

## NATIONAL COMMUNITY CHURCH

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Mindset – Reboot

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A 2007 child development study of seventh graders in New York City and they took the students divided them into two groups the first group was taught this idea of a fixed mindset principle. And your basic qualities like intelligence or talents are believed to be naturally fixed if you will. And so you're either good at math or you're not good at math or you're good at English or you're not good at English. The second group was taught a growth mindset principle. And that is taking the idea that your qualities or your abilities can be developed through dedication, through hard work, through persistence. And so they study these groups over time after teaching these principles and you'll see behind me the graph that shows what happened and so the fixed mindset showed increasingly declining grades while the growth mindset showed a clear rebound in grades. So, in fact, three times as many students showed an increase in effort and motivation compared with the fixed group. A psychologist Carol Dweck came up with this theory that intelligence is an outgrowth of a mindset and it's a theory that is circulating in education circles and because it has huge implications. So I sat down this week with a couple of our DCPS teachers, amazing teachers Shah and Gabe and I just talked to them about this idea. Tell me about this and as teachers give me your thoughts. And so they just started to talk about how if a teacher has a fixed mindset that it affects how they teach, it affects how their students learn and they said put it in faith principles if you will, or in faith terms. They said so what you are doing on one side is you're becoming an oppressor versus becoming a leader or a coach that leads towards freedom. So Philippians 4:13 says that I can do all things through Christ who has strengthened me. So why would we go on saying ok here's a fixed object yes, that cannot be moved I accept that, no to speak into faith is to move mountains. A fixed object, pushed set out of the way, things aren't going well, don't give up.

Now can I just pause for a second and we've got a lot of teachers among us can we just give thanks to all the teachers who are in the house today? Whether public or charter or private or home school we're just grateful for our teachers who are raising up a next generation and you all deserve a raise. I mean I know my three kids and you got twenty-five of those God help you, ok.

So the difference in these students in thousands of students the difference between growth and decline was what? It was a new mindset. And so with these students, they needed a reboot. Dictionary.com defines a reboot to make a change in something in order to establish a new beginning. I love what Zig Ziglar said. He said no one can go back and make a brand new start but everyone can start today and make a brand new ending. I'm not just talking today about a growth mindset I'm talking about a new mindset that is given through the power and the presence of a God who dwells within us. In Romans chapter 12 verse 2 do not be conformed to this world but be transformed by the renewing of our minds. It's a new mindset! Ezekiel 36:26 and I will give you a new heart and a new

spirit I will put within you and I will remove the heart of stone. I will remove the fixed object in front of you, I will remove the mindset, the wrong thinking, the wrong ideas I will remove that heart of stone and give you a heart of flesh. Those kids had no idea that an old mindset held captive their potential. I dare say today there are some of us here an old mindset, an old idea, an old thought is holding you captive.

Can I just let you into my family, to my house for a moment today? We have a dog that I would call curious. Any dog owners with some curious dogs out there? You know what that really means it translates as that dog will eat anything. The dog will eat game pieces, the dog will eat my sunglasses, she will eat my Bluetooth earphones, she will eat the kids poop wipes in the garbage can, she will eat stuff in the front yard, in the backyard, out of your hands, she will steal the hot out of a biscuit without even breaking the crust. This dog will eat anything and the dog is always sick, I'm telling you. And you know you think a puppy is cute and a puppy is cute but intestinal discharge not cute it's not. So after the 50th time of seeing abnormal intestinal discharge, you start to do something about it. So we get garbage cans with lids, we start to hide all the food and then we realize that she was eating one of the plants in our backyard and then we found out the plant was poisonous. We got that plant for thirteen years it's like a part of the family, this plant and it's been fine. It hasn't done anything to us and we've got this plant and we have co-existed with this plant until I found out it was poisonous.

