

# Be Fruitful & Multiply

## Something Must Change: Part 2

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### SERMON DESCRIPTION FOR ONLINE

Reset your 2023 by applying five essential elements that will assist you in making progress and gaining traction.

### SERMON QUESTIONS & OBJECTIVES

1. What do they need to know?
  - God provides practical guidelines for transformational change.
2. Why do they need to know it?
  - To live a fruit-filled life.
3. How should they apply it?
  - Apply the five steps outlined below.
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### OPENING LINE

***Reminder from New Year's Eve, we are multiplying goodness.***

### CENTRAL TRUTH

*Real, significant, and long-lasting change is based on truth and grounded on principles from God's Word.*

*A life that is going to be focused on multiplication is not just going to happen automatically.*

### MAIN PASSAGE

#### **Psalm 8:4-9**

What is man that You are mindful of him, and the son of man that You visit him? <sup>5</sup> For You have made him a little lower than the angels, and You have crowned him with glory and honor. <sup>6</sup> You have made him to have dominion over the works of Your hands; You have put all *things* under his feet, <sup>7</sup> All sheep and oxen—Even the beasts of the field, <sup>8</sup> The birds of the air, and the fish of the sea that pass through the paths of the seas. <sup>9</sup> O LORD, our Lord, how excellent *is* Your name in all the earth!

#### **Genesis 1: 26-28**

<sup>26</sup> Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth." <sup>27</sup> So God created man in His *own* image; in the image of God He created him; male and female He created them. <sup>28</sup> Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth."

## MAIN POINTS

Lifestyle change versus New Year's Resolutions - TAKE CHARGE - HAVE DOMINION.

### Take Charge...

There is always tension between grace and taking responsibility. However, transformational change requires both. God does His part, but He expects His people to do their part as well. This is a theme that runs right through the entire Bible, and we see great examples in the lives of Joseph and Daniel.

### Quotes

*"Grace is not opposed to effort; it is opposed to earning"* ~Dallas Willard

*"My plan is always to take charge, while remaining fully dependant on the grace of God"* ~Dr. Tony Soldano

### 1 Timothy 4:11-15

<sup>11</sup> These things command and teach. <sup>12</sup> Let no one <sup>Ⓛ</sup>despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity. <sup>13</sup> Till I come, give attention to reading, to exhortation, to doctrine. <sup>14</sup> Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the eldership. <sup>15</sup> Meditate on these things; give yourself entirely to them, that your progress may be evident to all.

### 2023 - Lead With Your Eyes!

#### 1. Burn the boat that brought you here

##### a. *Change the culture of your own heart*

b. Identify the root of the issue that brought you to the current condition

c. Ask yourself the "WHY" questions:

- Why am I here?
- Why do I want a change?
- Why am I like this?
- Why did I get here?

d. Why most of adult learning fails:

- Adults refused to unlearn old ways
- Patterns are deeply rooted within lifestyles
- There is a lack of discipline
- No benefit is seen in the prize
- Procrastination is far easier.

#### 2. Employ the "Daniel Principle" – DETERMINE

##### a. *Lead with your eyes*

b. The Daniel principle is to determine in your heart who you will be and how you will behave before you arrive in any situation.

- Daniel took control of his emotions and made a determination in his heart

- c. Daniel was a young Jewish man that was taken captive by Nebuchadnezzar to Babylon. He was taken to a foreign land to serve their gods, accept their customs, and live according to their lifestyle. However, Daniel determined in his heart that he would advance but he would not defile himself.
  - Do it ahead of time
  - Draw the lines that you will not cross, the words, the things that you will not compromise
  - Remind yourself of who you are
- d. Change your mind – think beyond the projected goal
- e. ACTION: Get a hold of your emotions.

### 3. Track your headway by taking “progress photos”

- a. **Create momentum and forward progress**
- b. In all instances, traction and progress need to be measured
- c. Tracking your progress in any given situation is the only way to truly measure results and if you are improving or losing ground
  - When progress is measured, and the right actions are put in place, something called, “the momentum” begins to take root:
    - Momentum: creates energy
- d. **Illustration:** it is so frustrating when I go to the gym because I gain weight; however, I lose inches and clothes fit differently, belts get looser – stronger body, vitals change
- e. Paul instructed Timothy to track his progress
- f. ACTION: Consider new ways to track your progress.

