

#1 Summary

This sermon addresses three mental barriers that block God's best for our lives, using the story of the 12 spies from Numbers 13. When Moses sent spies to explore the Promised Land, ten returned with a negative report, saying they felt like grasshoppers compared to the giants living there. This one sentence kept an entire nation from God's best for 40 years. The sermon identifies comparison, feelings, and assumptions as the three mental barriers that prevented the Israelites from entering the Promised Land and that still hinder believers today.

#2 Intro Prayer

Heavenly Father, as we gather to discuss these mental barriers that can block Your best for our lives, we ask that You would open our hearts and minds to Your truth. Help us to recognize when we are comparing ourselves to others, when we are led by our feelings rather than Your Word, and when we make assumptions that aren't aligned with Your perspective. May our discussion today bring clarity and freedom to each person here. In Jesus' name, amen.

#3 Ice Breaker

What's something you've overthought recently that turned out to be much simpler than you initially believed?

#4 Key Verses

3 John 1:2

Numbers 13:30-33

Jeremiah 17:9

Joshua 2:9-11

#5 Questions

1. In what areas of your life do you find yourself most vulnerable to comparison with others?
2. How has comparison killed your joy or crippled your efforts in the past?
3. The sermon states that "feelings make a great thermometer, but a terrible compass." What does this mean to you, and how might you apply this wisdom?
4. The pastor said, "The enemy does not have to defeat you. He just has to convince you that your light doesn't matter." How have you seen this play out in your life?
5. How can we help each other overcome these three mental barriers in practical ways? (comparison, feelings, assumptions)

#6 Life Application

This week, identify which of these three mental barriers—comparison, feelings, or assumptions—is most prevalent in your life. Each day, take a few minutes to journal about moments when you notice this barrier arising. Then, intentionally replace that barrier with a promise or truth from God's Word. Additionally, find one opportunity to be "the light in your room"—to serve or encourage someone in an environment where you might normally hold back because of one of these barriers. Come back next week ready to share how focusing on God's truth rather than these barriers changed your perspective and actions.

#7 Key Takeaways

- Comparison kills our joy and cripples our efforts. Instead of comparing yourself to others, compare your challenges to God's power.
- Feelings make a great thermometer but a terrible compass. They can indicate what's happening inside us, but shouldn't direct our decisions.
- When we assume what others think, we'll presume what they would say—often incorrectly. The Israelites assumed the giants saw them as grasshoppers, but in reality, the giants feared them because of their God.
- Be the light in your room. You don't need to be as bright as the sun to make a difference in your specific environment.
- The enemy doesn't have to defeat you; he just has to convince you that your light doesn't matter.

#8 Ending Prayer

Lord God, thank You for revealing these mental barriers that so often keep us from experiencing Your best. We confess that we've allowed comparison, feelings, and assumptions to dictate our actions rather than Your truth. Like Caleb, help us to hold onto Your promises regardless of what we see or feel. Give us the courage to be the light in whatever room You place us, knowing that our light matters because You placed it there. This week, help us to recognize these barriers when they arise and replace them with Your truth. May we walk forward in faith, claiming the promises You've given us. In Jesus' name we pray, amen.