

Guam Christian Church

09/20/2020

Mind, Mercy, Motivation

Building Mindfulness

Knowing God

He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

(Ps 46:10)

Building Mindfulness

- 10 mins of Daily Silence
- Mon: 20 mins Meditation on God's Creation
- Tues: 20 mins on God's Grace
- Wed: 20 mins on God's Power
- Thurs: 20 mins on God's Redemption
- Friday: 20 mins on God's Mercy
- Sat: 20 mins on God's Salvation
- Sun: 20 mins on God's Unfailing Love
- Sing: "Our God is an Awesome God" for 2 minutes
- Journal Each Day. Biblegateway.com for Scriptures

- **Neurochemistry**
- Your brain is capable of naturally creating key chemicals that pharmaceutical companies synthesize in a lab. For example, serotonin helps regulate mood, social behavior, appetite, sleep, memory, and more. Some antidepressants work by increasing the usable levels of serotonin in your brain. Meditation has also been shown to increase serotonin levels, without the side effects, making it a promising complementary therapy. Measurable changes of neurochemistry from meditation include:
 - **Brain alpha wave activity increased:** Alpha waves are associated with relaxation.
 - **GABA increased:** Gamma-aminobutyric acid counteracts anxiety and stress symptoms, leading to more relaxation.
 - **Serotonin increased:** Serotonin helps regulate mood. Low levels of usable serotonin are associated with depression.
 - **BDNF increased:** Brain-derived neurotrophic factor is a protein responsible for neuron health and neuroplasticity. Yoga can boost levels of BDNF, which may help people with chronic pain or depression.
 - **Dopamine regulated:** Dopamine acts as your body's reward system, and dysfunction is associated with addiction. Research suggests that meditation results in improved self-regulation.
 - **Cortisol reduced:** Cortisol is a stress hormone. When your baseline increases and levels are too high for too long, it can lead to inflammation and weight gain.
 - **Norepinephrine reduced:** A decrease in norepinephrine, or adrenaline, means fewer stress hormones in your system.

Five Steps of Learning/Deepening

1. Unconscious Incompetence: I don't know what I don't know!
2. Conscious Incompetence: I know about it but I am not very good at it. (Too Hard/Importance)
3. Conscious Competence: I know how, I need to think about and concentrate on what I have to do (Slow down and Deepen)
4. Unconscious Competence: I know and I can do this effortlessly.
5. Flow and Mastery (2 Tim 3:17)

Paul/Saul as a Pharisee

- But Saul began to destroy the church. Going from house to house, he dragged off both men and women and put them in prison (Acts 8:3)
- I put many of the Lord's people in prison, and when they were put to death, I cast my vote against them. 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)
- Even though I was once a blasphemer and a persecutor and a violent man (1 Tim 1:13)

Paul the Pharisee

- Knew Scriptures
- Religious/Moral
- Violent/Angry
- Arrogant
- Judgmental
- Blasphemed God/Jesus
- His mission was to destroy the Church
- Hardhearted and Unresponsive (Stephen)

Murderer to Merciful

- I thank Christ Jesus our Lord, who has given me strength, that he considered me trustworthy, appointing me to his service. Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief. The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus. Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst (1 Tim 1:12-15)

Grace and Mercy

Grace and Mercy are not the same:
Grace is getting blessings that we do
not deserve and Mercy is not getting
the Punishment we do deserve

(Russell Rhodes)

Transformative Power of Mercy

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Renewal starts with seeing God's Mercy

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 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 (Rom 12:1-3)

Contemplating God's Mercy/Grace

- Siblings
- Near Death Experiences
- Violence and Abuse
- Wife/Kids
- Addiction
- Sin
- Relationships
- Norwich
- Opportunities
- Guam

Motivation of a Servant

I became a servant of this gospel by the gift of God's grace given me through the working of his power. Although I am less than the least of all the Lord's people, this grace was given me: to preach to the Gentiles the boundless riches of Christ (Eph 3:7-8)

Grace Works!

For I am the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace to me was not without effect. No, I worked harder than all of them—yet not I, but the grace of God that was with me (1 Cor 15:9-10)

What's My Motivation?

- Guilt
- My Discipler/Leader will ask
- Be an Example
- My spouse (accountable)
- People Pleasing
- What's the Minimum?
- No one else will do it!
- Burnout/Inconsistency

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Transference Power of Mercy

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The Transference of Mercy

- Blessed are the merciful, for they will be shown mercy (Matt 5:7)
- Be merciful, just as your Father is merciful (Luke 6:36)
- Because judgment without mercy will be shown to anyone who has not been merciful. Mercy triumphs over judgment! (James 2:13)

Transfer Forgiveness

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Eph 4:32

Love Transferred

A new command I give you: Love one another. As I have loved you, so you must love one another.

(John 13:33)

From God, to me, to you!

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort (2 Cor 1:3-4)

I Cannot Give What I Don't
Have!

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What do I need from God
Right Now?

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God Has What You Need!

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt.

(James 1:5-6)

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It's Time to Set My Mind!

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.

(Col 3:1-10)

Building Mindfulness 9/21

- 10 mins of Daily Silence
- Mon: 20 mins Meditation on Mercy
- Tues: 20 mins on God's Grace
- Wed: 20 mins on God's Patience
- Thurs: 20 mins on God's Faithfulness
- Friday: 20 mins on God's Protection
- Sat: 20 mins on God's Forgiveness
- Sun: 20 mins on God's Unfailing Love
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Communion

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Transference of the Cross

But the gift is not like the trespass. For if the many died by the trespass of the one man, how much more did God's grace and the gift that came by the grace of the one man, Jesus Christ, overflow to the many! (Rom 5:15)