Here's the deal we think in our life that when we talk about challenges we think of the massive tree that is blocking our view and that's what we think but you know what in reality in our lives the things that most holds us back it's not the massive tree in our front yard it's that poisonous plant in the dark corner in our backyard that we have co-existed with in a passive way. It's been fine it hasn't done anything and we leave it there but it's killing the life forms around us and it's tearing and that poison. It could be a mindset, it could be a thought, it could be a sin, it could be an idea, it could be bitterness, it could be anger, it could be pornography, it could be a lack of belief in God's ability, it could be inflexibility, it could be a myriad of things but what are you coexisting with that needs to be uprooted today, that needs to be pulled out of the ground, the soil of your spirit of your heart. Jesus would say you have heard it's been said. You know he's saying he's saying I'm going to uproot something that you have thought and then he says but I say and I'm going to plant something back in that place. He's constantly pulling up ripping up plants and then he's going back and replanting. So this plant for thirteen years I got to get rid of it, I got to pull it out. So, do you think when I pull that thing out it just came right out like a weed? No, I had to get down on my knees, I had to get dirty, I had to dig all around it, it was messy, it was work. I think there are some people here today you probably got some work in front of you. You need to get down and dirty and here's what I want to do today we're going to do something totally different instead of a thirty-five-minute sermon today we're going to have a thirty-five-minute process of prayer where we go through stages of prayer. And my prayer is this as we step into this practice my prayer is that it would be like getting down and digging in the dirt, digging in the soil of the spirit so God might uproot some things, some mindsets that have held us captive that are holding us back from what he has destined and desired for our future.

So I want to just quickly talk about these five prayer points and then we're actually going to practice this together today. The first one is this its reflection, reflection in his book Rules for Radicals Saul Alinsky argues that events or happenings don't become experiences until you take time to thoughtfully reflect through those things. And here's what he says most people go through life undergoing a series of happenings which pass through their systems undigested. Happenings become experiences when they are digested when they are reflected on. He's not approaching this from a faith perspective but he's speaking of the principles that are in the scriptures. 1 Corinthians 11:28 says a man ought to examine himself before he eats of the bread and drinks of the cup. Reflection is the space suspended between experience and explanation. When we step into Godly reflection it illuminates a place of imagination that we do not find anywhere else and possibilities are opened up when we reflect with the Holy Spirit in our hearts and in our minds.

Second practice we'll participate in is seeking forgiveness just as a snake sheds its skin we must continually shed our sin. The apostle Paul says the old has gone and the new has come. As believers though many of us walk around and were walking around with old skin on aren't we? And we just keep that on and it's like you got a date coming up and you go to the store and you get the nice shirt and man that's a hot shirt and you're going to put it on you're going to look good until you're on your way to date and you pull, you put the shirt on and you get there and she says you look ridiculous because you didn't take the old shirt off you just put the new shirt over the top. And as believers we are given new cells, new lives but we live in this old skin but the scripture teaches us something different. 1 John 1:9 if we confess our sins he is faithful, he is just to forgive us and cleanse us and purify us and make us new and clean from all unrighteousness. But you got to confess it to shed it, you got a release it and get rid of it and that weight that is on your back when you seek forgiveness from God all the sudden it washes right off. Romans chapter 8 says, therefore, there is now no condemnation for who, for those who are in Christ Jesus because he has set us free from what from the law of sin and death great! So the law is done no because then he says I would give you the law of the spirit of life he's saying this mindset is of the old and now step into the mindset that is new. In these moments that we seek forgiveness I just, I'd ask it if you can do this if you can get down and touch your knee to the ground something happens in your heart when your knees hit the ground because it is a surrender unto God, it's a bowing before him and acknowledging his goodness and his holiness

Third thing as this fellowship and take a moment and fellowship something changes when we let what is in us come out of us in moments of fellowship. And we posed the question the very first week of this series Pastor Mark shared it. Then last week we heard it from Pastor Joshua we're going to come back to that question today we're going to re-pose it, we're going to talk through it because something is different when you have to actually speak it out. And then there's accountability within fellowship that happens and so we're going to talk about that. If you remember the question is this, what daily discipline do you need to put in a place to get where you need to go? And then we'll gather in groups of two or three in a few moments and we'll talk about that and you might

want to just share an encouragement or hope or maybe even a prayer with someone or you can just keep it simple and just ask and answer this question.

