

CHRIS STEFANICK'S

**FIVE STEPS
TO PREPARE
YOUR HEART
FOR REBOOT!**



Listen.

God wants to break into your life and enter your heart in a new way. But are the responsibilities and distractions of everyday life drowning Him out? Are you truly open to hearing the Gospel message in a new and vibrant way? God didn't create us just to get by. He created us for life – life to the full!

Before long, you'll be joining me for a life-changing night where we apply the beauty of the Gospel to your everyday life. These reflections are intended to help you prepare your heart to receive the message of God's abundant love for you; read them, reflect on them, and pray with them. Make a quiet space in your heart – one that's not crowded with what YOU have to say – and take a moment to listen to what He has to say. It might just be the “something more” you've been searching for.



1

HIS LOVE = YOUR WORTH

Children don't learn their identity from a mirror. When they are first born, they learn right away by looking at mom and dad: "I am precious." "I am worth dying for." And if you're adopted you learn that from your adoptive parents.

Somehow, we get it in our heads that we have to earn the love of God, or that God angrily pushes us away when we sin. We think we can increase our value by our accomplishments. We think we can lose our worth by our sin. I don't love my kids because of what they do. I love them because of who they are. They're mine. Whether my child becomes a millionaire or a saint or a (God forbid) an addict, that kid will always be mine. Always worth dying for.

God loves us for the same reason. Isaiah 43:1: "You are mine." He thinks we're worth dying for. No act of grace or sin can change that. As you strive to be all you can be, don't forget who you are.

2

CHANGE YOU

Sometimes God doesn't change your problems because he's trying to use your problems to change you! Maybe he doesn't remove the obstacles to your goals because he loves you too much to give you what you want. Maybe nothing's working as YOU plan - because God doesn't like your plan. I've prayed many times, "Ok Lord, I give up." To which I can almost hear Him reply, "FINALLY! I've been trying to get you to do that for so long!"

We tend to blame our problems on everyone else. "I'm not me. It's my boss. The weather. My husband. The monthly payment on that car I shouldn't have bought because I couldn't afford it." You know, I almost never hear people say "Chris - I think I need to change myself."

So, I want to propose this - maybe, just maybe, the main thing standing between you and your peace of mind is you. How far does God have to push for you to say, "Ok Lord, I give up. Let's try things your way. Change ME."

3

FAITH MAKES A DIFFERENCE

As he was approaching death, the famous atheist Christopher Hitchens claimed that faith makes no difference at a time like that. That's the biggest load of garbage I've ever heard.

I lost a dear friend to cancer a few years ago. She left behind four children. She felt agony and sadness just like anyone would. But it was FILLED with purpose. Her husband would hear her offering up her pain up as a spiritual sacrifice. As she neared death, she would invite people over who were going through hard times so she could be there for them. She spent her last days loving and reconciling with family members and loving her husband and kids. Her last heartbeat was at the "Amen" during a Litany to the Sacred Heart of Jesus.

If there's no God, then despair is the only appropriate response to death. But as Lizz faced death, she knew she wasn't entering the abyss, but the presence of perfect love. That doesn't take away the pain, but it does change everything about death. And daily life.

4

REMEMBER THE LOVE STORY

Marriage: if you forget the love story, what are you left with? Rules, regulations, obligations. You're left with a really bad idea. But in the context of love, all the sacrifices and rules and regulations make perfect sense.

Faith is kind of like that. Pope Francis said, "We are in the midst of a love story, and if we don't understand that, we've understood nothing of what the Church is." Much of the world perceives Catholicism as a list of rules, regulations, and rituals that have nothing to do with real life. And we wonder why they're not interested?

The Catholic faith is a love story! We're brought into the world through an act of love. All our lives we're looking for love. But no love in this life fully satisfies. That's because the God who is love made us for the love that is God. And when we strayed from Him, He died on a cross to save us. THAT'S what this is all about! That's what the world needs to be reminded of, more than ever.

5

ASK BIG

We pray too small. “Lord, help me to just hang on today. Help me not crumble under the pressures of life.” Is that all you think God is capable of?

Friends, we don’t have a God of “just getting by.” We have a God who promises “life to the full.” We don’t have a God who sometimes helps His people out. We have a God who splits seas, conquers death, moves hearts, and makes heroes.

Don’t just ask God to help your marriage. Ask Him to help you to sweep your wife off her feet again. Don’t ask Him to help you stay strong under peer pressure. Ask Him to make you a blazing light, shining for everyone you meet. Don’t ask him for a drop of water. Ask for rivers of living water to flow from within you to a thirsty world. Live meekly, but pray big!

Our God is mighty, and we are His children.