



A Life of Wholeness, Part Two
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“Be Like a Thermostat not Just a Thermometer”
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Key Verses: Genesis 4:2b-16 and Luke 19:1-10

Key Thought: Instead of succumbing to the negative influence of others, we can— by God's grace— exert a positive influence on others (i.e., love), regardless of the circumstances.

Points to Consider:

- Whereas a thermometer merely *measures*, a thermostat also *sets* the temperature of the surrounding environment; the former is merely *influenced*, while the latter *influences*.
- Cain's murder of Abel illustrates what can happen when our relationship with God is broken. He— unable to regulate his emotions— succumbed to anger.
- Zacchaeus' relationship with God was also broken... until he received an eager Jesus into his home! Then, Zacchaeus was transformed from a person who took advantage of his people to a person who was generous toward his people.
- Whereas Cain was merely a thermometer, Zacchaeus became a thermostat.
- As a thermostat can influence only due to its connection with an HVAC, we can exert a positive influence only through a vital connection with God.
- The “positive influence” that we can exert is *love*, and we need the love of God flowing *into* us to have the love of God flowing *out* of us.

Discussion Questions:

- Who do you know who is a model “thermostat”? Can you share an example?
- Where are you most vulnerable to succumb to the negative influence of others?
- How can we maintain a vital connection with God?
- When have you— by God's grace— regulated your emotions and loved?
- If you are using the *Day by Day*, how's your experience been?