

Reboot your life  
Week one Emotional Reboot  
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Bumper:

Happy New Year!

Welcome to Southside Church!

Can you believe it, it's here 2021!

I know everyone is ready to be done with 2020 and move into a new day!

While we know we are not going to experience an immediate reprieve from pandemic living, we are still glad to say goodbye to 2020!

We may have to live in this social distancing and caution type existence for a few more months, but we still like the promise that a new year brings.

So we thought it would be a good season to consider a challenge, why not in this New Year choose to - Reboot your Life!

When I think of Reboot I think about how we all get update notifications on our smart phones and computers.

How many of you during a Zoom or a FaceTime received a notification on your device that informed you of critical updates?

You know that pop up message - that says click here to download your updates - then reboot to optimize your experience.

In that moment you have a choice, ignore the message and put off receiving the updates necessary to improve your electronic experience.

Or

You could accept the downloads - positioning yourself for a greater operating experience.

We believe 2021 offers us an opportunity to download some critical updates that will help us optimize our experience as we move into 2021!

In fact we believe there is a download that when received properly it can powerfully change our lives!

The question is will we choose to accept the download then reboot our emotional, physical, mental, financial and spiritual lives in 2021?

With these updates downloaded, I believe we can leverage these next few months of pandemic living and propel ourselves forward with an optimized life experience in 2021!

To help us in this endeavor, We are we are asking everyone who is a part of Southside Church to begin a - **SLIDE 1** Download Challenge!

This year we want every person who calls Southside Church their church home to read through the New Testament together this year!

**SLIDE 2** To aid us in this daily download we want everyone to install the You Version Bible App on your smart device.

Once installed, go to menu and select Plans, which is a short cut to reading plans.

**Then search and sign up for the Bible Project NT in a year plan!**

If you don't have a smart phone, then we will email you a way to access this plan online so you can follow along with our bible reading.

We believe there is no better download than the Word of God to help us receive the critical updates that will help us Reboot our Lives!

Let's do it together! Accept the Download challenge and Reboot your Life!

(Pause)

I believe God wants to do something New in us this year that can help us fulfill the mission Jesus has given us to fulfill in this world.

I am looking forward to seeing how God wants to reboot us into the best version of ourselves in 2021!

God wants to help you continue to grow and change.

That change comes through the power of the Holy Spirit.

The beauty of a relationship with God is that He not only wants to forgive us of our sins but He wants to transform our nature completely.

**SLIDE 3** That transformation begins with salvation.

This is when we are forgiven of our sins and receive a new heart and new life.

Then the Holy Spirit continues His works of transformation changing us into the image of Christ.

**SLIDE 4** This continuing transformation is called “Sanctification.”

Sanctification means to “set apart for God.” God wants to have an intimate relationship that is “set apart” only for Him.

He’s like the jealous husband that doesn’t want to share his wife with another!

God wants an exclusive relationship with you.

Sanctification is a process that continues throughout our relationship with God.

The Apostle Paul reminds us of God’s ability to do this sanctifying work when He wrote a letter to the church in Thessalonica stating:

**SLIDE 5** *1 Thessalonians 5:23-24 (NIV) <sup>23</sup> May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. <sup>24</sup> The one who calls you is faithful and he will do it.*

When we set our “whole spirit, soul and body” apart to God then we are primed for a reboot that can transform you!

God wants to Reboot our lives and bring continual transformation through our entire being and life.

This reboot impacts us emotionally, spiritually, physically, and will influence the way we live, think and spend our money!

**SLIDE 6** You cannot compartmentalize your relationship with God.

He wants to be fully involved in everything.

Some people want to have a God that they can put in their pocket and just pull him out when they think they need him.

We have seen this during the past year - as people faced the pandemic and the elections.

They wanted to pull God out then set him aside again.

We all faced many challenges this last year but one of the biggest challenges I faced was an emotional one.

I have had times in my life where I had to battle negative emotions but this past year, man it has topped the list, this past year was hard on me emotionally!

I have had to do some real soul searching and processing with God to see what new upgrades He desires for my emotional health this year.

I have had to face the reality that I needed a reboot in my emotions.

This began with me learning to process and accept what I have lost!

Like you this year, I experienced a lot of loss that has led to some real negative emotions!

Lost momentum, lost friendships, lost loved ones, loss of a routine, loss of physical touch from those I love.

Loss from being able to see the church body in a crowd on a regular basis.

I have had to process my emotions in this season of loss, and I continue this process today.

I want to glean what God is trying to download into my soul.

**SLIDE 7 (Image)** Emotions are like an indicator light on the dashboard of our car.

When the indicator light shows up there is something to be discovered, some new insight to be downloaded.

When you see that “check engine” light come on.

That doesn't mean that you reach under the steering wheel and start ripping out the wires to get the light to turn off!

That light is there as a warning that something needs attention!

This is why when we have loss and experience negative emotions we need to process them not just get rid of them.

Some people work hard to medicate their emotional pain without getting to the source of them.

**Did you know having negative emotions does not mean you are spiritually weak?**

Everyone has emotional swings, including people who are very close to God!

