

Shoreline Church January 3, 2010
Pastor Dennis McFadden Message

Notes by Jeff Taylor

"How do we make changes in our life that make a difference?"

1. The way we talk, text and e-mail each other. *James 1:19-20, 26* Communication, the words we use to express ourselves are most powerful, positive and nurturing or hurtful and destructive.

2. Do more of what we know, listen to that small voice, encouragement and correction.
James 1:22-25

3. Let go of what is behind us. *Philippians 3: 13-1*

Dennis went to a basket at the side of the stage and began to place chains around his neck to symbolize sins that we carry and the weight of those sins and troubles that slow us down. We become less of an impact in our spiritual life, less able to encourage others to become the most of what they can be; what God wants them to be.

4. Love more. *Colossians 3:12-14*

Dennis summarizes last week's message about "Time Out", an opportunity to change the way we act!

1. Stop! Take a breath, get a grip, shake it out and relax.
2. Look! What is going on, what is and is not working? Exactly why are we stopping?
3. Get away. Reduce the distractions. We need space to think and feel, ask ourselves important questions: What is happening? How do I feel about it? What do I think about it?
4. Listen! God has something to say to you, you have something to say to yourself. *Psalm 46:10*
5. Pray and read. Two types of prayer: Petition and Conversation. Talk to God. He speaks to us in the Bible. Read it! *2 Timothy 3:16-17*
6. Act! Insight without action is useless. To know and to accept our role in what troubles us is a great start but not enough. What will we DO about it?
James 1:22

Switch our reactions to responses!

We need to become disciples, disciplined in our pursuit of Him in us!

2 Peter 1:3-7

The chains will always be in the basket, we can leave them there and be free of the weight of sin or we can pick them up and be troubled!

Dennis closed this time with two benedictions, 1 Thessalonians 3:12-13 and Numbers 6:24-25

Have a Great Week!

In God We Trust,

Jeff Taylor

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