

**How to Build a Better You, Part 2
(Don't Be Fragile)**

January 5-6, 2019

Big Question for the Year: How do you **cut a new path** for your life?

1. **Build a better you.** What decisions can you make that will make your life better?
2. **Build a better vision** for your life. How far do you see down the road? Do you know where you are going?
3. **Build a better financial foundation.** You will need people, prosperity and a mature financial perspective.
4. **Build better leaders** who can manage your future. It will be tragic to leave your family or organization in the hands of under-developed people.

Big Question for the day: Why are you so easily broken?

I. Four Things That Can Keep You From Being a Better You

1. Being **Faithless** (What do you really believe? We have already talked about this in December.)
2. Being **Fragile** (Are you easily broken and/or offended?)
3. Being **Fearful** (Are you easily intimidated?)
4. Being **Fake** or **Dishonest** about your **lifestyle-habits** (What are your good and bad habits?)

**II. Five Habits That Can Help You
Avoid Becoming Fragile
(Ephesians 3:14-21, NKJV)**

1. **Be Prayerful** (You need time with God)
 - 14 For this reason **I bow my knees** to the Father of our Lord Jesus Christ, 15 from whom the whole family in heaven and earth is named,
2. **Be Emotionally Strong** (You need inner strength)
 - 16 that He would grant you, according to the riches of His glory, to be **strengthened with might through His Spirit in the inner man,**
3. **Be Rooted and Grounded** (You need stability)
 - 17 that Christ may dwell in your hearts through faith; that you, being **rooted** and **grounded** in love,

Question: How deep are your roots?

4. **Be Clear** (You need a broader perspective)
 - 18 may be able to **comprehend** with all the saints what is the **width** and **length** and **depth** and **height**—19 to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

5. Be Confident (Believe he can do more in your life)

- 20 Now **to Him who is able to do exceedingly abundantly above all that we ask or think**, according to the power that works in us, 21 to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.

III. Three Reasons Some People Remain Fragile
Ephesians 4:11–16 (NKJV)

1. They follow leaders that don't help them (Leaders should equip us)

- 11 And He Himself gave some to be **apostles**, some **prophets**, some **evangelists**, and some **pastors and teachers**, 12 **for the equipping of the saints for the work of ministry, for the edifying of the body** of Christ, 13 **till we all come to the unity of the faith** and of the knowledge of the Son of God, **to a perfect man, to the measure of the stature of the fullness of Christ;**

2. They have not matured properly (We are not children)

- 14 that **we should no longer be children**, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, 15 but, speaking the truth in love, may grow up in all things into Him who is the head—Christ—16 from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.

3. They act like they are not in a fight (Ephesians 6:10–20)

- They need to be **strong**
 - They need to put on the **whole armor**
 - They need to **stand against** the wiles of the devil (His biggest trick is to trick you)
 - They need to learn how to **wrestle**
- 10 Finally, my brethren, **be strong** in the Lord and in the power of His might. 11 **Put on the whole armor** of God, **that you may be able to stand against the wiles of the devil**. 12 For **we do not wrestle** against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

Conclusion:

Next Time: How to Build a Better You Part 3 (Don't be Fearful)

Read Ahead: 2 Timothy 1:7

- For **the Spirit God gave us** does not make us **timid**, but gives us power, love and self-discipline. (NIV)
- For **God has not given us a spirit of fear and timidity**, but of **power, love, and self-discipline**. (NLT)