

Get Your Passion Back

Week 1 - Optimites

Russia / Ukraine

- Pray for the church
- Prayer for world leaders
- Pray for kids & vulnerable
- Pray for salvation & people to find hope

NOTES ARE IN APP - Not on screen - Download

- <https://theelement.church/app>

Connect with us - Next Steps Form

- Text "Element" to 97000

GIVING TIME:

- 4 WAYS TO GIVE
- ONLINE: <https://theelement.churchcenter.com/give>
- APP: Give Tile
- TEXT: Text an "amount" to 84321
- MAIL: PO Box 52 East Lansing MI 48826

INTRO - GET YOUR PASSION BACK

- Memes

"I don't want to sound negative but I am getting sick and tired of being negative."

YES There are Real Problems!

- People sick
- People dying
- Jobs Vanishing
- Economies Struggling
- Our Nation divided
- War in Eastern Europe
- Brink of WW3?
 - Anxiety - Overwhelm
 - Easily angered
 - Easily discouraged

Why I am feeling passion & unshakably optimistic about the future!

Romans 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

All else being equal, one thing I know for certain...
A negative outlook never leads to a positive life.

“I’ve not failed, I’ve just found 10,000 ways that don’t work”. - Thomas Edison inventing the lightbulb

Not blind optimism or passion:
FACT: Jesus is ALWAYS winning
(resurrection)

NEW SERIES: Get your passion back!

“Working hard for something we don’t care about is called stress. Working hard for something we love is called passion.” - Simon Sinek

**I LOVE Jesus and Jesus is always winning =
Why I am unshakably optimistic about the future!**

Romans 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

ILL. Optimism/Optimists

- those who carry unshakable optimism
- Optimists are like super heroes
- Rise up
- Unite

PRAY

Week 1: Optimists

- those who carry unshakable optimism

What Optimism is NOT:

1.) Optimism is not a denial of reality

- a.) Head in the sand
- b.) All good, Not big deal, Challenges)

2.) Optimism is not blind faith.

- a.) Naïve hope,
- b.) wishful thinking,
- c.) It work out)

What Optimism IS:

1.) Optimism is confidence about the future or a successful outcome.

2.) Optimism is the unwavering expectation that our loving God is working in every situation for our future good. - Pastor Craig Groeschel

Romans 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

- Impossible boss—
- Financial setback—
- Annoying in-laws— HS kids!
- Painful breakup—
- Irritating inconvenience—
- Crushing disappointment!

Even a negative situation holds the potential to produce a positive purpose

ILL. Donkey, the well & the farmer

James 1:2-4 NIV

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Being optimistic isn't a state of affairs— It's a state of mind & soul.

Optimism is
the unwavering expectation that our loving God
is working in every situation for our future good.

HOW DO WE DO THIS?

1.) Think about what you think about.

Q: How do you see in the future?

Q: What thoughts start your day?

- World trouble—
- Can't trust anyone—
- Hate circumstances—
- Leads to Best day ever?!

What consumes your mind, controls your life.
Your life generally moves in the direction of your strongest thoughts

Proverbs 4:23

Above all else, guard your heart, for everything flows from it.

The quality of your life will never exceed the quality of your thoughts.

The life you have is a reflection of the thoughts you think!
think about what you think about...

ILL. The Problem of Pessimism - Dr. Henry Cloud

Dr. Henry Cloud on Internal Processing (book necessary endings)

- Pessimists tend to view negative events as personal, pervasive and permanent.

Personal: From an event to a personal identity

- Why do I always do this?
- I'm not good enough
- It's all my fault
- I'm no good
- I'm a Failure
- I'm Unworthy
- I'm Incapable
- Extreme: I don't deserve to live

Helpful thoughts

- I'm a human and humans have a developmental capacity - I'm not done
- People are not thinking about me as much as I think they are.
- God is the only One thinking about me all of the time. And His thoughts towards me are good!

Pervasive: from an event to an overarching paradigm

When things start to go wrong, we can often project, spread and apply that feeling of defeat, cynicism or negativity far wider than it actually is.

- As a leader, one of your departments may be struggling.
 - You receive metrics that are less than positive.
 - You have two choices:
 - deal with the isolated incident *OR*
 - began a "sky is falling" emotional downward spiral!
- As a parent, one of your kids may be struggling in school, sports, friendships or their spiritual development.
 - You have two choices:
 - move towards that child with intentional care *OR*
 - you can begin to rehearse to yourself what a failure you are as a parent and actually convince yourself that your whole family is going down the tubes!

1 Kings 19

Elijah was a major prophet in the Old Testament. He saw his nation turning their hearts away from God.

- In a moment of despair, he gave into “pervasive” thinking.
- He cried out in desperation to God, “**Everyone** has turned their back on you!”
- The Lord brought Elijah back to reality and basically said, “No. Calm down Elijah. There are over **7,000 who are still with me. You are not the only one.**”

Helpful thought:

- God is up to something great in my life and in the lives of those around me even if I’m not fully aware of it.

Permanent: from an event to a fixed state

- Bad things always happen me—
- Never going change—
- Victim Mentality.

