

## **Weekly Study of Sunday's Message.**

**June 23, 2024. "Soundtracks: The Surprising Solution to Overthinking. Maintaining momentum."**

### **I Intro.**

Welcome to our companion devotional to Sunday's message. It's just a part of all we have to offer to you. Whether you were able to participate in this service or not, this devotion is free-standing. You can use it to help you dig deeper into your own spiritual walk. We hope you find this tool helpful on your spiritual journey. We don't want you to miss out on anything. So, make sure you stay connected to keep informed. We hope you are fed and ministered to by NCC. We consider you part of our community. We have many ways you can plug into life at NCC. You can find all those through our website, app, and social media sites. Our app is the best way to livestream our services, but you can also livestream on FaceBook and YouTube. You can revisit past services, sign up for events and even give. We're encouraged by your presence when you gather with us. New and familiar faces join us every Sunday. If you join us online, we appreciate your presence. We are 100% committed to our virtual attenders. We are your church family, and if there is anything you need, prayer, or anything else, please let us know.

### **II Recap.**

We're in our fourth Sunday of our series "**Soundtracks**" by Jon Acuff. Jon explores the power of being transformed by changing negative repeating stories into positive, life-giving thinking. We're learning to take some truths from this book and digging in scriptural answering the call to be transformed by the renewal of our mind. Changing our mindset is both a practical and spiritual way in finding the peace and contentment we're looking for. The first week we defined what soundtracks are and how to uncover them. The second week we talked about how to turn down the volume on the old ones and cultivating new ones. Last week we talked about taking action. How to put those new soundtracks to use. This week we hit the continual struggle of maintaining momentum.

### **III Sunday.**

This will be a key part of changing out our old 'soundtracks' for new better ones. Jon wrote a book called "**Start**" about overcoming our hesitancy in dealing with change. And it was a really good book, with lots of applicable truths in it. Until Jon discovered that starting something is not overly difficult. We do this every first of the year with resolutions. Jon ran into the hard truth that starting well doesn't always ensure finishing well. So, he had to write a follow up. And this book was called "**Finish**". In this book Jon talks about the struggle to get through the middle. Jon said. "*The hardest part of any work, any journey, is not the start. It's the middle. If you can get through the middle, you can finish.*" So, today we're going to continue this look at switching out old 'soundtracks' by learning the truth about maintaining momentum. As always.

**Do you struggle maintaining momentum?**

**What makes keeping going so difficult for you?**

**Have you found anything that helps you push through the temptation to stop or quit?**

Our scripture Sunday morning was an unusual one. It's the passage used for the founding of NCC, and is at the heart of what makes this community what it is. Read **Acts 2:42-47** and we'll unpack it.

**What jumped out to you from this passage?**

**Did it speak to you in any way about pushing through ‘the middle’?  
Did you see any specific practices that might be helpful for you?**

Here are some truths that are in this passage and NCC has leaned into over the past 30 years.

**1. Don't do it alone.** There will be times you won't be able to go on. There will be times when people close to you will lose hope and grow weary. This is why build a community of people full of grace, who understand and love you, and will help you challenge yourself to do the work. You can support and encourage each other when you hit those walls we all hit in making changes in our life. Doing this will keep us inspired and on track.

**2. Keep the main thing in front of you.** We all need goals that inspire us to push ourselves past our regular resting state. We need to know where we are headed, and why we're going there. Most kids drop out of college, because they don't know what they want to do. So, we have to have a “*WHY?*” that helps keep a goal in the distance we're aiming for. **What are you devoted to? Where do you want to head that controls the decisions and choices you make?** This also means removing clutter, we collect, that clouds, gets in the way of the main thing.

**3. Do little things (rituals) that have big results.** These are little ‘wins’ you can invest yourself in that you can begin to see the payoffs. We underplay the importance of incrementalism. Small faithful acts that compound over time. We want the big flashy results with the least amount of effort. Dieting vs lifestyle change. Lottery vs saving. Instant spiritual growth rather than formation. Understand the impact of steady faithfulness, and commit to doing the small things well. They will add up!

**4. Know what you're measuring.** In order to replace old ‘soundtracks’ with new ones, you have to know how you can tell when your work is actually working. **What are you hoping will happen, and how will you know?** We talked about this before. “*What is your win?*” **How do you know what you're trying to do is going to take you to where you want to go?** There's an old corporate saying. “*The results you're seeing are what your life is perfectly designed to produce.*” **The choices, and life decisions you're making...where will they lead you?**

**5. Celebrate milestones.** Every little victory, accomplishment, measurement or even slight sensation of movement in the right direction, needs to be celebrated. We can lose heart very easily. We have to learn to celebrate the little things better to reinforce our efforts. We often beat ourselves up when we don't see the results we're expecting. There are always plateaus and roadblocks that can discourage us. We have to condition ourselves to recognize when we overcome some barrier, made it to a certain point, or even discovered what may have been blocking us, needs to be acknowledged.

**6. Manage obstacles.** You're going to run into roadblocks, roads that are impassable, and even outright opposition to your growth. Maybe even from people you like. This means being flexible. You may not have a plan in place to handle every obstacle. But plan on having obstacles come your way. Sometimes there are going to be things that pop up, you weren't expecting, that will require some special attention. Have some idea of how you handle them when they come. Build this expectation into your journey, work, that your momentum will sometimes be slowed down by obstacles, and you'll find you're better prepared for when they come.

#### **IV Challenge.**

There's not a whole lot to say in closing. We pulled a lot out of this passage that should help us maintain momentum. To keep the desire to change old 'soundtracks' for new, better, healthier ones. So, let's be brave enough to start making the effort to switch out old 'soundtracks'. We know ways to get through those tough periods when the work gets really difficult.

**What 'soundtracks' can you start working on and what practices can help you keep momentum while you replace these old 'soundtracks'?**