



VOLUME 07.09
SPIRITUAL SCHIZOPHRENIA

source

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SPIRITUAL SCHIZOPHRENIA

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SPIRITUAL SCHIZOPHRENIA

1. What in the world is “schizophrenia”?
 - a. It’s a medical condition where someone mentally lives in two or more worlds. Some people call it “having a split personality.”
 - b. Each part of this “split personality” is really different, yet equally real to the person who is experiencing them.
 - c. The personalities do not match. They are usually pretty conflicting.

2. What then, do we mean tonight by our title, “Spiritual Schizophrenia?”
 - a. A person whose “spiritual world” (their daily walk with Christ)...and whose “every day world” don’t seem to match.

SKIT: “A Day in the Life of a Schizophrenic”

3. Symptoms of “Spiritual Schizophrenia”
 - a. Two “WORLDS” seem to emerge in your life...neither one really matches the other. This is especially true in the two areas of FRIENDSHIPS and RECREATION.
 - b. You feel awkward when certain friends from one “world” cross the invisible line into the other “world.”
 - c. You search for new “spiritual ways” to make both worlds come TOGETHER. (“I’ve found a new freedom in Christ...so I don’t think that’s wrong anymore.”)
 - d. Because you are trying to play to both worlds, you begin to have a “spiritual identity crisis.” You’ll feel like you no longer “fit” with many of your Christian friends (except compromising ones). You’ll start to feel “out of place” when you come to church, small group, etc.
 - e. DOUBT begins to build. You have an increasingly tough time believing that the “world” you experience at church is truly real.
 - f. You become defensive when anyone tries to talk to you about “the changes” in your ATTITUDE or CONVICTIONS.
 - g. Your friends and PRIORITIES begin to change. Hanging out with people on the “God side” becomes less and less appealing. “Fun” begins to take on a whole new meaning.

STORY: "Wrong Way Riegels"

4. CAUSES FOR "SPIRITUAL SCHIZOPHRENIA"

- a. Cause #1: Matthew 6:24, *"No man can serve two masters...You will either HATE one and LOVE the other, or hold to the one and shun the other. You cannot serve both God and the enemy."*
- b. Cause #2: Violation of the "Treasure Law"
 - Matthew 6:21, *"Where your treasure is, that's where your heart will be also..."*
 - * "T" = T 3
 - * "Treasure" = My THOUGHTS
My TALK
My TIME
- c. Cause #3: Choosing the Wrong Friends
- d. Cause #4: "CARDBOARD Cross Syndrome"
- e. Cause #5: Classic Spiritual Warfare

6. TWO NEW TESTAMENT MEN WHO DEVELOPED "SPIRITUAL SCHIZOPHRENIA"

- a. JUDAS...
 - John 13:21, (Jesus talking), *"One of you will betray me."*
 - John 13:30, *"Judas went out and joined the company of non-believers..."*
 - Key words: John 18:5, *"And Judas stood with them."*
- b. Judas' Outcome?
 - His "Hell-bait Area" played heavily upon him.
 - Discouragement and guilt eventually overwhelmed him.
 - He killed himself.
- c. PETER...
 - Luke 22:33-34, (Peter's earlier words), *"I'm ready to die for You, Lord!"*
 - Then Jesus told Peter, *"The rooster will crow after you have denied Me three times."* (Pretty schizophrenic, wouldn't you say???)

- Problem: Luke 22:54-55, *“And Peter followed afar off...and SAT DOWN AMONG THEM.”*
 - (The “them” was a group of nonbelievers.)
 - Minutes later, Peter even denied being one of Jesus’ disciples.
- d. Once again, “Show me your FRIENDS and I will show you your FUTURE.”
- e. Peter’s outcome?
- Chapters 20 and 21 of John tell us that Peter made an amazing spiritual comeback. HOW?
 - He changed his FRIENDS and started hanging out with his Christian friends again!

