

How to live a better Life in 2025

www.victory.net.nz Wednesday 05.01.2025
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It's the beginning of a brand-new year, and it's always good practice to review what worked well last year, and what we want to work better in this new year.

Making good choices at the beginning of a new year & continuing good choices throughout the year is good wisdom, and will ensure a good outcome.

- Eliminate certain things & practices from our lives (Hebrews 12:1)
- Reducing other things & practices from our lives
- Increasing certain things & practices in our lives

Personal Testimony:

- Last year, my daily Bible reading ended up not being so daily
- This year I intend to eliminate certain time robbing activities, and increase my time in God's Word
- Also, I intend to reduce certain good activities this year, to make more room for the better activity of regular Bible reading
- (Start a "Read-through-the Bible-in-one-Year" reading schedule)

Let's get fresh revelations by reading God's Word, beginning in Genesis.

1. Sow better Seeds

Galatians 6:7–10 (NKJV) *Do not be deceived, God is not mocked; **for whatever a man sows, that he will also reap.** 8 For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. 9 And let us not grow weary while **doing good**, for in due season we shall reap if we do not lose heart. 10 Therefore, as we have opportunity, **let us do good to all**, especially to those who are of the household of faith.*

- Vs. 7 ... *for whatever a man sows, that he will also reap* ...

(J.B. Phillips NT) *A man's harvest in life will depend entirely on what he sows.*

- Apostle Paul uses an agricultural term to teach about our life experiences
- It's called: The law of sowing and reaping

- The law of sowing and reaping works not only with natural seeds, but also with our:
 - Our attitude
 - Our words
 - Our Actions (or lack of actions)
- “Sowing” has to do with “doing (good)” (Vss. 9 & 10)
- Paul says: Whatever a man sows, that will he also reap
- In practice, this means:
 - Sow love, and we will reap love
 - Sow kindness & friendliness, and we will reap kindness & friendliness
 - Sow commitment, and we will reap commitment
- This also works in the negative:
 - Sow anger, and we will reap anger
 - Sow resentment, and we will reap resentment
 - Sow unfriendliness, and we will reap unfriendliness
 - Etc.

Genesis 1:11–12 (NKJV) *Then God said, “Let the earth bring forth grass, **the herb that yields seed**, and the fruit tree that yields fruit according to its kind, **whose seed is in itself**, on the earth”; and it was so. **12** And the earth brought forth grass, **the herb that yields seed according to its kind**, and the tree that yields fruit, **whose seed is in itself according to its kind**. And God saw that it was good.*

- When God created the plant life, He designed each plant to produce seeds to ensure constant re-production and perpetuity
- Each seed produces after its kind (carrot seeds produce carrots, etc.)
- He created trees to produce fruit ... **whose seed is in itself ...**

Based on this understanding from Genesis 1:11&12, our actions (as per Galatians 6:7) have a seed embedded within themselves to re-produce after their kind.

- To summarize:
 - We can (and do) choose our own harvest by the seeds we sow
 - Wise people purposely choose to sow only good seeds consistently
 - Only a fool would sow bad seeds and expect a good harvest

2. Attitude determines Altitude

- Our attitude, in any given year, determines how high we can rise in life

- Our attitude creates a ceiling in our lives, which either lifts or limits us
- So to rise higher in life, we have to raise our attitude to a new level

Definition of the word “Attitude”:

- a. A manner of thinking, feeling, or behaving that reflects a state of mind or disposition
- b. Arrogant or aggressive disposition or behaviour
- c. A position of the body or manner of carrying oneself

A poster hanging on a wall communicates the following inspirational thoughts:

- Watch your thoughts, they become words
- Watch your words, they become actions
- Watch your actions, they become habits
- Watch your habits, they become your character
- Watch your character, it becomes your destiny

1 Kings 11:11 (NIV) *So the Lord said to Solomon, “**Since this is your attitude** and you have not kept my covenant and my decrees, which I commanded you, **I will most certainly tear the kingdom away from you and give it to one of your subordinates.**”*

- Solomon lost the kingdom because of his bad attitude
- David gained the kingdom because his attitude was better than his predecessor’s called Saul
- We gain things or lose things based on our attitude

3. More of God’s Grace in 2025

- God’s grace is God’s favour extended towards us
- All letters written by apostle Paul in the N.T. begin with the phrase: “Grace to you ...” (or similar wording)

1 Corinthians 1:3–5 (NKJV) Grace to you and peace from God our Father and the Lord Jesus Christ. **4 I thank my God always concerning you for the grace of God which was given to you by Christ Jesus, 5 that you were enriched in everything by Him in all utterance and all knowledge,**

- Paul knew, when we walk in God’s abundant grace, we are enriched, and everything works better

- We need more of God's grace in 2025

1 Peter 5:5 (NKJV) *Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and **be clothed with humility, for "God resists the proud, but gives grace to the humble."***

- To access more grace in 2025, we need to muster up more humility
- A humble attitude is the way towards more of God's grace in our lives

4. Continue our Friday Fast in 2025

- Some years ago we were encouraged to fast every Friday till dinner time
- We would like to continue this practice throughout 2025
- Abstaining from eating food from Thursday after dinner, till Friday dinner means we are fasting one 24 hour period every seven days

Joel 2:12–13 (NKJV) ***"Now, therefore," says the Lord, "Turn to Me with all your heart, with fasting, with weeping, and with mourning." 13 So rend your heart, and not your garments; Return to the Lord your God, for He is gracious and merciful, slow to anger, and of great kindness; and He relents from doing harm.***

- God is not looking for an outward showiness of feigned spirituality
- He is looking for repentant hearts that are truly humble before Him