The fourth thing is honor. You ever notice that Jesus in the scriptures every time he breaks bread something amazing follows doesn't it? So salvation comes or he feeds a five thousand or a new leadership model is given but every time he breaks bread this follows but here's the deal when he breaks bread what does he do he pauses and he gives thanks. He's acknowledging, he's giving honor to the Father he's putting him first. God's work of grace often chases our words of honor when we honor God it clears the path for the bulldozer of benevolence to come through into our life and bring change within us. Nothing reboots the soul like remembering what God has done for us, coming to the Lord's table and coming to the Eucharist. The Eucharist is a Greek word that goes back to Eucharista which simply means to give thanks. So today, when we come to the Lord's table and receive communion, we're going to do it a little differently we're going to come and actually get out of our seats and come and receive it from somebody because when your body moves I think sometimes it gets your mind turning and when somebody looks you in the eye it takes you to a different place because you see the skin of the Gospel and it almost forces you to acknowledge the goodness of Christ. And so we're going to take about fifteen minutes just to worship and pray and share in communion.

And then the last thing is this, its celebration. So we'll take some time at the very end just to celebrate all that God has done and what we're going to do is we're going to raise the volume a little bit OK. And so for some of you, we're going to speak out loud God's praises for some of you maybe that's a normal voice giving God honor, for some maybe it's a raised voice and for some of us it's just barely above a whisper and that's pushing it for us right. But we're going to turn up the dial of praise today that may be the flat screen and the lobby of heaven might turn to the channel of National Community Church because we are making as the psalmist says in Psalm 95 a joyful noise unto the Rock of our Salvation who has made us new. Is somebody made new in the house today? And so we're going to give God praise, we're going to use our voices to call and maybe you're hearing you say man I don't know what I'm going to say beyond thank you God and that's okay we're going to put for each one of these will put something up on the screen and you can even read or pray through what is up on the screen and that models what to give God praise for.

I want to invite our worship teams to come at all of our locations and you can begin to play and prepare and I just want to say this if you're a guest with us or maybe your new to faith or maybe you're exploring faith but you're not quite here ready to practice I just want to say thanks for being here we're so glad that you came tonight and we want you just to be you, all right you do you today. And so if you'd like to just participate here or there and take a... If you don't want to call out praise or if you don't want to receive communion you can stay in your seat or you can come forward and just say no thanks but take it at your pace okay? So we're just happy that you're here. Now for those of us who are trying to step in and more intently seek God just some quick coaching. It should feel a little uncomfortable all right because you can't grow if you don't get uncomfortable it doesn't happen. So I want to just encourage you can you block out and focus in on what

the Holy Spirit might do in you today and let's just make ourselves available and step out of our comfort zone and see what God wants to do. Today is a day to repeal wrong habits, to put behind us wrong thinking and to step out of our comfort zone into a new mindset that God desires for us. So the goal of what we're doing today is not to listen to a sermon, the goal is to participate with the Spirit of God. I love what Billy Graham said. He a preacher's not preaching until the audience here's a different voice.

And so now we come to you God and Lord we ask that your work would be done within our hearts, our minds and our spirits. Lord, I know there are things that have been planted that have been there for years in some of us and today we need to start digging, we need to uproot those mindsets, those old ways of thinking, those habits, those sins we need to uproot and pull those things out. I pray you would give us strength today, give us an enlightenment to see those things that we have co-existed with for years. And now I pray God, that in the emptiness and the vastness of the soil of our heart that the spirit of God would come and give us new visions and enlighten our imagination today to see as you see and now today I pray a bold prayer that you would give us a new mindset today and peel back the layers, God of those things that have held us captive. So I pray once again God that as we come to the altar of the Spirit of the Lord that once again you would show up in the power of your presence and do what only you can do, you can come and do in us what we cannot do for ourselves God. So we submit and we surrender ourselves to your will so take these moments, in Jesus name I ask these things. Amen. We're just going to take a few moments now and find your prayer place let's take some time in reflection.