CLOSING STORY: “Teddy and Miss Thompson”

CLOSING SONG: “Fire Fall Down” by Hillsong United

SPIRITUAL SCHIZOPHRENIA

1. What in the world is “_____”?
 - a. It’s a medical condition where someone mentally lives in two or more worlds. Some people call it “having a _____ personality.”
 - b. Each part of this “split personality” is really _____, yet equally _____ to the person who is experiencing them.
 - c. The personalities do not _____. They are usually pretty conflicting.
2. What then, do we mean tonight by our title, “Spiritual Schizophrenia?”
 - a. A person whose “spiritual world” (their daily walk with Christ)...and whose “every day world” don’t seem to match.
3. Symptoms of “Spiritual Schizophrenia”
 - a. Two “_____” seem to emerge in your life...neither one really matches the other. This is especially true in the two areas of _____ and _____.
 - b. You feel awkward when certain friends from one “world” cross the invisible line into the other “world.”
 - c. You search for new “spiritual ways” to make both worlds come _____. (“I’ve found a new freedom in Christ...so I don’t think that’s wrong anymore.”)
 - d. Because you are trying to play to both worlds, you begin to have a “spiritual identity crisis.” You’ll feel like you no longer “fit” with many of your Christian friends (except compromising ones). You’ll start to feel “out of place” when you come to church, small group, etc.
 - e. _____ begins to build. You have an increasingly tough time believing that the “world” you experience at church is truly real.
 - f. You become defensive when anyone tries to talk to you about “the changes” in your _____ or _____.
 - g. Your friends and _____ begin to change. Hanging out with people on the “God side” becomes less and less appealing. “Fun” begins to take on a whole new meaning.
4. CAUSES FOR “SPIRITUAL SCHIZOPHRENIA”
 - a. Cause #1: Matthew 6:24, *“No man can serve two masters...You will either HATE one and LOVE the other, or hold to the one and shun the other. You cannot serve both God and the enemy.”*

b. Cause #2: Violation of the “Treasure Law”

- Matthew 6:21, *“Where your treasure is, that’s where your heart will be also...”*

- * “T” = T 3

- * “Treasure” = My _____

My _____

My _____

c. Cause #3: Choosing the Wrong Friends

d. Cause #4: “_____ Cross Syndrome”

e. Cause #5: Classic Spiritual Warfare

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a. _____...

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- Key words: John 18:5, *“And Judas stood with them.”*

b. Judas’ Outcome?

- His “Hell-bait Area” played heavily upon him.
- Discouragement and guilt eventually overwhelmed him.
- He killed himself.

c. _____...

- Luke 22:33-34, (Peter’s earlier words), *“I’m ready to die for You, Lord!”*
- Then Jesus told Peter, *“The rooster will crow after you have denied Me three times.”* (Pretty schizophrenic, wouldn’t you say???)
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d. Once again, “Show me your _____ and I will show you your _____.”

e. Peter’s outcome?

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A DAY IN THE LIFE OF A SCHIZOPHRENIC

-Track 1: "Tillie's Downtown Now" From the Cinderella Man Soundtrack

-Track 2: "World's Worst Beach Party" From the Lost Soundtrack

Music up. Lights up. Music down after a few seconds (Track 1)

Doug: Dear voice recording journal, life is really complicated right now; no one seems to understand me. My family has totally disowned me, all except for my beautiful sister, Sarah. People I've known my whole life act like they never knew me. Today my sister is going to come to visit me. And, I just really hope things go well. Cause if they don't, I just don't know what I'll do. She should be here any minute.

Sister Sarah: Hi Doug! How are you? It's so good to see you.

Doug (*Screams and gives her a hug*):
Sarah, my twin sister, I love you.

(*Doug and Sister Sarah adlib for a bit*)

Sister Sarah: So how are you anyway?

Doug: They wouldn't let me have a Coca-Cola today. And, Sarah, you know how much I like Coca-Cola. I'm so thirsty. Do you think...?

