

# MASTER RESET

Restore your heart to God's original default settings



## Who is God?

A 40 - Day Journey

**NIGEL BROWN**

Foreword by Pastors Walter and Colleen Snyman

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# FOREWORD

*“For my determined purpose is that I may know Him, that I may progressively become more deeply and intimately acquainted with Him, perceiving and recognising and understanding the **wonders of His person** more strongly and more clearly, and that I may in the same way come to know the power outflowing from His resurrection (which it exerts over believers, and that I may so share His sufferings as to be continually transformed in Spirit into His likeness.”*

**- Philippians 3:10 (AMP)**

This book, is doing exactly what Paul was aspiring to, in the above scripture. It is a ‘down to earth’ guideline and direction one can follow, so that we all can develop into mature followers of Christ, as the Father had planned.

We underwrite and recommend the *Who is God? Master Reset* journey wholeheartedly, and pray a blessing on every reader.

**Pastors Walter & Colleen Snyman**

*Founding pastors of Lighthouse Ministries, Cape Town, South Africa*



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# 40-DAY MASTER RESET

## Who is God?

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Have you ever been so overwhelmed by challenging circumstances, that you became fearful, anxious, frustrated and even angry with God? I have definitely felt this way many times in my lifetime. In this state of mind and heart, I began to question the love of God and the goodness of God. I thought: “If God is good or if God is a loving God, how could He allow this to happen?” As a result, I started accusing God (in my heart) of not caring, or not having compassion toward me and others. I allowed my circumstances and experiences (including the experiences of others), to define my understanding of the nature of God, instead of God’s Word and the Holy Spirit.

Recently, I asked a young man the following question: “Who is your favourite comic superhero?” His reply was, “Thor”. If you are acquainted with comics, you’ll know that Thor is the ‘god of thunder’. He is an incredibly powerful character. Taking this into consideration, I created the following scenario for this young man, during our conversation:

Me: *“Imagine Thor was your best friend and the two of you are journeying together on a path through a forest. A short distance ahead of you, you see an army of armed soldiers moving in your direction. As they are approaching you, they start hurling out insults and death threats at you. In this kind of scenario, would you be afraid?”*

Young man: “No”

Me: *“Why won’t you be afraid?”*

Young man: *“Because Thor is with me”.*

Since this young man had an understanding of how powerful and great Thor was,



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he would not have feared the army of soldiers that were coming against him. He knew that Thor had the power and ability to wipe them all out effortlessly.

One of the names of God is Emmanuel, which means 'God is with us' (Matthew 1:23). Similar to Thor journeying with the young man in the scenario, God also desires to journey with us, in our lifetime. God longs to have an intimate relationship with us. He desires to be part of our lives, moment by moment. As followers of Christ, God (by His Holy Spirit) is not only with us, but He is also in us, and we are in Him (1 Corinthians 6:19-20).

Since I became a follower of Christ, I've always known that God is with me, in me and I'm in Him. However, I was still gripped with fear, worry and anxiety about my circumstances, and my future. I couldn't understand why this was the case, until I discovered that I didn't really understand the true nature, character and power of the One, who is with me and in me.

The young man in the scenario, overcame all fear and anxiety, because of his knowledge and understanding of who Thor was, what Thor could do, and his relationship with Thor (as his best friend). In the same way, I believe that the only way, to completely overcome fear and anxiety, is to get to know the God who loves us (unconditionally), is with us, and is in us.

One of my favourite Christian songs written by Helen H. Lemmel is, Turn your eyes upon Jesus. Here are the lyrics of the refrain:

*"Turn your eyes upon Jesus,  
Look full in His wonderful face,  
And the things of Earth will grow strangely dim,  
In the light of His glory and grace"*

The purpose of this 40-Day Master Reset journey, is to help people turn their eyes away from their circumstances (or distractions), and focus on who God is. As we do this, I believe "...the things of Earth will grow strangely dim, in the light of His glory and grace". In other words, as we focus on who God is, and magnify



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His character and nature in our awareness; all our challenges will become small, in comparison to His incomparable greatness, and unmatched ability.

Each day of this forty day journey, you'll discover a different aspect of God's nature. Even though what you'll discover in this journey, is only a drop in the ocean of God's multifaceted nature; this journey has truly transformed my life. I believe, by God's grace, your life will be transformed too.

Enjoy your journey.



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# GUIDELINES FOR THE MASTER RESET JOURNEY

1. Write your reflections of the daily thoughts and questions in a journal. What you'll be writing is for your eyes only, so feel free to be completely honest and transparent.
2. Summarize your daily discoveries by answering these two questions:
  - In one sentence, what was your main discovery today?
  - What physical symbol did you choose as a trigger, to remind you of today's main discovery? (The physical symbol you choose, should be what's relevant to you.)

Let me give you an example:

"Today I discovered that I need to face the truth and not live in denial. My physical symbol is a mirror, because mirrors don't lie."

3. This journey or process can also be done with a group of people. If you are open to this, I would recommend that you create an online chat group of up to 5 people (max), who are fully engaged and committed to the process. Feedback is critically important in order for this process to be effective as a group and is also great for accountability. As a group, decide what would be the best time to give daily feedback. Alternatively, each person in the group can give their daily feedback at any time that suits them. The feedback of each person in the group, should only be a summary of their main discovery for the day (in one sentence) and their physical symbol (look at my earlier example).
4. At the end of this 40-day journey, you will have forty symbols that will trigger your memory of specific discoveries you made during the journey.