This is why I love reading the Bible, it is filled with real people who lived real lives.

Historical individuals who had to process their emotions just like we do, they had to accept downloads and choose to reboot their lives as well!

One person in biblical history that needed an emotional reboot was Elijah.

Elijah was a prophet sent by God to bring hard news to the king of Israel.

Ahab the new king of Israel had chosen to go against God's clear commands.

He was influenced by his wife Jezebel and he led the people to worship false gods.

Elijah had the hard assignment of telling the King that God's judgement was at hand.

To prove to Ahab that God was speaking through Elijah, Elijah prayed that there would be no rain and sure enough it didn't rain for three and a half years!

We know this because James the brother of Jesus pointed out:

**SLIDE 8** James 5:17 (NIV) <sup>17</sup> Elijah was a man just like us. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years.

Can you imagine? A three and a half year drought that caused a massive famine.

We are grimacing at dealing with one year of pandemic life, imagine facing a three and a half year calamity!

God demonstrated His power by answering Elijah's prayer.

When the three and a half year mark came up, Elijah challenged Ahab to a duel.

You put the best of your false prophets calling out to your false gods against me and the one true God and let's see what happens.

And sure enough God showed up in a mighty way!

The false prophets called on their gods to bring fire from heaven and crickets.

Elijah set up the alter, prepared the sacrifice then waterlogged it with water.

Then after a short prayer God poured out fire from heaven!

In the wake of fire falling all the false prophets were killed, God showed off and then Elijah prayed it would rain and it did!

You need to read about this encounter in 1 King's chapter 18, it is powerful.

God showed up in an amazing way.

Elijah was riding an emotional high!

We all know what that's like!

Do you remember a time in your life when you were riding on an spiritual high that made you feel joy and peace that was beyond belief?

There have been awesome times like that in my life.

**Illustration** (early in the year 2020 my wife's team wins super bowl, Church was thriving, Sports complex just opened)

That's the way Elijah felt. But then something happened that sent Elijah into a tail spin!

**SLIDE 9** *1 Kings 19:1-2 (NIV) <sup>1</sup>Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. **SLIDE 10** <sup>2</sup> So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."*

You might think well that is not a big deal.

Because God stopped rain, brought down fire and restarted the rain in response to Elijah's prayer, so why should this rattle him.

While that may seem true we see that this news hit Elijah in a vulnerable emotional place.... because.

**SLIDE 11** *1 Kings 19:3 (NIV) <sup>3</sup>Elijah was afraid and ran for his life.....*

There are times in our lives when we experience circumstances that hit us in a vulnerable place.

We find ourselves having:

**Irrational negative emotional reactions!**

Reactions that make no sense! "Why am I feeling this way, it makes no sense."

How many of us have experienced God moving in a mighty way throughout our life?

Yet this year, we entered into shut downs and mask mandates. We found our security tested and experienced emotional swings!



This does not mean you are spiritually weak, it means you're human with human emotions!

Elijah had human emotions even though he had a history of God coming through powerfully!  
He experienced an emotional crash after a spiritual victory.

So, what did he do? He ran!

How many of us run when we are emotionally spent or afraid or hurt?

That's the natural reaction. Run away and maybe everything will go away!

Elijah ran to a remote place and where he sat down under a tree and cried out to God!

**SLIDE 12** 1 Kings 19:4 (NIV) <sup>4</sup>..... He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

Have you ever been there? The circumstances you're facing are so overwhelming you're ready to quit or even die?

If you have, then you are normal, you're not broken, you are a normal human who needs to process your emotions.

And here is the cool thing, Our God is big enough to handle our emotional processing.

Just like Elijah, we need to process our emotions, accept the downloads from God, and then allow Him to reboot our emotions!

In fact, when we are honest with God about our negative emotions, we are poised to receive from Him the downloads we need to reboot!

I encourage you to cry out to God!

Verbalize your emotion to Him. He already knows how you feel, but you need to verbalize your feelings so that you can get the pain out.

Once the pain is out, God can then begin to speak to our souls His healing words.

Once Elijah cried out to God, he was so emotionally and physically exhausted that he fell asleep!

Sometimes sleep is the best medicine. God made our bodies and minds to need replenishment through sleep.

When we are physically tired, the best thing we can do for ourselves is NOT to try to solve all our problems right then, but get some rest!

Studies of human brain chemistry show that sleep is needed to replenish our brain chemistry.

Our human brains need rest.

An article in the National Institute of Health reviewing studies of sleep deprivation showed:

1. Sleep deprivation triggers a complex set of bi-directional changes in brain activity and connectivity.
2. This results in a diverse set of disruptions in human behavior across nearly all domains of cognition and affect.

Bottom line, lack of sleep jacks up your brain!

So, God let him sleep first. And then what did God do?

He sent clear direction.

**SLIDE 13** 1 Kings 19:5 Then he lay down under the tree and fell asleep. All at once an angel touched him and said, "Get up and eat."

The angel didn't say, Get up and pray! Did you notice that....By the way....