Sister Sarah: Are you sure Doug?

Doug: What do you mean am I sure? You know I like Coca-Cola! Do you think you could sneak one in from the Coke machine?

Sister Sarah: Ok, I'll go get you one. I'll be right back.

Doug: Sarah you are a life saver.

(*Sarah exits. Music switches (track 2). After a few seconds Sister Sarah walks in.*)

Sister Sarah: Ok, here's your Coke. Just be happy.

Doug (*Looks up slowly with a mean face and a totally different voice*):
Sarah! Get that thing away from me!

Sister Sarah: You told me to get you a Coke. Why don't you want it?

Doug: You know I can't go near a Coke! You know I'm allergic to them!

Sister Sarah: I'm so sorry, Doug.

Doug: You're my sister, you've known me my whole life! You know what Coke does to me!

Sister Sarah: I'm so sick of this, Doug! Here, I'm out of here.

(Sister Sarah exits)

Doug: Sarah! Sarah!

Doug *(Pulls out recorder):*

Dear voice recording journal, my family doesn't understand me! My sister is crazy!

(Puts head in arms and cries)

-Music switch after 3 seconds (Track 1)

Doug *(Switches to original voice):*

Man, I'm really thirsty right now!

(Looks up slowly and sees a Coke)

A Coca-Cola...No way! I've wanted one for such a long time

(Takes a drink)

Life is sweet.

(Lights down. Music up.)

WRONG WAY RIEGELS

On New Year's Day, 1929, Georgia Tech played the University of California in the Rose Bowl. In that game a man named Roy Riegels recovered a fumble for California. Somehow, he became confused and started running 65 yards in the wrong direction. One of his teammates, Benny Lom, outdistanced him and downed him just before he scored for the opposing team. When California attempted to punt, Tech blocked the kick and scored a safety which was the ultimate margin of victory.

That strange play came in the first half, and everyone who was watching the game was asking the same question: "What will Coach Nibbs Price do with Roy Riegels in the second half?" The men filed off the field and went into the dressing room. They sat down on the benches and on the floor, all but Riegels. He put his towel around his shoulders, sat down in a corner, put his face in his hands, and cried like a baby.

If you have played football, you know that a coach usually has a great deal to say to his team during half time. That day Coach Price was quiet. No doubt he was trying to decide what to do with Riegels. Then the timekeeper came in and announced that there were three minutes before playing time. Coach Price looked at the team and said simply, "Men the same team that played the first half will start the second." The players got up and started out, all but Riegels. He did not budge. The coach looked back and called to him again; still he didn't move. Coach Price went over to where Riegels sat and said, "Roy, didn't you hear me? The same team that played the first half will start the second." Then Roy Riegels looked up and his cheeks were wet with a strong man's tears. "Coach," he said, "I can't do it to save my life. I've ruined you, I've ruined the University of California, and I've ruined myself. I couldn't face that crowd in the stadium to save my life." Then Coach Price reached out and put his hand on Riegels' shoulder and said to him: "Roy, get up and go on back; the game is only half over." And Roy Riegels went back, and those Tech men will tell you that they have never seen a man play football as Roy Riegels played that second half.

TEDDY AND MISS THOMPSON

Miss Thompson was a schoolteacher who every year would say to her students, “Boys and girls, I love you all the same. I have no favorites.” Teachers do have favorites and what’s worse, most teachers have students that they simply don’t like.

Teddy Stallard was a boy that Miss Thompson simply didn’t like. He didn’t seem interested in school. He wore a deadpan, blank expression on his face, and his eyes were glassy and unfocused. When she spoke to Teddy, he merely shrugged his shoulders. His clothes were mused and his hair unkept. He wasn’t an attractive boy, and he certainly wasn’t likable.

Whenever she marked Teddy’s papers, she got a certain perverse pleasure out of putting X’s next to the wrong answers. When she put the F’s at the top of the papers, she did it with flair. She should have known better; she had Teddy’s records, and she knew more about him than she wanted to admit. The records read:

1st Grade: Teddy shows promise with his work and attitude, but poor home situation.

