

“A Resurrection Mindset” Col 3:1-3

Life can be tough and no one desires to have difficulties.

Community Group Questions

1. How would you describe your mindset when something bad happens in your life?
2. Do you ever feel like you negativity keeps you from
3. What are some things you are doing to train yourself Biblically?
4. What is your prayer life like?
5. Do you feel like you have a “resurrection mindset”?

After 15 years of working with teenagers and many years of dealing with children when the subject of the future comes up...I have never heard teenagers or children say...

- I want to have a dead end job
- I want a difficult marriage that ends in divorce
- I want to live paycheck to paycheck
- I want disobedient children
- I want to have an unfulfilling life

If no one wants these types of things why do they happen and how do we deal with them?

*On this Easter Sunday we are going to learn why we face difficulties and how having a **resurrection mindset** will help us deal with difficulties.*

The first thing we need to do is find out...**The reason for difficulties=SIN**

Let me give you a biblical history of sin...the first sin that was committed against God was by an angel named Lucifer...the Scriptures tell us He was an amazing creation of God and unfortunately that went to his head and fell to the sin of pride, he thought he could be like God and rebelled against Him. When he

rebelled he brought 1/3 of the angels with him and he is known now as Satan and the 1/3 became demons.

Fast forward to the creation of the World...the Biblical creation account is found in Genesis and the culmination of God's creation was man and woman...in His own image...God placed them in the Garden of Eden and told them to take care of the garden and be fruitful and multiply and he gave them one command...DO NOT EAT FROM THE TREE OF KNOWLEDGE OF GOOD AND EVIL. The Serpent or better known as Satan deceived the man and women into eating from the tree by telling Eve that they would be like God if they did.

They ate from the Tree and as God had said if you eat from it you will die, meaning sin and death would enter into the world.

So this brings us to the reason why difficulties and bad things happen...**SIN** is in the world...Who and What does sin affect?

-Creation- God said because of Adam and Eve the earth and its environment are under a curse...Work is hard, thorns and thistles and natural disasters Romans 8 tells us that all creation groans in pain.

-People- People sin against us and make our lives difficult, our bosses, our spouses, our children, our parents, our coworkers, our friends, our neighbors

-Us we have a sin nature, we have a desire to do wrong, maybe for fun, maybe for protection or maybe for selfish reasons. But the truth is we all sin.

The result of sin is death...The death that Bible speaks of is not only physical death, it is spiritual death, which is eternal separation from God...Sounds hopeless, doesn't it? Well today is a day that reminds us of the Hope we have in Jesus.

The resurrection of Jesus reminds us that He could conquer sin and death once and for all.

The Good News is that Jesus died and rose again GOSPEL.

Jesus takes care of our SIN problem but while we are here on the earth we still have to deal with the ramifications of sin, so how do we get through it and deal difficulties

I want to suggest it is our **mindset**. Something that I want to call a **resurrection mindset**, why call it that? Because of the resurrection of Jesus...the impossible became possible. Before we look at what the Scriptures say about a **resurrection mindset** I want to look at what the world says about our minds...

Have you ever heard the term "*the Power of Positive Thinking*"?

Barbara Fredrickson is a positive psychology researcher at the University of North Carolina, and she published a landmark paper that provides surprising insights about positive thinking and its impact on your life.

So what did she find?

What Negative experiences do to our mindset

Researchers have long known that negative emotions program your brain to do a specific action.

For example some years ago I was trimming hedges in the front of my house and I disturbed a bee's nest, I realized by getting stung once and then the bees swarmed around me...all I could think of was RUN.

This is a useful instinct if you're trying to save life and limb. The problem is that your brain is still programmed to respond to negative experiences in the same way, by shutting off the outside world and limiting the options you see around you.

For example, when you're in a fight with someone, your anger and emotions might consume you to the point where you can't think about anything else. When you hate your job you may not be able to concentrate at work. When you are having financial issues you may not be able to come up with ways to resolve those issues because of the stress. When someone breaks your heart you may feel like you can't go on any longer. Negative experiences narrow our focus.

What did Fredrickson find that positive experiences?

What positive experiences do to our mindset

She tested 5 focus groups by showing each video clips...

Groups 1 & 2 were shown clips that create positive emotions

Group 3 was the control group, were shown neutral clips

Group 4 & 5 were shown clips that create negative emotions

Afterwards, each participant was asked to imagine themselves in a situation where similar feelings would arise and to write down what they would do. Each participant was handed a piece of paper with 20 blank lines that started with the phrase, "I would like to..."

Participants who saw negative images wrote down the fewest responses. Meanwhile, the participants who saw positive images wrote down a significantly higher number of actions that they would take, even when compared to the neutral group.

In other words, when you have positive experiences you will see more possibilities in your life.

Now lets get to the Scriptures and our **Resurrection mindset**

Colossians 3:1-3

Vrs 1 "If then you have raised with Christ" are you a Christian? You have had the most positive experience imaginable, you are saved!!

Vrs 2 You should have a “resurrection mindset”= the impossible is possible.

So as a Christian when you are facing a difficulty in life God is telling you...don't get so caught up in things of this world...you are a citizen of a world that is far better and more important, so think about those things.

What are some things we can do to cultivate a **resurrection mindset**?
-Train yourself (Biblical instruction) When you know what to do you are more likely to do that when the pressure is on. (Me and Tosh Dog illustration) I had some previous knowledge and the pressure was on so I was able to make a quick and accurate decision.

You need to Biblically train yourself by finding out what the Bible has to say about how you respond to the difficult things that come up in life. How?

-Devotion-personal time

-Study-if you have an issue find out what the Bible says , friendship, parenting, relationship, gossip, anger etc

-Fellowship- being around other Christians, find out how they respond by being around them

-Church...Biblical instruction and training happens every Sunday for you and your children.

-Action- living out what you know to be true trains us...hey this works

-Ask Jesus for help- Pray...it is impossible to have a resurrection mindset without the help of the Lord. When you are discouraged, overwhelmed, don't know how to deal with some else or at a loss for what decision you make. Ask Jesus to help you focus.

-Commit to follow Jesus-we are talking mindset here so with that comes a commitment or a decision to do things the way Jesus would do them and the way He would want you to do them. Verse 3 tells us why...Vrs 3 You have died and there is a new you...a resurrected you with a resurrected mindset.

*So this Easter expect that difficulties will come because of sin but realize that when you have a **resurrection mindset** it will help you deal with those difficulties.*