

Mindset
“Mindset Of Peace”
Cornerstone Church of Poway
Pastor Ed Turley
March 8, 2020

Big Idea: Understanding **who Christ is**, and **who we are in Him**, will empower us to live out our new identity.

“Set your mind on the **things above**, not on the things that are on earth. For you have died and your life is hidden with Christ in God.”

Colossians 3:2-3 (NASB) Remember Verses

“Let the **peace** of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.” **Colossians 3:15 (NIV)**

Four Important Truths To Find Peace When Your Heart Is Breaking:

1. Loss Is _____

“And now, dear brothers and sisters, we want you to know what will happen to the believers who have died so you will not **grieve** like people who have no hope. For since we believe that Jesus died and was **raised to life again**, we also believe that when Jesus returns, God will bring back with him the believers who have died.”

1 Thessalonians 4:13-14 (NLT)

List the losses I've never grieved: _____

2. Grief Is _____

“Blessed are those who **mourn**, for they will be **comforted**.” **Matthew 5:4 (NIV)**

“When Mary reached the place where Jesus was and saw him, she fell at his feet and said, “Lord, if you had been here, my brother would not have died.” When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. “Where have you laid him?” he asked. “Come and see, Lord,” they replied. Jesus wept. Then the Jews said, “See how he loved him!” **John 11:32-36 (NIV)**

“O LORD, the God who saves me, day and night I cry out before you. May my prayer come before you; turn your ear to my cry. For my soul is full of trouble and my life draws near the grave. I am counted among those who go down to the pit; I am like a man without strength.” **Psalms 88:1-4 (NIV)**

Have the courage to lament:

3. God Grieves _____

“Even though I **walk through** the valley of the **shadow** of death, I will fear no evil, for **you are with me**; your rod and your staff, they comfort me.” **Psalm 23:4 (NIV)**

“I have told you all this so that you may have **peace in me**. Here on earth you will have many trials and sorrows. But take heart, because I have **overcome** the world.” **John 16:33 (NLT)**

“Do not be **anxious** about anything, but in everything, by **prayer** and **petition**, with **thanksgiving**, present your requests to God. And the **peace of God**, which transcends all understanding, will **guard** your **hearts** and your **minds in Christ Jesus**.” **Philippians 4:6-7 (NIV)**

Ask Jesus to Heal my broken Heart: _____

4. Grief Is Healed _____

“**Rejoice** with those who rejoice; **mourn** with those who mourn.”
Romans 12:15 (NIV)

“Let the **peace of Christ** rule in your hearts, since as members of **one body** you were called to peace. And **be thankful**. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing **psalms, hymns and spiritual songs** with gratitude in your hearts to God.”
Colossians 3:15-16 (NIV)

Notes: _____

➤ Who can I encourage this week?

To have a mindset of peace, I will:

- [] List the losses I have never grieved
- [] Have the courage to lament
- [] Spend time with someone who is grieving
- [] Today I accepted Jesus as my Lord and Savior

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Family Corner: [Choose one day this week to ask questions to go deeper in faith as a family. Try this over dinner. Keep it to 12 minutes or less.]

Small Groups: [Choose as many questions that honors your group's time commitment]

Open in Prayer:

- What thoughts from this week's message encourages me to live a life for Jesus?

Icebreaker: What is something that you have never worried about? Why?

Big Idea: Understanding **who Christ is**, and **who we are in Him**, will empower us to live out our new identity.

Getting through life's losses often requires grieving. Among the things to know about grief are: (1) Loss is unavoidable (2) Grief is healthy, (3) God grieves with me, (4) and Grief is healed in community. Even Jesus was moved to grief; at Lazarus' tomb, he wept with the people grieving there. Some steps to moving forward with grief that are healthy and good can include: (1) List the losses I've never grieved, (2) Have the courage to lament, and (3) Remember how much God loves me. God does not promise that we'll never grieve; but he does promise that he'll walk with us through even the deepest grief, as Psalm 23:4 above says.

1. Read John 11:32-36

We often refuse to grieve after we suffer a loss, even though the process of grieving is a healthy choice. When you reflect on the verses above from John 11, how did Jesus relate to Lazarus' sister and those around them?

2. We tend to believe that grieving shows that we are weak. But sadness is not weakness. In fact, many of our problems result from not allowing ourselves to grieve. Discuss in your group if you've suffered a loss in the past that you have not yet grieved over. Can you identify why? Was it because you did not want to show weakness?

3. Read Psalm 34:18

We often think we are alone in our struggles, but what does the Lord promise? Sometimes we try to deal with our losses all by ourselves instead of accepting God's grace. Discuss in your group how a loss you have suffered can help you get closer to God.

4. **Read Matthew 5:4** Jesus says you will be comforted when you mourn. Is it difficult to look to Jesus for comfort? Why or why not? Is there anything you would like to do differently when you mourn life's losses – great or small?

5. **Read Psalm 23:4**

When we're in darkness during a time of grieving, what does Psalm 23:4 say about fear? Why is it so hard for us to accept Psalm 23:4 which says we need not fear and Matthew 5:4 which says we're blessed when we mourn? Does our culture or family support these concepts? Discuss what's difficult about the command and blessing in these verses.

6. **Read Romans 12:15**

When others are grieving, we're often tempted to relate a story of how we've experienced a similar grief. However, comparing our grief with someone else's never comforts. Even if the loss was similar (e.g., the loss of a grandparent), we all experience loss differently. Describe how you would help someone in their grief if you followed Romans 12:15?

7. **Read Colossians 3:15-16**

Life Application Study Bible Commentary:

The word rule comes from the language of athletics: Paul tells us to let Christ's peace be umpire or referee in our heart. Our heart is the center of conflict because there our feelings and desires clash—our fears and hopes, distrust and trust, jealousy and love. How can we deal with these constant conflicts and live as God wants? Paul explains that we must decide between conflicting elements by using the rule of peace. Which choice will promote peace in our souls and in our churches?

Although the early Christians had access to the Old Testament and freely used it, they did not yet have the New Testament or any other Christian books to study. Their stories and teachings about Christ were memorized and passed on from person to person. Sometimes the teachings were set to music, and so music became an important part of Christian worship and education.

Thankful people can worship wholeheartedly. Gratitude opens our hearts to God's peace and enables us to put on love. Discontented people constantly calculate what's wrong with their lot in life.

To increase your thankfulness, take an inventory of all you have (including your relationships, memories, abilities, and family, as well as material possessions). Use the inventory for prayers of gratitude. On Sunday, before worship, quit rushing around; instead, take time to reflect on reasons for thanks. Declare Sunday as your "thanks, faith, and hope" day. Celebrate God's goodness to you, and ask in prayer for all your needs for the week ahead.

Close in Prayer: Start praying. Be bold and pray specifically.
