

**Refocus**  
**Rebuild – Part 3 of 4**  
**Pastor Randy Lanthripe**  
**January 23, 2022**

*Psalm 42:5 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise Him, my salvation. (ESV)*

**What to Do Right Away**

**1. Resist the enemy**

*James 4:7–8 Submit yourselves therefore to God. Resist the devil, and he will flee from you.  
<sup>8</sup> Draw near to God, and He will draw near to you. (ESV)*

**2. Be diligent**

*Hebrews 6:11–12 And we desire each one of you to show the same earnestness to have the full assurance of hope until the end, <sup>12</sup> so that you may not be sluggish, but imitators of those who through faith and patience inherit the promises. (ESV)*

**3. Talk to a friend**

*Proverbs 27:9 Oil and perfume make the heart glad, and the sweetness of a friend comes from his earnest counsel. (ESV)*

**4. Get rid of guilt**

*1 John 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (ESV)*

**What to Do Over Time**

**1. Adopt a realistic estimate of yourself**

*Romans 12:3 For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. (ESV)*

**2. Set realistic goals and expectations**

*Proverbs 17:24 The discerning sets his face toward wisdom, but the eyes of a fool are on the ends of the earth. (ESV)*

### 3. Be flexible to God's will

*James 4:13–15 Come now, you who say, “Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit”— <sup>14</sup> yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. <sup>15</sup> Instead you ought to say, “If the Lord wills, we will live and do this or that.” (ESV)*

*Proverbs 16:9 We can make our plans, but the LORD determines our steps. (NLT)*

### 4. Learn from disappointment

*Hebrews 12:7, 11 It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline...<sup>11</sup> For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it. (ESV)*

*2 Peter 3:10–13 But the day of the Lord will come like a thief, and then the heavens will pass away with a roar, and the heavenly bodies will be burned up and dissolved, and the earth and the works that are done on it will be exposed. <sup>11</sup> Since all these things are thus to be dissolved, what sort of people ought you to be in lives of holiness and godliness, <sup>12</sup> waiting for and hastening the coming of the day of God, because of which the heavens will be set on fire and dissolved, and the heavenly bodies will melt as they burn! <sup>13</sup> But according to His promise we are waiting for new heavens and a new earth in which righteousness dwells. (ESV)*

#### Next Steps:

☐ Today, I will (choose one):

- ☐ Resist the enemy
- ☐ Be diligent
- ☐ Talk to a friend
- ☐ Get rid of guilt

☐ Over time, I will (choose one):

- ☐ Adopt a realistic
- ☐ estimate of myself
- ☐ Set realistic goals
- ☐ Be flexible to God's will
- ☐ Learn from disappointment

☐ Join a group

☐ Begin the process of becoming a member at CIV by attending...

- ☐ CIV Preview on 2/6
- ☐ CIV Discover 101 on 2/27