

# MASTER RESET

Restore your heart to God's original default settings



## The will of God

A 40 - Day Journey

NIGEL BROWN

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# TABLE OF CONTENTS

<a href="#">Introduction</a>	6
<a href="#">Guidelines</a>	9
Day 1	<a href="#">Lie: God always gets what He wants</a> 10
Day 2	<a href="#">Lie: I am who I am because of the fruit I've produced</a> 12
Day 3	<a href="#">Lie: My value depends on other people's perception of me</a> 14
Day 4	Lie: Joy only comes when my problem is solved 16
Day 5	Lie: God causes sickness and all kinds of trouble to teach us life lessons 18
Day 6	Lie: I am who I feel I am 21
Day 7	Lie: Violating God's standards is justified if it's done in the name of compassion and tolerance for others 23
Day 8	Lie: My state of being depends on my circumstances 26
Day 9	Lie: Trusting God to fulfil His promises is a waste of time; I tried it and it didn't work 28
Day 10	Lie: If it feels true, then it is true 30
Day 11	Lie: People who reject the values of Christ, shouldn't be respected 32
Day 12	Lie: The best way to deal with my challenging



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	circumstances, is to speak about it	34
Day 13	Lie: Expect spiritual attacks and backlash from the Devil when you are in the will of God	37
Day 14	Lie: My beliefs and actions have no impact on future generations	39
Day 15	Lie: Don't trust people; only trust God	42
Day 16	Lie: My worth is determined by my performance	45
Day 17	Lie: Circumstances caused me to feel burnt out	47
Day 18	Lie: I can't afford to fail or make a mistake	49
Day 19	Lie: God's grace gives us a license to sin	51
Day 20	Lie: Satan is God's toughest rival	53
Day 21	Lie: You must honour God, but don't honour people	56
Day 22	Lie: You don't have to submit to authority, if they are corrupt	59
Day 23	Lie: The benefits of God's promises are automatically experienced by every believer	62
Day 24	Lie: There's no point in having close friends, because they will eventually disappoint you	64
Day 25	Lie: The hearts of believers are wicked and deceitful	66
Day 26	Lie: Circumstances caused me to lose my peace	68
Day 27	Lie: My words don't have power	70
Day 28	Lie: My prayers don't make a difference	73
Day 29	Lie: Depending on God's grace means we sit back and let God do the work	76



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Day 30	Lie: Every thought that comes into my mind is my thought	79
Day 31	Lie: Money, fame, power and influence, create arrogance and pride in people	82
Day 32	Lie: If something is legal, it must be the right thing to do	85
Day 33	Lie: I can't do what God told me to do	88
Day 34	Lie: My beliefs don't affect my life	91
Day 35	Lie: Jesus is satisfied with us being spectators of His works	93
Day 36	Lie: If most people believe that an idea is true, then it must be the truth	96
Day 37	Lie: Expect the worst, so you won't be disappointed	98
Day 38	Lie: My possessions are the measure of my success	101
Day 39	Lie: Good intentions always produce good results	104
Day 40	Lie: I live according to biblical principles; I don't need to consult the Holy Spirit	107
	Credits	109
	Special thanks from the author	110
	Sources	111
	<a href="#">About the author</a>	113
	<a href="#">Note from the author</a>	115

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# 40-DAY MASTER RESET

## The Will of God

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One of the clearest references to the will of God in the Bible, is found in **1 Thessalonians 5:8**: *“Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”* It is the will of God for us to be thankful, in every circumstance.

I remember having the following thought, when I reflected on this passage of Scripture a few years ago (during a tough time in my life): “How can God expect me to be thankful in this circumstance?” The Holy Spirit then asked me: “Nigel, do you believe My Word?” I replied: “Of course I believe Your Word, Lord”. I went on to quote **Psalms 18:30**: *“As for God, His way is perfect: The Lord’s Word is flawless; He shields all who take refuge in Him.”* The Holy Spirit asked: “If you believe My Word, then why are you anxious?” The truth hit me like a ton of bricks. I came to realise, that even though I mentally agreed with God’s Word, I didn’t really believe His Word in my heart. Agreeing with the Word of God in your mind, is not the same as believing His Word in your heart. The Lord teaches us that *“...it’s with the **heart** that you believe...”* (**Romans 10:10**). It’s great to memorise passages of Scripture, however, if the Scripture that you know, doesn’t become a revelation to you, you’ll have lots of biblical information in your mind, but you won’t believe it in your heart. You will be able to win arguments, but you won’t be able to win hearts and influence people.

