

**SEMPER REFORMANDI - “Constant Renewal”**  
**Sermon November 26, 2017**

Today God invites you and me to focus on this Latin phrase: SEMPER REFORMANDI – CONSTANT RENEWAL.

God wants you and me to constantly renew our personal lives.

It seems that, these days, people are busier than ever. The most heard sentence is: “I don’t have time”. Rush and routine, mechanical connections take over our lives. Couples hardly have time or the mood to talk to each other. Sometimes parents have to wait months to visit with their children or grandchildren. One elderly person said that she feels like a loaf of bread that’s been left out too long. Some people try to accept the situation, and take what is, and try to ignore their needs and the dream, what could be.

Dear beloved, the present is extremely important, because we live in the PRESENT. The present moments make our life happier.

Last night, I heard in a report that social isolation impacts our hearts, our brains, and our health. Those who have no friends, nobody who loves and supports them, have a higher chance of getting heart attack at an earlier age, can deal with body ache, inflammation, headaches, and earlier death.

These days, the isolation in the older generation is very high. Today, 1 out of 4 millennials is diagnosed with depression, because they feel under a lot of pressure and they don’t experience real love. Balancing love and care is very difficult for most of them.

I will show you, today, a few ways to renew your life.

### **1. Slow down**

Today most people are running around with empty hearts, wondering what they really need and what could fill their gaps. This is why so many people chose to use alcohol or drugs, hoping for some relaxation and peace.

Slow down and give time for yourself to face your thoughts and the feelings you have in your heart. Talk to yourself and let your brain understand what your heart is telling you. Then turn towards God and ask Him to tell you how you can make important decisions and changes in your own life. Please don’t run from one thing to the next.

Slow down, take a big breath, and ask yourself:

- Am I going in the right direction?
- Is this what I really want to do with my life?
- Is there a better opportunity or possibility for me which would give me more fun, peace and love?
- What is the way I can accomplish this?

If you talk to God, your Heavenly Father, who loves you the most, and who cares for you the most, He will help you find new approaches and new goals in your life.

## **2. Allow God to change your mind.**

Our Lord Jesus Christ said: "I am the way, and the truth, and the life". (John 14:6) Ask the Lord Jesus if you are on the right track and if you are going into the right direction with your desires and decisions.

Please pray to the Lord with Psalm 143:8: "Let me hear of your steadfast love in the morning, for in you I put my trust. Teach me the way I should go, for to you I lift up my soul." The Lord's answer will be: "I will instruct you and teach you the way you should go; I will counsel you with my eye upon you." (Psalm 32:8) If you will look into God's eyes, He will reflect back to you.

Please don't forget His instructions. Let Him replace your negative thoughts with His positive ones.

## **3. Picture a new real future for yourself.**

If you are unhappy with your current circumstances, then take the courage and dream about a better future. Allow yourself to imagine your new life in a new situation. Spend time to imagine your new world.

You have to shape your own life, and your dreams are the blueprints. Don't be afraid to use your imagination and the power of visualization to expand your potential, and if things are in an agreement with God, then take actions.

## **4. Care for your body and soul.**

It is extremely important to be in a great physical condition, to go to the gym, to go for a walk. A great work out during the day can pump up your physical energy, and this can give you a better mood during the whole day. But it is as important to be in great psychological, mental and faith condition.

Pray regularly. Read the Bible regularly. Sign up for some web sites which can send you daily fresh meditation about God, life, mind and soul, and stay fit, connected with your creator. In this way, the daily challenges won't be able to put you down. Staying connected with God, you will stay connected with your main energy source. Some people take extra vitamins daily. The word of God is called "Our daily bread". If you will spend time to feed your spirit with the word of God, God's daily messages will transform your mind and will empower your soul. In this way, you will see the differences.

## **5. Release your unnecessary weight.**

Some people care about their weight and, for this reason, they watch what and how much they eat. Often people try to lose weight. Unnecessary weight is called "dead weight". The Bible says: Come to the Lord with all your burdens, your spiritual weight, and He will care for you. Lay all your burdens in His hands, which were pierced for you, and He will take your burdens away. And above all, He will give you peace.

Do you have a person in your life who is causing you burdens or stress? Did you struggle fixing those relationships or how to keep a healthy distance with them? Those people can be called “dead weights”.

We have to understand, that we cannot change everybody to our own image. We cannot be, and we don't have to be, friends with everybody. Often, the solution is to create and to keep space, a professional distance.

One of my own weakness is that I want to please everybody. We have to please our God, but don't have to please everybody. I am still learning that I can please some people some of the time, but I cannot and I don't have to please all the people all the time. Instead of pleasing them I have to create a healthy and professional distance between myself and those who cross, violate and harm my private space.

We can learn, that in this way we can release “dead weights” as we let some people go from our current circle. Remember, you are the boss of your life and it is healthy to create new boundaries.

## **6. Do what you enjoy doing.**

Think for a few moments:

- what makes you happy?
- did you do lately what makes you happy?
- did you spend enough time with the person who makes you happy?

You have to find meaningful things that will make you happy. Do things that you enjoy, that really makes you happy. This way you won't fall in depression.

Do things as you want, and don't allow others to force you or to influence you to do things that you don't want to. You have to feel human, alive and real.

At the end of the day, when you will rest on your couch, you have to tell yourself: today, by God's grace, I was happy because I was not forced by anybody to do things that I did not want to do, but I was doing things that I enjoyed.

## **7 Love.**

Love people and try to be as close as you can to those whom you love: not to those whom you have to tolerate, but to those whom you love.

Love is emotion and behaviour. Please invest time to show love through behaviour and actions. “Let us love, not in word or speech, but in truth and action.” (1 John 3:18)

If you feel lonely, sign up for a social group, make new friends, new connections. If you can afford it, travel now while you have time and energy. A completely new experience will give you a different perspective, help you make new friends and allow the brain to make new connections.

Remember, YOU DON'T HAVE TO DO ANYTHING. EVERYTHING IS A CHOICE.

Every moment is an opportunity to create the life you want. Whether you will make changes or not, it is totally up to you. After God, your life is in your hand. May God bless you and guide you.