

Series graphic w/email

ENERGY AUDIT of our lives:

- **Functioning; Surviving**

ENERGY AUDIT of our lives:

- ~~Functioning; Surviving~~
- ~~Emotional + Mental Energy = Mindset~~

{bullet points come up one at a time}

A large portion of our energy goes toward control.

- Trying to make “it” happen
- Uncertainty about whether “it” will happen
 - When “it” does not ... blame, pity

Images (put on one slide)

- *TV remote control*
- *XBOX or gaming system remote control*
- *Smart phone*
- *Car keys*

System of Belief:

To be successful and happy, it’s up to me and I have to try hard to make “it” happen; therefore, I need to be in control.

Fear and anxiety are often connected to beliefs about control.

{Darline: see if this can all go on one slide or let me know b/c I have an alternative way to do it}

- A:** *easily agitated and frustrated*
- N:** *not sleeping or relaxing*
- X:** *avoidance of certain situations, people*
- I:** *in your body ...*
- E:** *escalating worries*
- T:** *traumas re-lived*
- Y:** *Yes, all the time*

I Peter 4:1-2

Therefore, since Christ suffered in the flesh, arm yourselves also with the same understanding—because the one who suffers in the flesh is finished with sin—² in order to live the remaining time in the flesh no longer for human desires, but for God’s will.

{all one slide; keep formatting}

The mindset of Jesus was to trust the Father and His will
VS.

The system of belief that control = happiness & success

John 6:29 (NLT)

Jesus told them, “This is the **only work** God wants from you: **Believe** in the One He has sent.”

RED LETTER CHALLENGE logo and any information Felix wants displayed

--At least put the dates up; one slide is fine.

Christ-followers are DIFFERENT because they spend their best energy to **decisively and functionally trust God.**

I Peter 4:3-4

For there has already been **enough time** spent in doing what the Gentiles choose to do: carrying on in unrestrained behavior, evil desires, drunkenness, orgies, carousing, and lawless **idolatry**. ⁴ They are **surprised** that you don't join them in the same flood of wild living—and they **slander** you.

{one slide IF formatting is clear; if not, use 2 slides, one for each question}

Typical Question:

How can I get what I want from/in THIS?

Different Question:

Am I trusting God with/in THIS?

Psalm 16:5-9

Lord, you are my **portion and my cup of blessing**; you hold my future.

⁶ The boundary lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance. ⁷ I will bless the Lord who counsels me—even at night when my thoughts trouble me. ⁸ **I always let the Lord guide me.** Because He is at my right hand, I will **not be shaken**. ⁹ Therefore my heart is glad and my whole being rejoices; my body also rests securely.

Christ-followers are DIFFERENT because they have God; therefore, they **abandon outcomes and results to Him.**

BOWLING: put these 2 images on the same slide

<https://wallup.net/wp-content/uploads/2019/09/377545-bowling-ball-game-classic-bowl-sport-sports-71.jpg> = LEFT SIDE of screen; physics image on RIGHT

https://www.real-world-physics-problems.com/images/xphysics_bowling_19.png
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I Peter 4:5-6

They will give an account to the one who stands ready to **judge** the living and the dead. ⁶ For this reason the gospel was also preached to those who are now dead, so that, although they might be **judged in the flesh according to human standards**, they might **live in the spirit** according to God's standards.

- 1) Be different: no more energy seeking **validation, vindication, or approval** from people!**
 You are alive to God now and forever as His sons & daughters!!

I Peter 4:7

The **end** of all things is near; therefore, be **alert** and **sober-minded** for **prayer**.

- 2) Be different: we know the **goal**, we have the **prize**, so pray for His **will to be done**.**

I Peter 4:8-9

Above all, maintain **constant love** for one another, since *love covers a multitude of sins*. ⁹ Be **hospitable** to one another **without complaining**.

- 3) Be different: no more energy trying to **"fix" others** and **complaining** about life and the people in it.**

I Peter 4:10-11

Just as each one has received a gift, use it to **serve others**, as **good stewards** of the varied grace of God. ¹¹ If anyone speaks, let it be as one who speaks God's words; if anyone serves, let it be from the strength **God provides**, so that **God may be glorified** through Jesus Christ in everything. To Him be the glory and the power forever and ever. Amen.

- 4) Be different: no more **self-promotion or self-exaltation**; live for Him and from the graces He provides to do as much good as possible.**

I Peter 4:12-16

Dear friends, **don't be surprised** when the fiery ordeal comes among you to test you, as if something unusual were happening to you. ¹³ Instead, **rejoice** as you share in the sufferings of Christ, so that you may also rejoice with great joy when His glory is

revealed. ¹⁴ If you are ridiculed for the name of Christ, you are **blessed**, because the Spirit of glory and of God rests on you. ¹⁵ Let none of you suffer as a murderer, a thief, an evildoer, or a meddler. ¹⁶ But if anyone suffers as a Christian, let him not be ashamed but let him glorify God in having that name.

5) Be different: **rejoice in the ordeals**

- **Not being in control does not mean we become irresponsible or sinful**
- **We do our best, but we do not trust our best.**

I Peter 4:17, 19

For the time has come for **judgment to begin with God's household**, and if it begins with us, what will the outcome be for those who disobey the gospel of God? ... ¹⁹ So then, let those who suffer according to God's will **entrust themselves to a faithful Creator** while doing what is **good**.

Be different: don't live in the **lie of control; live **entrusted** to the One who died for us all!**