

Wednesday - Change the way you think...about yourself.  
 Flag Week, 2013  
 20 minutes

- Jesus speaks to YOU
  - What does he say to you?
  - Who does he say you are?
  - What does he think about you?
  - *Wednesday*

### **REVIEW MONDAY**

#### Big Idea

- Transform, by Changing the way you Think, by SPEAKING

#### Road Map

- He speaks to You? Says what?
- He speaks to Evil? Says what?
- He speaks to Death? Says what?

### **PRAY**

### **AVIATION STUFF**

- Who's ever been in a plane? Right. Most.
- Who's ever seen the cockpit of a plane?
- Been in the cockpit during a flight?
  - Exciting place
  - From boring to WHOOAAA. In a split second.
    - For example, Asiana flight. Normal 13-14 hours...and then two minutes.

### **Important to Look at Instruments –PAY ATTENTION**

- They were too low. Their instruments were telling them they were too low.
  - Instruments are designed to CHANGE THE WAY THE PILOT THINKS!
    - Noticed too late.
    - Listen to what your instruments are telling you. Not just feeling.
- FLIGHT TRAINING, practice paying attention to instruments
  - Flight hood.
    - Eg. Look down, instructors plane, crazy roller coaster, and then at some point, says “YOUR PLANE” and you have to look at nothing but the instruments and correct the attitude of the plane back to “NOT GOING TO DIE”

- What Jesus Says is Like Instruments.
  - o **Must hear what Jesus says. And BELIEVE HIM.**
  - o Your own heart might lie to you
    - Your friends might lie to you
    - Your enemies might lie to you.
  - o Tricky, cause the world will put a bunch of "broken" instruments in front of you,
    - Full of false directions (not One Direction).
    - Eg, governor of Missouri, office
      - Malfunctioning instrument.
      - Watched flight model of his plane...all over the place
      - And right into the side of a hill.

**If NOT pay attention, might enter GRAVEYARD SPIRAL – Called that for a reason.**

- Need volunteer and a spinny chair. Need spotters.
- At least (volunteer) won't forget this message
- Inner ear tricks you. And then kills you.
- Listen, if you listen to the wrong voice, it might kill you.
- o Some of you might be listening to the WRONG voice about YOU, and it might be killing you.

**Instruments are Designed to CHANGE the way you Think.**

- Like God, they speak, but they don't take over
  - o Instruments don't override, they just recommend.
  - o Stall Horn, rudder shake, "TERRAIN, TERRAIN."
- You could have all the instruments in the world, but if you never look at them...
- Ever wish God could just take over?
  - o Put this thing on autopilot, mosey back to first class, sip some...coca, and watch a documentary or something. : 0

**So, What Does Jesus Say to You? About You? How do you know?**

- First, most obvious thing...Look at the instruments!
  - o Read the red.
  - o Expose yourself to the Truth.

- Like a pilot flying in the clouds, like a bowl of spaghetti, CRAZY!
  - o “WHERE AM I GOING?”
  - o “WHO AM I?”
  - o “AAAGGGHHHHH!” : )
- Might I suggest opening your eyes and LOOKING at the instruments?
  - o See what God says.
  - o Read the Red.
  - o Read the Bible.

### Only time for few Examples.

- **But no worries, ya'll are smart, and I'm pretty sure you can read. So try it! : )**
- Want to discuss some big ones.
- If you're broken, hear his words of healing and comfort.
- If you're arrogant, stuck up, self-righteous, think you're better, cooler, smoother, smarter, wealthier, luckier than everyone around you, listen to what he says about you, and change the way you think.
- God opposes you, the proud and arrogant. **James 4:6-7**
  - “*God opposes the proud but favors the humble.*”<sup>[c]</sup>
  - <sup>7</sup> *So humble yourselves before God*
- o So, heads up.
- o But really, most of the time, when we act like that, we're just covering up pain. –
  - So hear me say that God cares tremendously about that.
  - And as soon as you're ready to let him heal that pain, He will.

### Another Example: Woman Caught Committing Adultery

- Caught in the act. **John 8.**

<sup>3</sup> As he was speaking, the teachers of religious law and the Pharisees brought a woman who had been caught in the act of adultery. They put her in front of the crowd.

