

SERMON NOTES

July 23-24, 2022

Be Cool: My Frame Judges 14

1. The way I _____ in high pressure situations will determine if I _____
_____ to Jesus or _____ from Jesus.

2. _____ is the lens that I see my whole world through.

Judges 14:1-3

My 3 Framing Issues

1. How I _____.

Judges 14:3

2. How I _____.

Judges 13:5, 14:5-9

3. How I _____.

Judges 15:18, 16:28

Life Steps

Be Cool: My Frame | July 23 & 24, 2022

Monday

Psalm 1:1a

"Blessed is the one who does not walk in step with the wicked."

Reflect: Read through this passage a few times. What does it mean to you to "not walk in step" with the wicked?

Pray: Throughout today, recite this passage as your centering prayer.

Tuesday

Psalm 1:1b

"..or stand in the way that sinners take..."

Reflect: How we view ourselves is driven, in part, by the patterns we see others taking. Before your day begins, remember the way you are called to take and who you are following.

Pray: Throughout today, recite this passage as your centering prayer.

Wednesday

Psalm 1:1c

"..or sit in the company of mockers.."

Reflect: Think about the conversations you had yesterday. Were any of them life-giving? Were any of them draining? Plan your conversations today to be with people that can help your frame.

Pray: Throughout today, recite this passage as your centering prayer.

Thursday

Psalm 1:2a

"..but whose delight is in the law of the Lord.."

Reflect: What does it mean to you to "delight in the law of the Lord"? As you work through your frame, pay attention to the things you genuinely delight in.

Pray: Throughout today, recite this passage as your centering prayer.

Friday

Psalm 1:2b

"..and who meditates on his law day and night."

Reflect: Meditating on God's law also means to listen for his voice and direction all day long; not just in the morning time. Today, make an intentional effort to lean into this direction. Use the prayer today to help you do this.

Pray: Throughout today, recite this passage as your centering prayer.

Saturday

Psalm 1:3a

"That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither.."

Reflect: Remember the image of the tree. Keep this image with you as you enter into heated moments and conversations.

Pray: Throughout today, recite this passage as your centering prayer.

Sunday

Psalm 1:3b

"..whatever they do prospers."

Reflect: The direction of God will always prosper. Always. As you prepare for worship, bring with you all the moments from the week where God has led you through challenging conversations.

Pray: Throughout today, recite this passage as your centering prayer.