye-opening faith (2 Kings 6)
- ∴ The power of hope counters deadly dispositions:
 - cynical laughter
 - blind Fear
- **Hopes and Dreams for the Whole and Shattered alike in 2008**
- **Hope, Life, Power, & Glory** (mirroring the mystery of salvation)
- **Help me with Quotes, Stories, Verses**
- **Joel and his critics**

Reading Schedule

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