

MIND OVER MATTERS

TOM LUNDEEN, SENIOR PASTOR

WEEK EIGHT - OCTOBER 27, 2019

Habits matter so much because people who are _____ do consistently what other people do occasionally at best.

Habits _____ willpower for breakfast. (Ortberg)

We don't control all the circumstances in our lives, but we do control the _____ we make.

Note Hebrews 11:23-27

Last Sunday we explored the first two choices Moses made:

- 1. Choice #1 = I Reject Being Defined by Others**
(note Hebrews 11:24)
- 2. Choice #2 = I Embrace Short-Term Pain for Long-Term Gain**
(note Hebrews 11:25)
- 3. Choice #3 = I Adopt God's _____, not the World's (note Hebrews 11:26)**

"_____ " = to evaluate, to consider, to weigh in balance.

So what m_____ m_____ in your life?

We can't live out our _____ if we don't know what they are.

Reality is if you don't decide what's _____, other people will decide for you.

Note I John 2:15-16

Note Hebrews 11:24, 25, 26

Moses walked away from what most people spend their w_____ l_____ trying to get (note I John 2:17).

God's values:

- His purpose is more important than p_____.
- _____ are more important than pleasure.
- Peace of mind is more _____ than things.

**4. Choice #4 = I Decide to Live By Faith Instead of _____
(note Hebrews 11:27)**

Many of us are in negative, unhealthy habit loops because _____ of some kind triggers that habitual action.

The closer you get to God, the less fear _____ your life (note Romans 14:23b; Hebrews 11:6).

Note Matthew 17:20; Galatians 2:16

What kind of "creature of habit" does God want to shape my life into?:

- God will transform our lives primarily by changing our habits and helping us _____ new and healthy habits.
- God _____ His strength, life, Spirit, and power in developing life-transforming habits.
- What values of the world do we need to jettison from our lives... _____

- ...and what values from God do we need to welcome into our lives? _____

- Where do we need to confront our fears and replace them with faith in an incredibly big God? _____

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!

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WEEK EIGHT - OCTOBER 27, 2019

Habits matter so much because people who are effective do consistently what other people do occasionally at best.

Habits eat willpower for breakfast. (Ortberg)

We don't control all the circumstances in our lives, but we do control the decisions we make.

Note Hebrews 11:23-27

Last Sunday we explored the first two choices Moses made:

1. Choice #1 = I Reject Being Defined by Others
(note Hebrews 11:24)
2. Choice #2 = I Embrace Short-Term Pain for Long-Term Gain (note Hebrews 11:25)
3. Choice #3 = I Adopt God's Values, not the World's (note Hebrews 11:26)

"regarded" = to evaluate, to consider, to weigh in balance.

So what matters most in your life?

We can't live out our values if we don't know what they are.

Reality is if you don't decide what's important, other people will decide for you.

Note I John 2:15-16

Note Hebrews 11:24, 25, 26

Moses walked away from what most people spend their whole lives trying to get (note I John 2:17).

God's values:

- His purpose is more important than popularity.
- People are more important than pleasure.
- Peace of mind is more desirable than things.

4. Choice #4 = I Decide to Live By Faith Instead of Fear (note Hebrews 11:27)

Many of us are in negative, unhealthy habit loops because fear of some kind triggers that habitual action.

The closer you get to God, the less fear dominates your life (note *Romans 14:23b*; *Hebrews 11:6*).

Note Matthew 17:20; Galatians 1:16

What kind of "creature of habit" does God want to shape my life into?:

God will transform our lives primarily by changing our habits and helping us create new and healthy habits.

God promises His strength, life, Spirit, and power in developing life-transforming habits.

What values of the world do we need to jettison from our lives... _____

...and what values from God do we need to welcome into our lives? _____

Where do we need to confront our fears and replace them with faith in an incredibly big God? _____

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WEEK EIGHT **DISCUSSION GUIDE**

MIND **OVER** MATTERS

WEEK OF OCTOBER 27, 2019

Can you believe it? We're at the end of the journey...or is it just the beginning of letting God shape you into the creature of habit He wants you to become? As we work through the materials this week, we'll look again at Moses' life and living by faith instead of fear. We trust your small group will help support you in this endeavor and continue meeting to see your progress! Make sure to take time to discuss your group's plans after the journey—life is better lived out together!

DISCUSSION GUIDE



Icebreakers: What's the weirdest thing you've ever eaten, and where?
What's the coolest animal you've ever seen in the wild?
If you were the first one to church and could park wherever you wanted... where would it be and why?

Watch this week's intro video before answering the questions below. You can find the video at myrc.link/resources or use this QR Code:



- 1** Read Hebrews 11:23-27. Moses' life was defined by a series of decisions, beginning with those made by his parents. What are some decisions that have been made by others that have affected you? (Ideally for good, but be honest if it wasn't.)
- 2** What are some ways that you've lived out one or both of last week's choices of rejecting being defined by others, or embracing short term pain for long term gain? (Celebrate the wins!)
- 3** Moses' next choice was to adopt God's values, not the world's. What did this decision cost Moses, and what will it, or could it, cost you to make the same choice? (Is the "American Dream" really God's ideal?)
- 4** Pastor Tom reminded us that to live out God's values we need to know what those values are. Which of the three values (see your message notes) is the one that's going to cause you the most trouble to live out?
- 5** We live out our actual values on a daily basis. What are some of the values that I'm living out which need to change to reflect God's values? What do I need to cut loose, and what do I need to add?
- 6** Read Hebrews 11:27 and 11:6. What does living by faith instead of fear look like in your life? How does knowing God inspire faith that can overcome even deep-seated fears in your life?
- 7** What practical steps can you take this week which will move you closer to God and out of a fear based life to a more faith based one? What systems do you need to continue using and refining that will accomplish this goal?
- 8** "Where do we need to confront our fears and replace them with faith in an incredibly big God?" Read Jude verse 24 to put this in perspective and to close in victory and celebration!