### 4. Travel with those that are on the same journey

- a. **Nobody wants a Jonah on their boat**
- b. The Christian life, faith, it is all based on relationships and was never meant to be lived alone
- c. Develop key relationships with people that are like-minded and are travelling the same journey that you are
  - Ignore the detractors, negative voices, criticism, and so forth that keeps you from your transformation.
- d. Statistics indicate that people have been influenced or invited into something by someone else. In other words, they did not arrive at the place of their current condition of their own volition.
  - Surround yourself with like-minded people that are on the same path:
    - **ACTION:** Learn from the knowledge, experience, and wisdom of others
    - **You can even learn from those that are not doing it themselves**
  - Those you travel with says a lot about you and where you are going
  - Who has been where you are going?
  - Is your change celebrated or tolerated?
  - Are those around you challenging you or ignoring you?

- Children change because:
  - They are pointed in the right direction
  - They are shown how to do it properly in the first place
  - They are kept accountable
  - They are pushed to improve
  - They are celebrated when they do it correctly – accolades
  - It is a new experience and exciting – they don't have to unlearn anything
  - It is in their nature to learn, change and adapt.

e. ACTION: Your lifestyle change may require an investment, a coach, or a subject matter expert – invest in yourself!

## 5. Schedule the change in your daily routine

**a. *What gets scheduled, gets done!***

b. Develop daily routines that will strengthen your resolve and not weaken it

c. Some once said that “the devil is in the details”:

- Details matter
- Small things have a big influence.

**d. *If you are consistent, you do not have to be motivated***

e. ACTIONS

- Do the hardest things first thing in the morning
- Ask questions – develop the gift of curiosity
- Break bad habits and create new positive ones.

f. Dr. Tony – five dailies for 2023

- Ask questions
- Lead
- Be active
- Write
- Heart Health – spiritual health
  - Read the Bible
  - Pray.

## QUOTES & STICKY STATEMENTS

Something must die, for something else to live.

Don't ask God to do things for you that He has already asked you to do yourself.

**Reset:**

How do I be fruitful and multiply?

How do I have fruit that will remain?

Be fruitful: to open the head - to reveal the fruit that is inside.

In 2023 I want you to lead with your eyes - consider where you are going. Wherever you are focused that is where you are going to go. We go where we are focused.

There is a perceived tension between dominion and grace. There's really no tension between the two: God expects us to take charge of our lives while trusting the grace of God to fully operate in our lives.

## 5 Principles:

1. **Burn the boat that brought you here:** This is your new life now - what brought you to the place you are right now? Unless you change the culture of your own heart, you are always going to revert back to what you knew. It is very difficult to unlearn things. Ask yourself some hard questions: why am I here again? Root issues. People live their lives in patterns. If you are going to have transformational change, you are going to have to burn the boat that brought you to where you are.
2. **Employ the Daniel principle:** Daniel determined in his heart that he would not defile himself with the delicacies of the king. Determine beforehand what bridge you will cross/not cross before you get there - predetermine what you will/will not do. Get a hold of your emotions - your emotions cause most of your problems in life. Instead of being led by the Spirit, sometimes we allow ourselves to be led by our emotions.
3. **Track your headway by taking "progress photos":** What gets measured gets done. When you measure progress, momentum starts to build in your life. People are afraid to measure progress because they are not certain that they are going to find fruit.
4. **Travel with those that are on the same journey as you:** Nobody wants a Jonah on their boat. It is easier to get momentum and traction by traveling with people who are on the same path as you. Get together with people who have been there and are where you want to be. Even the world understands the power of community. This concept comes from the New Testament. Even our very faith is not meant to be done alone.
5. **Schedule the change in your daily routine:** Put it into your daily schedule. Create good habits and schedule them.

If you are serious about what you are called to do you are going to find things that help you do it.

## DISCUSSION QUESTIONS

1. Define the transformation that you would like to make.
2. Create a list of 3-5 things that you will do on daily basis.
3. What does it mean to, “take charge” and yet rely on the grace of God at the same time? What does it look like in real life?
4. How will you track your progress? What is the evidence that you will be looking for?
5. Assess the people that you are travelling with on your journey. Are they all headed in your desired direction?
6. In what areas in you do you require “determinations”?
7. Assess your emotions. Are they under the control and influence of Holy Spirit or are they out of control?