



Edward Church

Phil. 2:5

July 23, 2023

# BUILDING A NEW YOU SERIES

Pt 2

# Ever Fall Into a Spiritual Rut?

- Miserable = *Uncomfortable*
- Obstructed = *Hindered*
- Hopeless = *No Way Out*



## What's Left?

- Lame
- Blame

**Nothing to But the Same !**



# Building a New You

**Realize...**

**We Have a Part to Play...**

☐ **Attention**

*...What We See*

☐ **Attitude**

*...How We Think About It*

☐ **Actions**

*...How We Respond*



# Be a Better Person

BUILDING  
a better YOU



***“Let this mind be in you, which was also in Christ Jesus” -Phil. 2:5***

- **Mind=** Attitude
- **Be=** Constant
- **You=** Personal

**Jesus Attitude Toward Others Was He Was A Servant...**

**...His Attitude Toward Self Was**

**...He Had No Problem With That**



**Quit Looking Out to Find Someone/ Something  
...to Blame  
But  
Look In and  
...Take Responsibility**



# From the Lost Book of the Bible – “Yeah But”

**The Prophet “Yeah But” says:**

- **Anything Before BUT...**

**Doesn't Really Matter**

**Here is a New Challenge...**

**Take the Sentence....**

**“I Meant to BUT...”**

**...Out of Your Vocabulary**

# WHAT ARE ANTS?

## Automatic Negative Thoughts

"He's always putting me down."



"I'm so stupid."



"No one understands me."



"Why try? I'm awful at this."

"I shouldn't cry."

"I won't get this done on time. I just won't try."



"I feel like staying in bed, but I should go to the gym."



"She didn't say hello, she must hate me."



"You never listen to me."



"Nobody could love me."



"I'm a failure."



"I'm so annoying."



"I shouldn't get upset over this."

"You never listen to me."



# WHAT ARE ANTS?

## • Think Better Thoughts

<sup>8-9</sup> Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies. **Philippians 4:8-9 (MSG)**

## • Hear Better Sounds

**Romans 10:17-21 (NLT)**

<sup>17</sup> So faith comes from hearing, that is, hearing the Good News about Christ

"I shouldn't cry."

"She didn't say hello,  
she must hate me."

"You never listen to me."

**If You Focus on Your Giants...  
...You Stumble**

**If You Focus On Your God...  
...Your Giants Stumble**





# **If You Focus on Your Giants... ...You Stumble**

## **See Better Sights**

*“Looking unto Jesus the author and finisher of our faith” -Heb. 12:2*

- **Many Look for the Bad In People and Circumstances...  
...Seeing Only The Faults and Negatives**

# **If You Focus on Your Giants... ...You Stumble**

## **See Better Sights**

*“Looking unto Jesus the author and finisher of our faith” -Heb. 12:2*

- **Many Look for the Bad In People and Circumstances...  
...Seeing Only The Faults and Negatives**
- **In Order to Be a Better Person...  
...Its Requires a Better...Positive...Perspective**
- **Train Yourself to Look for the Good...  
...and Look to Jesus in All Situations**



Fix your  
eyes on  
Jesus

Hebrews 12:2



- [looking away from all that will distract us and] focusing our eyes on Jesus, who is the Author and Perfecter of faith [the first incentive for our belief and the One who brings our faith to maturity], who for the joy [of accomplishing the goal] set before Him endured the cross, [\[a\]](#)disregarding the shame, and sat down at the right hand of the throne of God **-Heb 12:2 (AMP)**

Hebrews 12:2



- [looking away from all that will distract us and] focusing our eyes on Jesus, who is the Author and Perfecter of faith [the first incentive for our belief and the One who brings our faith to maturity], who for the joy [of accomplishing the goal] set before Him endured the cross, [\[a\]](#)disregarding the shame, and sat down at the right hand of the throne of God -**Heb 12:2 (AMP)**
- Keep your eyes on *Jesus*, who both began / finished this race we're in. Study how he did it. Because he never lost sight of where he was headed- that exhilarating finish in and with God- he could put up with anything along the way: cross, shame, whatever. And now he's *there*, in the place of honor, right alongside God. -Heb 12:2 (**MSG**)

# Speak Better Words

*“Talk ye of all his wondrous works” -Ps. 105:2*

- **Many People Talk Mostly About Evil and Bad Events...**  
**...Some are Harsh, Unkind, and Take God's Name In Vain.**
- **We Should Talk Positively, Seeking to Glorify God...**  
**...Words of Encouragement, Healing Words**

*“Death and life are in the power of the tongue, and those who love it will eat its fruits.” – Proverbs 18:21, ESV*

*“Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.” (Amen!) – Psalm 19:14, ESV*

*“There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.” – Proverbs 12:18, ESV*



# Building A Better Me

**Building a Better You...  
...Will Build a Better**

- **Marriage**
- **Family**
- **Church**
- **Work Place**





eyes on  
Jesus



TO TASTE

YOUR WORDS  
BEFORE YOU

S PIT

Year

EM ON

atten.

st with

wavering trust in all

situations.





**This Weeks Challenge**

**Whenever You Feel**

**Your...**

**Focus is Off**

**Take Time to Align...**

**FOCUS**





**This Weeks Challenge**  
**Whenever You Feel Your...**  
**Focus is Off**  
**Take Time to Align...**

**FOCUS**

- **F**- full attention
- **O**- on
- **C**- Christ with
- **U**- unwavering trust in all
- **S**- situations

**This Will Shift Your Focus...**  
**..to the Positive**

**End Part 2**

**Mrs. Pete Jones came into the newsroom to pay for her husband's obituary. She was told by the kindly newsman that it was a dollar a word and he remembered Pete and wasn't it too bad about him passing away.**

**She thanked him for his kind words and bemoaned the fact that she only had two dollars. But she wrote out the obituary, "Pete died."**

**The newsman said he thought Old Pete deserved more and he'd give her three more words.**

**Mrs. Pete Jones thanked him and rewrote the obituary: "Pete died. Boat for sale."**