

# **Four Steps To A Better Forever Life**

## **STEP 1: REBORN**

**“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.”**  
*Ephesians 6:12 NKJV*

Sin is a term that describes separation from God. It began when a rebellious and proud spirit named Lucifer, who we now call Satan, and his army of evil angels, we now call demons, were cast down to Earth by God.

They are at war with humanity and plant ignorance, selfishness, pride, lust, greed, hatred, sickness, and poverty into their victims. Unless we overcome them, we will suffer from one sin to the next until we finally die broken-hearted and defeated forever in Hell. Sadly, many don't believe in demons or Hell, which leaves them defenseless and doomed.

When reborn, we exchange our sinful-natured spirit for the perfect Spirit of Jesus, God's son. We are forgiven of our sins and empowered to defeat Satan to live a new life filled with love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, self-control, and prosperity. Life is good, and Heaven is our new forever home.

**“This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun”!** *2 Corinthians. 5:17 NLT*

## **STEP 2 RENEW**

**“Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God”.**

***Romans 12:2 NKJV***

God created us in three parts: spirit, soul, and body.

The spirit is the essence of life, the core of our existence. Jesus exchanged our sinful-natured spirit for his perfect, born-again Spirit so we can connect our hearts and minds to God’s goodness and love.

The soul is the mental-emotional, non-physical part of us. It processes the information we collect from our five senses. When we are reborn, the soul doesn’t change right away. It stays selfish, bitter, angry, lustful, etc. until we retrain it with biblical wisdom, instruction, and prayer and learn to follow God’s plan rather than our own. The Bible calls this the renewing of our minds.

The body responds to the soul’s commands and is not instantly transformed by the arrival of Christ, either. However, his presence brings transformative power that inspires hope, and can restore even the most overweight or sickly body when we decide to manage it properly and keep it healthy.

Renewing our minds and keeping our bodies healthy should be a daily process, so create a routine and stick with it. Demons will try to distract and steer you away, but stay committed. You must overcome them!

## STEP 3 RESIST

**“We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ”.**  
***2 Corinthians 10:5 NLT***

Many people spend hours a day dwelling on unproductive and hurtful thoughts. These disconnect us from God and open the door to negative emotions and actions we often regret later.

Make an effort to monitor your thoughts. When you catch those that don't please God and make life better, say "NOPE" and change direction. Think of something else.

Say a prayer, sing a song, or thank God for all the good things in life. Create your alternate thought list and be ready to use it. Replacing negative and useless thoughts with positive and productive ones will change your life. I'll do it several times a day.

The Bible says, “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things”. Philippians 4:8 NIV

When you control your thoughts, you'll control your life. So redirect, reconnect, and grow daily in God's love, joy, prosperity, and peace.

**“Resist the devil, and he will flee from you”.**  
***James 4:7 KJV***

## STEP 4 RESTORE

**“But if we confess our sins to him, he is faithful and just to forgive us our sins, and to cleanse us from all wickedness”.**

***1 John 1:9 NLT***

If sinful thoughts lead to sinful actions, you'll want to confess them and repent, which means to turn away. Not doing so dishonors Jesus and keeps the door open to the enemy. Close it quickly!

Say, “Lord, I confess to my sin of \_\_\_ and I'm sorry. May I never do it again. In Jesus' name. Amen”.

Here are five more reasons:

1. It makes us acknowledge before God that we know and take responsibility for our sin.
2. It proves we are not trying to hide our sin from God, others, or ourselves. It humbles us.
3. It shows we are asking for and relying on God's strength to help us change.
4. It allows us to be continually healed.
5. And most importantly, confession and repentance sustain our loving relationship with God.

**“Now repent of your sins and turn to God, so that your sins may be wiped away”.** ***Acts 3:19 NLT***

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