There’s a story recorded in **Mark 9:23-25**, of a father who brought his sick son to Jesus and asked Him to heal him. Jesus told this father: *“If you can believe, all things are possible to him who believes.”* The father’s response to Jesus, clearly revealed the conflict between his mind and his heart – *‘Immediately the father of the child cried out and said with tears, “Lord, I believe; help my unbelief!”’* (**Mark 9:24**) Even though this father was aware of the amazing miracles that Jesus did, he just had a fresh experience of disappointment with the disciples of Jesus, who were not able to heal his son (**Mark 9:18**). In his mind, the father



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agreed that Jesus had the ability to heal his son, but because of his recent experience of disappointment, he was struggling with unbelief in his heart. He probably had these conclusions or beliefs in his heart: “Maybe my son cannot be helped. Maybe God doesn’t want to heal my son.” Do you relate with this father to some degree?

Think about a toddler who’s in the beginning stages of walking. Every time they try to walk, they fall on their little buttocks. If babies base their beliefs on past experience, they would never walk. Why? Walking is something that babies have never done before, and in trying to do so, the only reference point they have is failure. In light of their many failed attempts at walking, do you think babies would have the following beliefs in their hearts: “Because of all my past failed attempts to walk, I don’t think God designed me to walk. I think the Lord called me to crawl for the rest of my life and I just need to accept that.” Both you and I know that that’s a ridiculous thought, and doesn’t happen in reality. A baby receives his or her identity from their parents, and not from their experience. They are so convinced that they can do what their parents can do, that failure doesn’t negatively influence them.

I have a new understanding of why Jesus said: *“Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.”* (Matthew 18:3) Jesus only did what He saw His Father doing (John 5:19-20). He expects us to do the same. He wants our focus to be on His ability, not on our past experiences or our perceived inability.

I realised that it’s not our bad past experiences, that erode a thankful heart, but the wrong conclusions about our bad past experiences, that destroys a heart of gratitude. Our beliefs should be solely based on the Word and nature of God, not on our past experiences. This can only happen, if we magnify His Word and nature in our hearts, above all our experiences. God doesn’t want us to deny the existence of our bad past experiences; He just doesn’t want it to have a place of influence in determining what we believe about Him, ourselves, others and our circumstances. It is the will of God for us to base our heart beliefs on His version of reality, and not on any other version of reality. If your experience



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is falling short of what God promises in His Word, then He desires that you challenge your experience with His Word, rather than challenging the validity of His Word, with your experiences.

I was shocked to discover the numerous lies that I subconsciously believed, because of my past mistakes and bad experiences. I submit to you, that an accurate biblical definition of a lie is: any thought or idea that doesn't produce an empowering state of being (i.e. freedom, hope, peace, joy and gratitude) (**John 8:32; Romans 15:13; Romans 14:17**). On this *40-Day Master Reset Journey*, we'll be debunking and letting go of lies, that we may unknowingly believe about God, ourselves, others and our circumstances. The Holy Spirit will replace those lies with God's empowering truth, that will produce freedom, hope, peace, joy and a thankful heart. If you lack hope and gratitude, or feel like a prisoner in certain areas of your life, it's an indication that your heart beliefs in those areas, are under the influence of a lie. Jesus said: "*You will know the truth and the truth will set you free.*" (**John 8:32**) If the truth sets us free, then that implies that lies imprison us, and produce hopelessness (and all kinds of negative and disempowering emotions) in our hearts. I believe that this *40-Day Master Reset Journey*, will be a catalyst to you seeing God's version of reality, and fulfilling the will of God, of being thankful in every circumstance - "*Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*" (**1 Thessalonians 5:18**)

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 I encourage you to be completely honest and transparent.
2. Summarise 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 (or another online chat group) of up to 5 people, who are fully engaged and committed to the process. Feedback is critically important, in order for this process to be effective in a group dynamic, and is also great for accountability. Feedback time is up to each group's discretion. It can be given at a set time if the group chooses so, or at any time of day that suits a group member. The feedback of each group member, should only be a summary of their main discovery for the day (in one sentence), and their physical symbol (as depicted in the earlier example I gave).
4. At the end of this 40-day journey, you will have forty memory triggering symbols of specific discoveries you made during this journey.