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Master Reset Journey



## DAY 1

### God is Love

*“Whoever does not love does not know God, because God is love.”* - **1 John 4:8**

*“Those who cling to worthless idols turn away from God’s love for them.”*

- **Jonah 2:8**

The nature of God is love; it's who He is. God doesn't have love, He **is** love. There's a big difference between having the ability to do something and being something. For example, I can have the ability to bark like a dog, but I'll be very selective about when I exercise that ability. The conditions need to be appropriate before I put that talent on display. Maybe at a five year old's birthday party, or to captivate the attention of primary school students when I'm narrating a story.

If I was a dog, however, barking is what I naturally do. I can't help but bark. In fact, barking is what I do in every situation. If I want your attention, I'll bark. If I'm frustrated, I'll bark. If I'm happy, I'll bark. If I'm sad, I'll bark. If I want food, I'll bark. If I'm angry, I'll bark. If I'm excited, I'll bark. Barking is how I naturally



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communicate in any circumstance, situation or condition I find myself in. If i'm a dog, I will bark unconditionally. Why? Because it's in my nature to bark.

In the same way, God's love is unconditional, because of who He is. The response of God to any person or situation, can only be love. He loves those who love Him and He loves those who hate Him. The **only** way He communicates with anyone (good people or evil people, friends or enemies, saint or sinner) is through love. Why? Because God is Love.

- Has your perspective changed? If so, what will you do differently from today onwards?



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## Master Reset Journey

# DAY 2

## God's love in action

*'The word of the Lord to Israel through Malachi: "I have loved you," says the Lord. But you ask, "How have You loved us?"'* - **Malachi 1:1-2**

*"When one door closes, another opens. But often we look so long, so regretfully upon the closed door that we fail to see the one that has opened for us."*

- Helen Keller

Focus on what God has done, not on what He didn't do.

Many times, when we go through tough seasons in our lives, we tend to focus on what God has NOT done. Since this becomes our focus, we lose sight of what God has done in the past, and is doing in the present. As a result, our interpretation of the nature and character of God, becomes inaccurate and distorted. This is exactly what happened in Israel's relationship with God. The declaration of God's love to Israel ("I have loved you"), through the prophet Malachi, was in the context of a long, rich history and amazing track record, of God demonstrating His goodness to Israel. Yet, Israel's response to God was:



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"How have you loved us?" They doubted God's love for them.

- Malachi is the last book in the Old Testament. All the other previous books share about how God provided for Israel, protected Israel and disciplined Israel. Write down some of the things you remember, that God did for Israel in the Old Testament.
- Reflecting on your life, write down the things that God has done for you and your family, that clearly demonstrates His love.
- In light of Israel's relationship with God, what will you do differently from today onwards?



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## DAY 3

### God is Good

*“For the LORD is good and his love endures forever; His faithfulness continues through all generations.”* - **Psalm 100:5**

God is good. God doesn't have good in Him; God **is** good. Therefore, whatever God does, is the fruit of His identity. Jesus said: *“A good tree produces good fruit and a bad tree produces bad fruit. A good tree **cannot** produce bad fruit and a bad tree **cannot** produce good fruit.”* (**Matthew 7:17-18**)

Since God **is** good, the fruit (or result) of what He does is **always** good. Not only is what God does always good, but also how (or the way) He does it, is always good.

#### Scenario:

Let's say you want to get to a place called Utopia. There are two paths - Path A and Path B. Both paths lead to Utopia, however, one of the paths is dangerous and death is guaranteed on that path. The problem is, you don't know which path to choose. God then leads you to travel on Path A.



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- What path will you choose to travel on? Why?
- Since God is leading you to travel on Path A, what does that imply about Path B? Why?
- Let's say you obeyed God and you're traveling on Path A:
  - How will you deal with obstacles on Path A?
  - If there are times, when you doubt that you're on the right path, how will you overcome it?
- Has your perspective changed? If so, what will you do differently from today onwards?



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## EXTRAS

In 2018, we facilitated the *Who is God?* journey with a group of young adult volunteers and leaders. Click on the following link to listen to some of their feedback for each day in the process:

[www.rebrand.ly/YTwhoisGod](http://www.rebrand.ly/YTwhoisGod)



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## ABOUT THE AUTHOR

**Nigel Brown** has functioned in leadership and pastoral ministry for over two decades. During this time, he has raised up leaders and volunteer leadership teams in various areas of ministry.

Nigel and his wife (as a couple) have mentored married and unmarried couples. He has helped many people discover their life's purpose and vision, and set them on the path to fleshing it out. He is a life coach, mentor, pastor, an author of 4 books, a leadership developer, cultural architect, change manager, mediator, trainer, facilitator and a public speaker.



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Nigel is a life long learner, always seeking to sharpen his skills and character by reading and allowing his mentors to speak into his life. He does this with the goal of accurately representing Christ, and to better serve others - starting with his family.

Nigel is married to Zuléne and they are proud parents of two children - Caleb and Daniel (on the way). Nigel's greatest calling in life is to be a faithful Christlike husband to Zuléne, and a loving father to his children.



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## NOTE FROM THE AUTHOR

It is my hope that this 40-day journey was meaningful and life-transforming to you. I would love to hear your feedback about the effect of this process on your life.

Please send your feedback to: [feedback@masterreset.co.za](mailto:feedback@masterreset.co.za)



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