2nd Grade: Teddy could do better. Mother is seriously ill. He receives little help at home.

3rd Grade: Teddy is a good boy, but too serious. He is a slow learner. His mother died this year.

4th Grade: Teddy is very slow, but well-behaved. His father shows no interest.

At Christmas, the boys and girls in Miss Thompson’s class brought her presents, piled them on her desk, and crowded around to watch her open them. Among the presents was one from Teddy Stallard. She was surprised that he had brought her a gift. Teddy’s gift was wrapped in brown paper and held together with Scotch tape. On the paper were written the simple words, “For Miss Thompson. From Teddy.” When she opened Teddy’s present, out fell a gaudy rhinestone bracelet, with half the stones missing, and a bottle of cheap perfume.

The other boys and girls began to giggle and smirk over Teddy’s gifts, but Miss Thompson at least had enough sense to silence them by immediately putting on the bracelet and dotting some of the perfume on her wrist. Holding her wrist up for the other children to smell, she said, “Doesn’t it smell lovely?” The other children, taking their cue from the teacher, readily agreed with “oohs” and “ahs.”

When school was over and the other children had left, Teddy lingered behind. He slowly came over to her desk and said softly, “Miss Thompson? Miss Thompson, you smell just like my mother...and her bracelet looks real pretty on you too. I’m glad you like my presents.”

When Teddy left, Miss Thompson got down on her knees and asked God to forgive her.

The next day when the children came to school, they were welcomed by a new teacher. Miss Thompson had become a different person. She was no longer just a teacher; she had become an agent of God, committed to loving her children and doing things for them that would live on after her. She helped all the children, but especially the slow ones and especially, Teddy Stallard. By the end of that school year, Teddy showed dramatic improvement. He caught up with most of the students and was even ahead of some.

Once the school year ended, Miss Thompson didn't hear from Teddy for a long time. Then one day she received a note that read:

Dear Miss Thompson, I wanted you to be the first to know. I will be graduating second in my class.

Love,

Teddy Stallard

Four years later, another note came:

Dear Miss Thompson, They just told me I will be graduating first in my class. I wanted you to be the first to know. The university has not been easy, but I have had a good four years.

Love,

Teddy Stallard

And, four years later:

Dear Miss Thompson, As of today, I am Theodore Stallard, M.D. How about that? I wanted you to be the first to know. I am getting married next month, the twenty-seventh to be exact. I want you to come and sit where my mother would sit if she were alive. You are the only family I have now. Dad died last year.

Love,

Teddy Stallard

Miss Thompson went to the wedding and sat where Teddy's mother would have sat. She deserved to be there; she had done something for Teddy that he could never forget.

SPIRITUAL SCHIZOPHRENIA

[Leader's Note: Tonight's topic is one that all of us have felt at least once in our spiritual journey. It is so easy to feel as though we are living a double life as a Christian. It is almost as if we go around wearing a bunch of different masks, and when we change our environment, we change our masks as well. It is our job as youth leaders to encourage our students to take off all the masks and get real with God, themselves and people around them, but first we must do that for ourselves. It is so easy to hide behind our "leader mask" and pretend we are perfect and have everything together.]

I challenge you, before you begin your discussion tonight to take time to take all the masks off yourself. Remember that we lead people through our strengths but we connect with them through our weaknesses. While of course there are some things you don't need to share with your students, it is important that they realize you are human and make mistakes too. If not, our students feel as though they are striving for an unobtainable goal - perfection; especially since it is impossible because none of us are perfect.]

1. How many of you have ever felt like no one really knows you? Why do you think we feel like that?

[Leader's Note: This is where you would want to lead into talking to your students about the masks we wear. Their answers should set you up to do that. They will probably mention about how people don't really take time to get to know them or how hard it is to find true friends. Use that to transition into the next question.]

