

A NEW YEAR... A BETTER ME

The Crossings Church - January 8, 2023 - Kerry Cox

Be glad in the Lord always! Again I say, be glad! 5 Let your gentleness show in your treatment of all people. The Lord is near. 6 Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. 7 Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus. 8 From now on, brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise. 9 Practice these things: whatever you learned, received, heard, or saw in us. The God of peace will be with you. Philippians 4:4-9 (CEB)

5 Choices I Can Make To Make Me Better This Year

1. I choose to Rejoice!

Be glad in the Lord always! Again I say, be glad! Philippians 4:4 (ESV)

I will greatly rejoice in the Lord; my soul shall exult in my God, for he has clothed me with the garments of salvation; he has covered me with the robe of righteousness... Isaiah 61:10 (NKJV)

A joyful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22 (NIV)

2. I choose to treat people well.

Let your gentleness show in your treatment of all people. The Lord is near. Philippians 4:5 (CEB)

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be

put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. **Philippians 4:29-32**

The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these." Mark 12:31

3. I choose not to be anxious but to trust God.

Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. 7 Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus. Philippians 4:6-7 (ESV)

Although we live in the world, we don't fight our battles with human methods. Our weapons that we fight with aren't human, but instead they are powered by God for the destruction of fortresses. They destroy arguments, and every defense that is raised up to oppose the knowledge of God. We capture every thought to make it obedient to Christ. 2 Corinthians 10:3-5 (CEB)

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape... 1 Corinthians 10:13 (ESV)

4. I choose to focus on the Holy, just, pure, lovely, and Praiseworthy

From now on, brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise. Philippians 4:8 (NIV)

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

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. **Romans 8:5 (ESV)**

5. I choose to practice being Godly!

Practice these things: whatever you learned, received, heard, or saw in us. The God of peace will be with you. Philippians 4:4-9 (CEB)

Obey God's message! Don't fool yourselves by just listening to it. James 1:22 (CEV)

