

**KINGS
ARMS**



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Learning to live like Jesus

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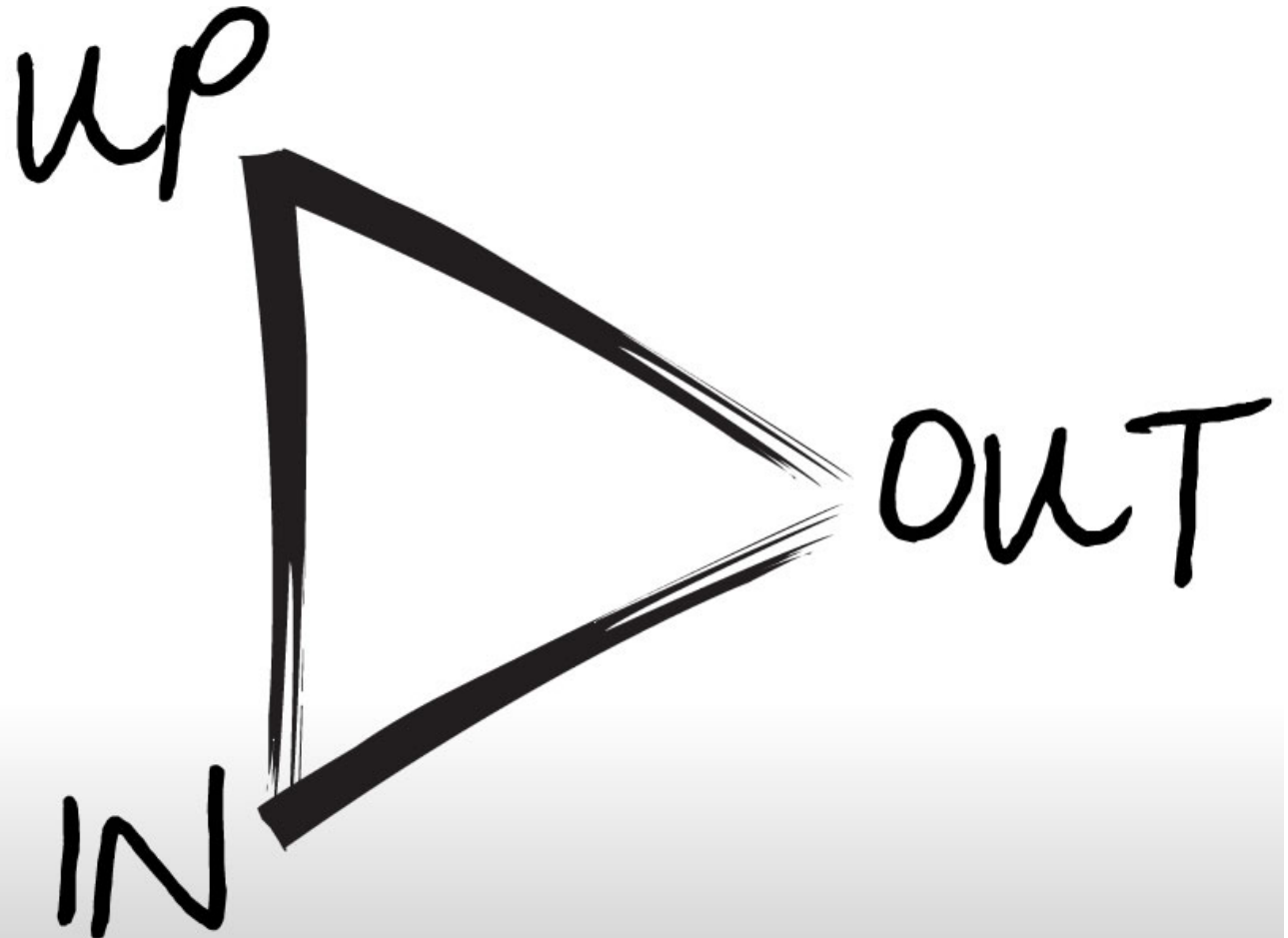
Introduction

1. Our identity is already transformed (2 Cor. 5:17)
2. This is not purely self effort (John 16:13)
3. God's love for us doesn't increase (1John 3:1)



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Intro

Two main words for time

Chronos - the general flow of time.

Kairos - opportune moment, the time when God acts

Sometimes we recognise these as they are happening

Sometimes we recognise them days or years later



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1. Recognise

- I am not alone.
- What does/did my response to this situation reveal about my beliefs?
- What lies have I believed?
- What patterns of behaviour does it reveal or help to explain?



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2. Release

Express the emotion of the moment

- Speaking it out to the person involved
- Write your own psalm/song
- Journal
- Walking in nature



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3. Repent & Forgive

Repent = change thinking and then
behaviour

Forgiveness = to release



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4. Renounce

Death and life are in the power of the tongue.
(Prov. 18:21)

And Zacchaeus stood and said to the Lord,
“Behold, Lord, the half of my goods I give to
the poor. And if I have defrauded anyone of
anything, I restore it.” (Luke 19:8)



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5. Replace

Set your minds on things that are above,
not on things that are on earth.
(Colossians 3:2)



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Conclusion