2. I totally can relate to feeling like no one really knows the real me or feeling like I don't have any real true friends. But, when we honestly think about it, how often do we show people the real us?
3. We all have walls that we put up with people to protect us so they can't hurt us. It is like we wear a mask so that way if people reject us we can just shrug it off because it wasn't really us in the first place. What are some masks that we wear or we see others wearing?

[Leader's Note: Some examples of masks include: the church mask, the school mask...]

4. Wearing masks can get really tiring, and in time, we begin to even put masks on for ourselves. What are some things we can do to take our masks off and be real with ourselves and real with God?
5. What are some things we can do to make others feel safe enough to take their masks off around us?

[Leader's Note: The number one answer here is be real ourselves. Just like you need to be real with your students, your students showing their friends the reality of pursuing Christ makes it real and obtainable.]

6. Before we leave tonight, I want to give you all something to remind you of the discussion we had tonight and the message. It is a mask, and on the inside of the mask, I want you to write the masks you are going to fight not wearing starting tonight. I want you to put this mask somewhere you will see it often as a reminder to fight to be real with ourselves, with God and with others.

[Leader's Note: Give your students a few minutes to write on their masks and then close in prayer. You can find cheap masks at just about any party supply store. You will want enough masks and permanent markers for everyone in your group, including leaders. Remember to always over-estimate when buying and, if you run out, to give to your students before your leaders.]

MR. CLINEHANDS' THEOLOGY

by JUDY GREGORY

To this day I remember the water rocket contest my Sunday school teacher, Mr. Clinehands, held when I was in 6th grade. Whoever could launch the water rocket the furthest won a pair of skates. And, back in the day, that was a pretty big deal. Mr. Clinehands didn't choose to hold the competition at the church, but instead he'd set up a time to stop by our house so we could launch it in our very own yard. He'd only stay about 15 minutes under the premise that he was there to simply watch and measure the launch.

A decade after entering youth ministry, I had an "ah ha" moment about Mr. Clinehands one day. I never thought of him as a youth ministry strategist, but I think that's exactly what he was. I think Mr. Clinehands held the whole contest so that he could get a feel for what kind of home and parents his Sunday school kids had. It was the perfect "door opener" - parents didn't feel pressure, the kid didn't feel pressure and he didn't feel pressure.

Here are a couple principles in youth ministry that I think Mr. Clinehands figured out...

1. The potential for long-term impact skyrockets when you reach parents. We are better at impacting kids than parents because we're just naturally more comfortable with kids. However, if we can reach the parents too, our long-term impact on a kid dramatically increases.
2. Impacting the parents begins with meeting them. And, chances are you have to go to them, they're not going to come to you. The problem is that most of our leaders are scared to death of parents. The unspoken question is, "What do I say?" The water rocket serves like a Coke can when you're uncomfortable at a gathering. In some weird unexplainable way, we feel more comfortable hiding behind a little Coke can. In this situation, if the conversation doesn't naturally jump start, you can just stare at the water rocket flying through the air.
3. Parents need you on their team. Parents need another voice telling their kids the exact same things they are telling them. Even if they aren't Christians and concerned with spiritual things, they know other people teaching their kids etiquette and morals is necessary. In an unconscious way, they can observe it when they hear you say things to their kid like, "Let's pick up the pieces and put the hose back" after the launch. Hopefully, after you leave they have a private "ah ha", "I like this guy/girl. I think they can help me with my kid" moment.
4. Whether you impact the parents or not, you need them on your side. Typically, they won't be a champion of someone they don't know. So, if you do it right, the more they know you, the more they'll trust you. As trust grows, their willingness to get their kid to where you are, like a small group or youth ministry, suddenly becomes more of a priority.
5. Finally, open lines of communication are essential in deepening relationships and ultimately, affecting life change. Through it, you might actually get a glimpse of what's going on inside a parent's and/or kid's head and heart.



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