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A background image of a house with a signpost. The signpost has two signs: a green one pointing left and a red one pointing right, both with the word 'Choice' in white. A blue circular logo with 'MR' and a right arrow is on the right. The text 'Master Reset Journey' is at the bottom right.

# Choice

# Choice

Master Reset Journey



## DAY 1

Lie: God always gets what He wants.

*"Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life, so that you and your descendants might live!"*

- Deuteronomy 30:19

*"The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance."* - 2 Peter 3:9

God gave human beings the freedom to choose to love Him. God desires that we love Him, however, He can't force us to love Him. If people didn't have the freedom to choose to love God, then it wouldn't be love. Love always gives the other person a choice. For God to always get what He wants, He must violate our freedom of choice. By giving human beings freedom of choice, He has placed limitations on Himself and He will not violate those self-imposed limitations, in order to get what He wants - even if what He wants is for our benefit. Violating our freedom of choice, would go against His nature and character. As **Numbers**



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**23:19** says: *“God is not human, that He should lie, not a human being, that He should change his mind. Does He speak and then not act? Does He promise and not fulfil?”*

Even though God won't violate our freedom of choice, He will do His best to influence us to make the right decisions. In **Deuteronomy 30:19**, God gave Israel the choice between life and death; blessing and curses. The loving heart of God is so clearly revealed in this passage of Scripture, when He tried to influence Israel to make the right choice, by advising her to choose life and blessings. Ultimately, the choice needed to be made by Israel. God could not make the decision for Israel.

In conclusion, we learn in **2 Peter 3:9** that God doesn't want one person to perish (or to be condemned for eternity), but He desires that everyone comes to repentance.

- Are there people dying today without having a relationship with Christ?
- In light of your answer to the above question, and God's desire for everyone to come to repentance, does God always get what He wants?
- Has your perspective changed about God? If so, what will you do differently from today onwards?
- Did today's thought, stir up thankfulness in your heart towards God? If so, in what way?



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## DAY 2

Lie: I am who I am because of the fruit I've produced.

*'When the angel of the Lord appeared to Gideon, he said, "The Lord is with you, mighty warrior."' - Judges 6:12*

I am who I am, not because of the 'fruit' that I produce, but because of who God created me to be. The fruit that I produce in my life, are the result of who I am.

What do you call an apple tree that died before it had an opportunity to produce apples? We don't call an apple tree, an apple tree because it produced apples; we call it an apple tree because it was created to produce apples.

In today's scriptural reference, God identified Gideon as a mighty warrior, before he produced any fruit of a mighty warrior. In fact in **Judges 6:15**, Gideon identifies himself as the least in his family. In his current state, he only produced the fruit of fear, anxiety, cowardice and a victim mentality. God, however, doesn't identify us based on our current state. God identifies us by who He created us to be. God ignored Gideon's victim state of mind, and identified him as the person He created Gideon to be - a mighty warrior. Gideon eventually produced the



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'fruit' of who God created him to be - He saved the Israelites from Midianite oppression.

- At the time when God identified Gideon as a mighty warrior, Gideon resisted God's Word, because up to that point in time, he didn't produce any fruit of that identity. What has God identified you as, that you have resisted in your heart, because it didn't fit your past experience, or other people's perception of you?
- Has your perspective changed, as a result of today's thought? If so, what will you do differently from today onwards?
- Did today's thought, stir up thankfulness in your heart towards God? If so, in what way?



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## DAY 3

**Lie:** My value depends on other people's perception of me.

Since human beings were created in the image of God, all people have inherent value and worth (**Genesis 1:26**). In light of this truth, your value is not determined by other people's perception of you; however, your value to them, is determined by their perception of you.

In **Psalm 34:3**, David invites us to magnify the Lord with him. While I was reflecting on this passage, I thought: "How can I magnify the Lord? How can I make the Lord bigger than He already is?" I came to realise, that magnifying the Lord is not about making God bigger or greater. I can't make Him bigger or greater than He already is. Magnifying the Lord is about making God bigger and greater in my awareness. Atheists deny, not only the value of God, but also the very existence of God; however, this doesn't change the truth that God exists and that He is infinitely valuable. In the same way, just because there are people who undermine you and underestimate your value - that doesn't affect your inherent value at all. It only affects your value in other people's eyes.

- Has your perspective changed, as a result of today's thought? If so, what



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will you do differently from today onwards?

- Did today's thought, stir up thankfulness in your heart towards God? If so, in what way?



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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. 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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