## **Every problem does not have a spiritual solution.**

The Angel diagnosed his problems as needing a physical solution. He needed to eat!

Did you know God cares about what you're feeling, He is always ready to send aid to meet our needs, even if they are physical?

Yes, Elijah was emotionally hurt and afraid.

But God knew that he first needed rest and a good meal.. So God sends him aid!

The angel wakes him up and provides food, but then Elijah falls asleep again.

Then the angel came back a second time in verse 7 and gives Elijah the same advice: "Get up and eat".

Elijah takes two big naps and gets two full meals from the angel.

I think this is so profound because we need to know that emotional needs are not always met by a spiritual response!

Sometimes emotional burnout means that we need is to simply surrender to a new rhythm of rest.

During this pandemic, God has been downloading lessons for me about rhythms of rest.

God has been convicting me about how much margin I have in my life, or should I say, I need more margin in my life.

My emotional health is dependent on how much time I spend in rest and reflection.

God has been convicting me about my rest and how I treat myself.

I have been taking bold steps in my own life to reboot my emotional health during this season.

Elijah needed rest so he could reflect!

He needed rest and nutrition so he could regain perspective!

He needed a renewal so he could receive a reminder!

This is when God directed Elijah to make his way to a new location where he could receive a new spiritual lesson!

But before we go there, I want you to note that God met his emotional and physical needs BEFORE he showed him a spiritual lesson.

Sometimes, we get so rundown emotionally and physically that we can't hear God speak to us.

Elijah's rest and renewal set the stage for Elijah's spiritual lesson.

**SLIDE 14** 1 Kings 19:9-18 (NIV) <sup>9</sup> There he went into a cave and spent the night. And the word of the LORD came to him: "What are you doing here, Elijah?" **SLIDE 15** <sup>10</sup> He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

**SLIDE 16** <sup>11</sup> The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake.

**SLIDE 17** <sup>12</sup> After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

God was teaching Elijah that he must slow down and listen in order to hear the gentle whisper of God.

God doesn't always speak to us through the "fireworks" like he did at Mount Carmel.

Sometimes we need to quiet ourselves down, rest, eat and then focus on listening to God.

Then God ministered to Elijah's emotional need by asking him a question. Let's see what the question was...

**SLIDE 18** <sup>13</sup> When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?"

That sounds like an obvious question... "I'm here because you brought me here!"

But, that's not what God was asking him. God was asking him, "Why are you running from Jezebel?"

What is driving you?"

**SLIDE 19** <sup>14</sup> He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

Now God was getting Elijah down to the core issue.

God was helping Elijah process his emotions of fear.

He wanted Elijah to identify that fear was his core issue.

He had two fears:

1. His fear was that God was going to abandon him and leave him unprotected from Jezebel.

He didn't think God was able to protect him. He believed Jezebel more than God!

Let me ask you a similar question: Who or what is the Jezebel in your life?

Who is threatening you and causing you to fear them more than believe God?

What circumstance has you paralyzed?

Confess that fear to God and ask Him to help you believe Him more and Jezebel less!

**Don't fear Jezebel more than you believe God.**

2. The second fear that Elijah had was the fear of being alone.

He said, **"I am the only one left."**

How many of us can identify with feeling isolated and alone?

Maybe you feel like you are the only one who is feeling this way?

These are important revelations because part of our sanctification process is that God wants us to understand why we feel the way we feel.

God wants us to be able to verbalize what is at the core of our fear.

God is not doing this to frustrate Elijah he is trying to reveal his real need.

This brings up an important lesson here:

**SLIDE 20 We won't be able to receive new instructions until we process our fears!**

If you are afraid that God is going to abandon you, you will always be running and hiding and emotionally burning yourself out.

Let me ask you another question: Are you afraid that God is going to abandon you?

Are you running because of your fears?

Once Elijah processed the root cause of his emotional needs - he was ready to accept the downloads from his experience and reboot his emotions!

After God had restored Elijah's emotional and spiritual health, Elijah was then able to hear God's new assignments.

After the new assignments, God delivers the ultimate download that Elijah was NOT ALONE!

**SLIDE 21** *I Kings 19:18<sup>18</sup> Yet I reserve seven thousand in Israel--all whose knees have not bowed down to Baal and all whose mouths have not kissed him."*

God has His people everywhere!

You are not the first person to experience emotional burnout or fear of abandonment.

Sometimes what we need in our negative emotional spiral is to be reminded we are not alone and that God will equip us to accomplish his calling on our lives.

So, as we look back on these lessons from Elijah's experiences, what is God teaching you?

Are you in an emotionally unhealthy place right now?

What do you need for an emotional reboot!

Do you need more margin in your life?

Do you need to enter into a new rhythm of rest and renewal?

Do you need to process your losses?

Do you need to explore why you are feeling the way you're feeling?  
Do you need a reminder of how you're resourced and not alone!

We are all emotional creatures, who have emotional swings as we navigate life.

What if today, you stopped and asked God to speak to you, to send you some downloads so you can reboot your emotions!

**Let's pray**

Response time!

Take steps this week to begin an emotional reboot!