

The Good Life | Week Seven

Dysfunction:

1. *“impaired or abnormal functioning”*
2. *“abnormal or unhealthy interpersonal behavior or interaction within a group”*

Function (1):

“a procedure or process which converts input to output in some way”

Input → Relationship → Output
(function)

Mindset:

“collections of beliefs and thoughts that make up the mental attitude, inclination, habit or disposition that predetermines a person’s interpretations and responses to events, circumstances and situations.”

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

³ *For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.*

Romans 12:2-3

Function: (2)

***“the action for which a person or thing is specially _____
or used, or for which a thing _____.”***

**If your “function junction” is causing _____, you’ll never
live out your intended _____.**

“When people have authentic spiritual experiences—such as worship, prayer, Bible studies, and fellowship—they mistakenly believe they are doing fine, even if their relational life is fractured and their interior world is disordered. Their apparent “progress” then provides a spiritual reason for not doing the hard work of maturing.” (*Emotionally Healthy Spirituality*)

At this they covered their ears and, yelling at the top of their voices, they all rushed at him, ⁵⁸ dragged him out of the city and began to stone him. Meanwhile, the witnesses laid their coats at the feet of a young man named Saul.

Acts 7:57-58

Meanwhile, Saul was still breathing out murderous threats against the Lord’s disciples. He went to the high priest ² and asked him for letters to the synagogues in Damascus, so that if he found any there who belonged to the Way, whether men or women, he might take them as prisoners to Jerusalem. ³ As he neared Damascus on his journey, suddenly a light from heaven flashed around him. ⁴ He fell to the ground and heard a voice say to him, “Saul, Saul, why do you persecute me?”

⁵ “Who are you, Lord?” Saul asked.

“I am Jesus, whom you are persecuting,” he replied. ⁶ “Now get up and go into the city, and you will be told what you must do.”

⁷ *The men traveling with Saul stood there speechless; they heard the sound but did not see anyone. ⁸ Saul got up from the ground, but when he opened his eyes he could see nothing. So they led him by the hand into Damascus. ⁹ For three days he was blind, and did not eat or drink anything.*

¹⁰ *In Damascus there was a disciple named Ananias. The Lord called to him in a vision, “Ananias!”*

“Yes, Lord,” he answered.

¹¹ *The Lord told him, “Go to the house of Judas on Straight Street and ask for a man from Tarsus named Saul, for he is praying. ¹² In a vision he has seen a man named Ananias come and place his hands on him to restore his sight.”*

¹³ “Lord,” Ananias answered, “I have heard many reports about this man and all the harm he has done to your holy people in Jerusalem. ¹⁴ And he has come here with authority from the chief priests to arrest all who call on your name.”

¹⁵ But the Lord said to Ananias, “Go! This man is my chosen instrument to proclaim my name to the Gentiles and their kings and to the people of Israel. ¹⁶ I will show him how much he must suffer for my name.”

¹⁷ Then Ananias went to the house and entered it. Placing his hands on Saul, he said, “Brother Saul, the Lord—Jesus, who appeared to you on the road as you were coming here—has sent me so that you may see again and be filled with the Holy Spirit.” ¹⁸ Immediately, something like scales fell from Saul’s eyes, and he could see again. He got up and was baptized, ¹⁹ and after taking some food, he regained his strength.

Acts 9:1-18

3 Dysfunctional Mindsets

- **About** _____

(Paul, on trial before King Agrippa) “I too was convinced that I ought to do all that was possible to oppose the name of Jesus of Nazareth.”

Acts 26:9

- **About** _____

(Paul, continued) “And that is just what I did in Jerusalem. On the authority of the chief priests I put many of the Lord’s people in prison, and when they were put to death, I cast my vote against them. ¹¹ Many a time I went from one synagogue to another to have them punished, and I tried to force them to blaspheme. I was so obsessed with persecuting them that I even hunted them down in foreign cities.”

Acts 26:10-11

- **About _____**

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Romans 12:2-3

Three things we believe about ourselves:

- I am what I _____. (performance)
- I am what I _____. (possessions)
- I am what others _____. (popularity)

You'll function in _____.

THE GOOD LIFE | WEEK SEVEN

DISCUSSION QUESTIONS

1. What are you feeling after taking the trauma assessment last week? What about your assessment results surprised you?
2. Do you agree with the statement, “We have become okay with our dysfunction?” Why or why not?
3. If you feel comfortable, give an example of some dysfunction you have discovered that has become “normal” in your life?
4. Take a couple minutes to talk about the differences between “Spiritual Renewal” vs “Mind Renewal” that were discussed tonight. What stood out to you most?
5. From the “3 Dysfunctional Mindsets” that were presented, which mindset has affected you most or have you experienced most in your life?

Pastor Carl ended by discussing three things we believe about ourselves:

- I am what I do. (performance)
 - I am what I have. (possessions)
 - I am what others think. (popularity)
6. What did you feel when hearing each of these? Which one do you most relate to and why?

Week Seven | Weekly Reflections

Day 1 | Let's Unpack

Today, take some time to process all you have learned and discovered these last couple of weeks.

1. Write down what surprised you and stood out to you from the trauma assessment last week.
2. Is there a certain experience that you are nervous about dealing with? Write down the experience(s) and what you are feeling.

End today's devotional time by bringing any nervousness or hesitations to Jesus in prayer.

Day 2 | Ain't Too Proud...

1. How would you define "pride?"

Read James 4:6, Proverbs 11:2

2. What are the two main contrasting traits in these verses? Why do you think they oppose each other?
3. Name some areas in your life where you think pride is present. How has pride affected those areas of your life?
4. How would you define "humility?" What does/would humility look like in your life?

Today, and in the days ahead, be mindful of how pride can creep in and regularly ask Jesus to grant you a mindset and attitude of humility.

Day 3 | Take the Easy Yoke

One of the best things we can do for ourselves is realize that we are not able to handle everything on our own or through our own strength.

1. Do you more commonly ask for help or try to do whatever needs to be done on your own? Why do you think you respond the way you do?
2. What do you feel that it says about you if you need help with something?

Read Matthew 11:28-30

3. What is Jesus inviting you to do in this passage?
4. What do you think that looks like, or could look like, in your own life?

Point of Interest:

A "**yoke**" was the collective teachings of a rabbi. In this passage, Jesus was ultimately contrasting his yoke with the burdensome yoke of the Pharisees. The teachings of the Pharisees were made up of many rules and laws a person must keep and perform to be in "good standing" with God. But Jesus came to fulfill the law and now offers an "easy" or "simple" yoke to follow, along with his hand of guidance and strength.

Day 4 | Saul to Paul

Read Acts 9:1-18

1. Explain in your own words what happened to Saul in this account.

Reflect specifically on verses 13-16 from the passage above.

2. How do these verses encourage you when considering your past or mistakes?

Similar to Saul, you might feel some weight from your past, but his story is proof that turning from the past and walking in freedom and purpose with God can be done.

3. What are some things that might be blocking you from fully walking in the purpose God has for your life?

Continue your reflection on verses 17-18.

4. In your own words, describe what you think Saul was thinking or feeling during this interaction with Ananias. How can you relate to this moment in your own life?

Day 5 | A Day of Reflection

The book of Romans is a series of letters that Paul (formerly Saul) wrote to the church in Rome. This entire book is full of wisdom and guidance meant for Christ-followers. Focus on reading chapter 12 and spend some time reflecting on what you learn.

Read Romans 12:1-21

1. Write out or highlight the main points of this chapter that stood out to you.
2. What are your main takeaways from each of the devotionals this week?