<sup>4</sup> “Teacher,” they said to Jesus, “this woman was caught in the act of adultery. <sup>5</sup> The law of Moses says to stone her. What do you say?”

<sup>6</sup> They were trying to trap him into saying something they could use against him, but Jesus stooped down and wrote in the dust with his finger. <sup>7</sup> They kept demanding an answer, so he stood up again and said, “All right, but let the one who has never sinned throw the first stone!”  
<sup>8</sup> Then he stooped down again and wrote in the dust.

<sup>9</sup> When the accusers heard this, they slipped away one by one, beginning with the oldest, until only Jesus was left in the middle of the crowd with the woman. <sup>10</sup> Then Jesus stood up again and said to the woman, “Where are your accusers? Didn’t even one of them condemn you?”

<sup>11</sup> “No, Lord,” she said.

And Jesus said, “Neither do I. Go and sin no more.”

- Humiliated, powerless, busted, set up, SCARED.
- Surrounded by haters, lawyers, professors. All there to PUNISH her.
- No hope. No lawyer, no appeal, no court. STONED. DEAD.

**Pause.**

- Story illustrates something Jesus knew.
  - o **What it is we all need, deep down inside. To be LOVED.**
  - o He knows it, and he fills it.
    - Ephesians 3:14...
    - <sup>16</sup> *I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. <sup>17</sup> Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong. <sup>18</sup> And may you have the power to understand, as all God’s people should, how wide, how long, how high, and how deep his love is. <sup>19</sup> May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.*
    - THIS is what we all need, deep down in our souls.
- I think Jesus knew this woman’s actions were driven by her need to be loved.
- What Jesus tells this woman is the most loving thing ever.
  - o “I don’t condemn you.”

**Keep in Tension**

- Justice and Holiness of God.
- Jesus does not EXCUSE her sin, or yours.
  - o Did not say, *“Neither do I condemn you, go back to your fun, and next time, for goodness sake, don’t get caught.”* Says Go and stop sinning.

### **What Jesus is Saying to you?**

- If you’re bruised and hurt, hopeless, locked down, trapped, condemned.
  - o I do not condemn you. I do not hate you.
  - o I do not despise you.
  - o I do not see you as dirty.
  - o I do not see you as ugly or less than perfect.
  - o I LOVE YOU. I want to heal you.

### **Hear Him Speak to You.**

- Could go on and on, chapter by chapter.
- Listen to what he says. Look at the instruments. Every day!

### **One More Thought –**

- Perhaps applies...Eating Disorders (aka, looking at the wrong instruments)
- In youth ministry long enough to see the struggle.
- Elizabeth’s blog on anorexia. (triggered by a Teen magazine) Several mothers replied.
- Breaks my heart.
  - o Have 7 younger sisters.
  - o Have 2 daughters.
  - o It’s personal for me.
- My daughters are still young enough to believe me
  - o When I dance with Hanna (What Makes You Beautiful)
  - o She believes me.
    - She smiles big and runs into my arms.
    - When I kiss her hand and say goodnight, she believes me.
    - She believes I love her the way she is. AND SHE IS RIGHT.
- Kills me to think that one day she might listen to lies about her body.
- **Daughters, I’m begging you, listen to what Father God says about you.**
  - o Father God wants to dance with you.
  - o You are his masterpiece, he calls you His.
  - o He speaks to you and says, I love you, I care so much about you.

- If you feel like nothing, I am your everything,
- If you want to be so skinny no one will notice you, I will still notice you.
  
- If you eat way too much to cover over the pain, I am here, and I care about that pain too. I love you.
  
- Let him speak to you and let his words transform you by changing the way you think...about yourself.

END.

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#### Discussion questions?

- Anyone want to try the “graveyard spiral”? [Note: you can do this without a spinning chair, just have the student stand up, tilt their head to the side and spin around. When they stop spinning, they raise their head back to an upright position. Please spot your students, making sure they don’t fall over!]
- What are airplane instruments designed to do? [Change the way the pilot thinks!]
- Why would God care about changing the way we think?
- What are three things we could do to expose ourselves more to what God thinks about us?
- What did Jonathan say all people desperately want? [to be loved] What does that mean, really? What does that look like? Have you ever met someone about whom you could say, “Wow, that person REALLY loves people well”?