Instead of it being a tough *day, week or month*, we turn it into our permanent future internally - and only see more of the same.

- Economy is shot!
- Never get job I wanted!
- I’ll be alone forever!
- Masks for the rest of my life!
- World will never be safe again!

Events become personal, pervasive and permanent.

*Think about what you think about
& avoid these like plague*

What consumes your mind controls your life

thats why

Being optimistic, being satisfied, being joyful, being enthusiastic
isn’t a state of affairs—It’s a state of mind.

Q: How do you see the future?

Q: What consumes your thoughts?

- Faith or Fear?

What if it’s fear?

Starve Fears & Feed faith!

- What you Feed grows
- What you Starve dies

2.) I feed my faith and starve my fears

ILL. INPUTS

- Avg. American spends 7 hours and 11 minutes looking at screens per day

- Q: What's yours?
- Struggle...
 - News
 - Social Media
 - The Bible app
 - Netflix
 - Disney Plus
 - Porn
 - Work

I'm going to feed the things that build my faith
I'm going to starve the things that build my fear

Q: How do I feed my faith?

“ You are a sum total of the books you read and the people you hang out with”

- **People:**
 - Church - Show me your friends I will show you your future
 - Sundays - be here with the community to celebrate God
 - Egroups - deeper relationships
 - Serve - (Needed & Known)
 - Next Steps - Join a Team
 - Element site
 - Phone app
- **Books:**
 - Bible...

Romans 10:17 NKJV

So then faith *comes* by hearing, and hearing by the word of God.

ILL. The Water/River of Scripture

- Look more deeply into it
- Living stuff in there

SOAP

- Scripture
- Observation
- Application
- Prayer

We have been reading the New Testament

Romans 8 - Context/Paraphrase

- (Romans 8) (I now it Follows 7)
 - Paul's a mess... Talking himself toward faith!
 - No condemnation...

- Mind on flesh = desires of the flesh
- Mind on Spirit = things of Spirit = Life/Peace!
- Led by Spirit of God—Children of God!

Then this drops...

Romans 8:18

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

S: Read until something reads you - Romans 8:18

O: Original message intended by the original author to original audience

- Remind myself... Who's writing—Paul—Suffered!
- Imprisoned multiple times—5 times he endured 40 lashes!
- 3 times beaten with rods—Stoned (medicinal purposes)
- Shipwrecked—Spent night sea—Betrayed—Beaten left for dead!
- **Paul said: Present sufferings not worth comparing coming glory!**

A: That Original message applied to me today, now

- How am I hurting?
- What have I lost?
- Experiencing hardship at soul level?
- **What do I do with hard situations?**

The struggle I'm in today is producing the strength I need tomorrow!

ILL. Butterfly fighting out of Cocoon gives strength to fly

- I'm fighting the cocoon and ready to give up

P: Ask God for help

Romans 8:26

In the same way, the Spirit helps us in our weakness.

Q: Anyone feeling a little weak? Discouraged? Overwhelmed? Exhausted?

Ask Him to help you!!
God helps those who need his help!
 Weak! Broken! Desperate!

- Hurting—He is your Comfort!
- Confused—Your Guide!
- Discouraged—Your Hope!
- Anxious—Your Peace!
- Weak—Your Strength!

Romans 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

- **ILL. African King** - his friend always responded with a phrase "This is good".
 - They went hunting & the king's friend loaded the king's gun improperly.
 - Blew king's thumb off.
 - Friend, "It is good."
 - King, "How can you say that?"
 - Throws him in jail.
 - A year later King is hunting alone and captured by cannibals.
 - They tie him up about ready to eat him and notice he is missing a thumb.
 - Superstitiously they refuse to eat him and let him go.
 - King knows it is because of the friend misloading his gun.
 - Goes to friend in jail and tells him the story AND apologizes.
 - Friend, "it is good."
 - King how can you say that?
 - Friend, "If I wasn't in jail, I would have been with you."

We have to fight to believe:
IT IS GOOD

when you see how the missing pinky leads to life.. enough you start to believe
IT IS GOOD

think about what you think about
feed your faith and starve your fears

IT IS GOOD

Romans 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Key to happiness??

- Lower your expectations?
- THEN you Won't be disappointed!

NO

Raise your expectations in the presence, power, faithfulness of God!

**What if instead of Back to normal...?
Better than normal...**

- Our Marriages Stronger—

- Families Closer—
 - Love Deeper—
 - Generosity Greater
 - Christians Bolder—
 - Churches Light burned Brighter—
 - Harvest Bigger!
-

Romans 8:38-39

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

No matter where I go—My God is there!
 No matter what I do—My God still loves me.
 No matter what happens to me—My God is for me!

We have some problems but we have a bigger God

Jesus is ALWAYS winning

I am feeling unshakably optimistic about the future!

Optimism = The unwavering expectation that our loving God is working in every situation for our future good.

Optimites Unite - Its time to get our passion back...

Prayer

- build faith to be optimistic
- not because of what we see but what you say
- RAISE HAND - I want to have increased faith...

CLOSE:

- The Worship Team is going to play over us
 - Ask God to help us
 - think about what we think about
 - feed our faith and starve our fears