



Live It - Week 4

5 Stones



Object: 4-6 feet of string

Talk:

Quote: “Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”
Helen Keller

Do you believe in the boogey man? As a child while you were in bed, did you ever hear those noises in the dark, or wonder if you closed your closet door? When you are at the bottom of the stairs and you turn the lights off, do you walk or run up the stairs? Most of us run! Why? For some reason fear is provoked into our minds.

Think about it; is there really a boogey man? Is there someone or something at the bottom of the stairs going to grab us when we turn off the lights? No and no, would be the correct answers. Yet, for some reason we allow fear and false voices and false thoughts to enter our mind and provoke fear.

When you read the story of David and Goliath (found in I Samuel 17), you discover that before David ever arrived on the scene, Goliath was already defeating the Israelites. We read that Goliath approached the battle lines and trash talked the Israelites, enough that King Saul and the entire army were “dismayed and terrified!”

The word “dismayed” means to be shattered and broken, to lose hope. Ever drop a glass jar or vase and watch it shatter on the floor? There is no way to fix, repair, or restore that jar ever again. You lose hope, give up, and don’t even consider how to find a solution. Goliath’s nine foot body and thundering voice overshadowed these Israelites, inciting terror and hopelessness into the hearts of the King and the soldiers.

Then for the next forty days, every morning Goliath would come out and wake up the day with his defeating threats and words filled with dismay. Not a great way to start the day! At night you brush your teeth, get ready for bed, and then you have to listen to Goliath come back out and again shatter you with words of fear and discouragement. Forty days, morning and night, those words begin to sink in and you begin to believe the lies of the enemy. Before long, you give up hope, your dreams are shattered and broken, and you live in panic and fear.

Things are too different today, as people in your community, school, or work, and possibly your home wake you with bad news and discouraging words. In the evening, before you lie down to rest, you are exposed to more news of panic in this world, gloom and doom words of defeat. Maybe you are told you aren’t good enough, too slow, too ugly, and not able to make a team or be part of a club. Maybe you listen to the jobless rates and the economical news and you wonder if your job is secure. Many of the voices that surround us echo like the threats of Goliath. A big bully stands over us telling us we can’t win.

Listen to a lie once, and we can dismiss it. (Wrap the string around two fingers and break it) But when you listen to the negative voices day after day, every morning and every night (begin to wrap string around your fingers until you have used 4 feet of string) you become enslaved and trapped into believing its true and you can’t break free from the lies. (Try to break the thick strings wrapped around your fingers – you can’t) When you are tied up believing the lies, you will lose hope and walk away from an opportunity to achieve greater things.

It's time we stand like a 12 year old stood and say "enough!" When everyone was listening to the lies and negative words of a big bully, a little boy was listening to the God of this universe.

FOCUS:

Surround yourself with positive people. Remember that you are part of a team, a large family, and that you matter in life. You have purpose. Ignore the voices that say otherwise. Walk away from the lies are trying to incite fear and cause you to be dismayed. Don't lose hope! Live your life! Live it!

DO HARD THINGS:

Here's the challenge, take 48-72 hours in the next week and turn off the TV, put down the gossipy and distasteful magazines, change the music you listen to, and avoid websites and games that promote fear and negative attitudes. Listen to positive and encouraging music. Read the Bible, read an encouraging biography, or quotes and stories of great leaders. Wake up in the morning and read a positive verse or quote. Go to bed reading another positive verse, quote, or story! I dare you to do the hard thing!

Go it? Do it!