

# SERMON NOTES

August 13 & 14, 2022

## Be Cool | My Character *Judges 4*

My Frame + My Time + My Fight = \_\_\_\_\_.

1. My character is the \_\_\_\_\_ and \_\_\_\_\_  
qualities that are unique to me.

Characters of the story:

- Sisera: general of the Canaanite army; legendary warrior; ruthless
- Deborah: judge and prophet for Israel; only female judge listed in the Book of Judges
- Barak: general of the Israelite army; lives in a sanctuary city
- Jael: wife of the Kenite, Heber; family living away from their people; masters in working with iron

Three character attributes:

1. \_\_\_\_\_.

**Judges 4:6-7**

2. \_\_\_\_\_.

**Judges 4:14**

3. \_\_\_\_\_.

**Judges 4:8**

# Life Steps

Be Cool: My Character | August 13 & 14, 2022

## Monday

Psalm 1:1a

*Blessed is the person who does not walk in step with the wicked.*

**Reflect:** Over the past month, what has this verse revealed to you about your location and your mindset?

**Pray:** God, lead me today to keep me away from the paths that lead to destruction. Give me the discernment to know the righteous way from the wicked way, and the discipline to go where you lead.

## Tuesday

Psalm 1:1a-b

*Blessed is the one who does not walk in step with the wicked, or stand in the way sinners take...*

**Reflect:** What's the connection for you between the people who cross your path and your character? If those two are closely connected, how might that change where you stand?

**Pray:** God, lead me today to keep away from the paths that lead to destruction. Make me aware of how the conversations I hear lead to the things I think about.

## Wednesday

Psalm 1: 1

*Blessed is the one who does not walk in step with the wicked, or stand in the way sinners take, or sit in the company of mockers...*

**Reflect:** Who are the people you hear most from throughout the week? If you were to rank the health of those conversations on a scale of 1-10, how would they rank?

**Pray:** God, lead me today to keep away from the conversations that lead to destruction. Teach me to walk away from conversations that lead to unhealthy actions.

## Thursday

Psalm 1:1-2a

*Blessed is the one who does not walk in step with the wicked, or stand in the way sinners take, or sit in the company of mockers, but whose delight is in the law of the Lord...*

**Reflect:** On a normal week, how many days do you spend in the word? Is it a joy or is it a hard discipline?

**Pray:** God, lead me today to find joy in your word, not the words of others.

## Friday

Psalm 1:1-2

*Blessed is the one who does not walk in step with the wicked, or stand in the way sinners take, or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on His law day and night...*

**Reflect:** What can you do to take the "morning time" with God and keep it with you throughout the day? What's one word or verse that you can keep with you today?

**Pray:** God, lead me today to keep your words with me. As the day rolls on, and the noise of the world gets louder and louder, make your voice the strongest in my mind.

## Saturday

Psalm 1:1-3a

*Blessed is the one who does not walk in step with the wicked, or stand in the way sinners take, or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on His law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither...*

**Reflect:** What are the types of "water" you have planted yourself by? What are the life sources that you allow to feed you daily?

**Pray:** God, lead me today to plant myself by you, to not be moved from you, and to be fed by you and you alone.

## Sunday

Psalm 1:3

*Blessed is the one who does not walk in step with the wicked, or stand in the way sinners take, or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither; whatever they do prospers.*

**Reflect:** The level at which you are able to keep your cool, to lead yourself well in divisive moments, is connected to how much you are led by God. Remember, everything that God does... prospers.

**Pray:** God, lead me today, tomorrow, and everyday. Use me to be the example of your grace when the pressure is up and divisive moments come my way.