



EP 00 | THE RESET | CTRLALTDDEL | HLAV.ORG

Theme: Before You Crash — Reset.

Scripture

Isaiah 43:19 — “Behold, I am doing a new thing (ḥadāš / chadash) — fresh, never recycled.”

Big Idea

When life jams up, G-d doesn't patch or reboot you halfway — He performs a complete reset.

Reset ≠ erase. Reset = release what no longer serves the upgrade.

Teaching Snapshot

Like a frozen computer, your soul can get cluttered by old processes running in the background.

A reset clears corrupted memory so new code can run.

CTRL — Let go. Stop trying to manage what only surrender can heal.

ALT — Choose differently. New paths require new inputs.

DEL — Remove what's frozen. Clear the noise so grace can load.

Reset is not self-help; it's surrender.

G-d's “new thing” is not duct tape — it's creation 2.0.

Reflection

1. Where do you feel “frozen”?
2. What processes or voices are eating your mental bandwidth?
3. What might a fresh start look like if you trusted the reset?

Practice

Write one honest line:

“The jam I need to clear is ____.”

That sentence becomes your first prayer.

Prayer

Lord, do a new thing in me. Clear what clogs me. Upgrade what's outdated.

Mission

Post a sticky note that says “Clear the Jam.”

Each time you see it, whisper: “Do a new thing in me.”