



Mind Your Business: “Creation Business”

Pastor Miles McPherson / August 19, 2018

Opening Prayer:

Pastor Miles had a giant bag on the stage filled with 60,000 packing peanuts to illustrate that we have up to that many thoughts each day. Up to 80% of those thoughts are negative.

TRIVIA: Other researchers have found that up to 98% of our thoughts each day are exactly the same as the day before.

Lord, we thank you for giving us a brain and the ability to make choices. Do not let us be deceived by the enemy, or beaten down with repeated negative thoughts or complaints. Let us focus on you in our future, let us be the positive, joyful lights of Jesus. Each day, let us have new, positive thoughts. Break those negative pathways in our brain, and give us your peace and comfort. Amen.

Icebreaker:

Pastor Miles opened by explaining how a lie detector machine works. Imagine being hooked up to a lie detector machine. [Who is uneasy or nervous just thinking about this?] What is the ONE question you could be asked and have the best chance of fooling ('beating') the machine with an answer that was a lie?

- or -

Think about how often you complain each day. If you took a challenge to avoid any complaints, how long do you think you would last?

Encouragement:

Pass out a pen/pencil and a sheet of paper to each person. Put your name neatly at the top. Now, pass the paper to the person next to you. Note the name on the sheet and write 1 sentence nice or positive about the person. (If you just met them, it can be something about their appearance, what they are wearing, how they smile etc.). Continue passing the sheets in the same direction until everybody has commented and you have *your* own sheet back. Now, take a few moments to read your filled out sheet.

How did reading the comments make you feel?

Any surprises?

What does this tell us about ourselves?

Scriptures:

Pastor Miles emphasized that one way of transforming our thinking is by daily reading the Bible.

What are some of the reasons you use for not reading the Bible?

For each reason given, what are some arguments FOR daily Bible reading?

READ Phil 4:6-8

"Worry about nothing..."

What is the hardest thing for you to avoid worrying about, or what do you worry about the most? How does one balance not worrying with the realities (sin, sickness, and problems) of life?

"Pray about everything..."

What is the hardest thing or person for you to pray about? Why?

Do you talk to God like a dear friend?

How would your thinking change if you talked to God longer and more often?

Why is it generally or usually harder to *ask* a good friend for a favor compared to doing a favor *for* a good friend? How do you usually feel about being asked?

How does that translate to asking something from God?

READ 2 Corinthians 19-20. How do respond to people who say one thing and do another? What changes can you make to be more positive and more often line up your words with your deeds?

Prayer:

If your group is large, suggest breaking into groups of 3-4.

What is your first reaction to this scenario:

The road is crowded with stop and go traffic. You are in a vehicle trying to merge (either as passenger or the driver). The driver of another vehicle does not let YOU in, but lets another vehicle into your lane.

What is your typical reaction or emotion? Why

READ Gal 5:22-23 What fruit of the Spirit can you draw upon to give you a more positive attitude or thinking? What area of your life is filled with negative thoughts? What will you do different as a result of this study or series

Next Steps:

It takes 21 days to start a new habit. See how long you can go without complaining, gossiping and reading the Bible daily.

Practice:

Read your Bible every day. Read your Bible every day. Read your Bible every day. Read your Bible every day. Read your Bible every day. Read your Bible every day. Read your Bible every day. Read your Bible every day. Read your Bible every day. Challenge and encourage one another to do this.

Race for Unity. Come to Pastor Miles live simulcast kicking off the release of his new book The Third Option, Sat, Sep 15 at 9:00-11:00 Point Loma Campus.

Register here: <https://www.sdrock.com/events/20152/>

Quote:

"You are not going to get into shape with 5 minute workouts."

Notes:
