

# Problematizing My Discipleship Practice: Obedience

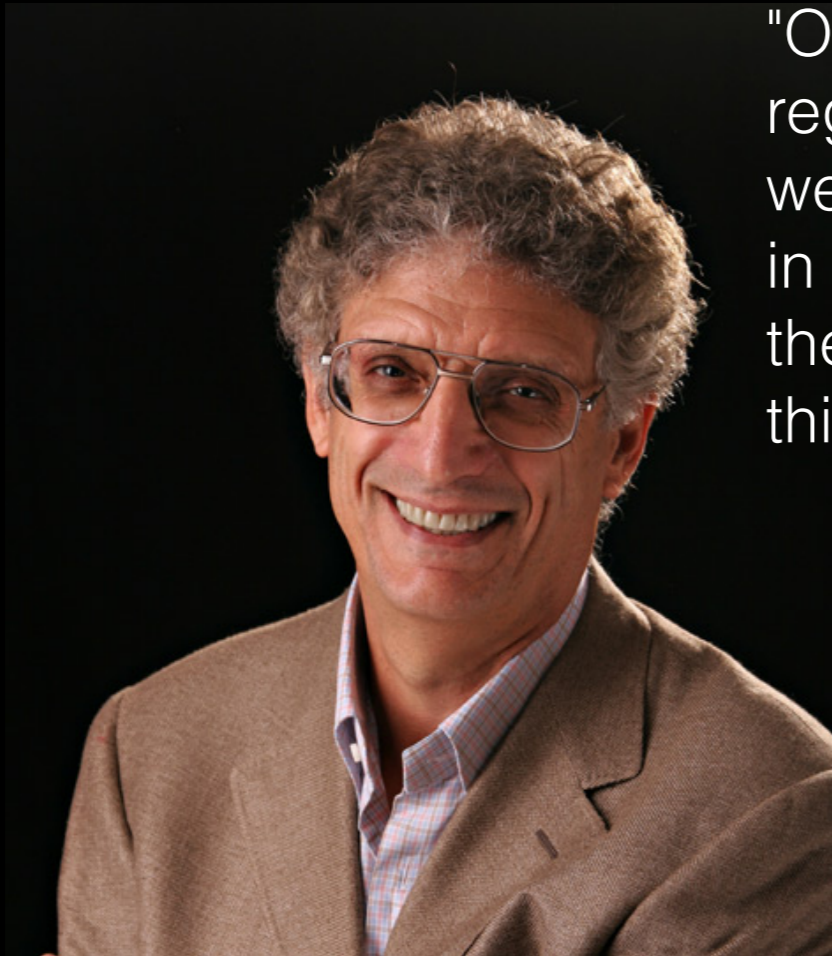
1. In times of trial/stress it is a challenge for me for me to focus on the positive as a motivator for obedience.
2. I want to "think on these things" (Phil. 4:8) but find it challenging to do so.
3. I need your help to address this challenge; therefore, we will get interactive.



"Finally, brethren, whatsoever things are true [*alathese*] whatsoever things are honest [*semnos*], whatsoever things are just [*dikaios*] whatsoever things are pure [*hagnos*], whatsoever things are lovely [*prosphilos*], whatsoever things are of good report [*euphamos*], if there be any virtue [*arete*] and if there be any praise [*epainos*] think [*logozomai*] on these things."

Phil. 4:8 KJV

# Self Regulation



"One of the most common mistakes is to confuse self-regulation with compliance. A child might behave the way we want because he is afraid of being punished, or solely in order to obtain some coveted award; but this is not at all the same thing as the child who actually wants to behave this way..."

- "...for God gave us a spirit not of fear but of power and love and self-control" (2 Tim. 1:7)
- "For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works" (Titus 2:11-14 ESV)

## Philippians 4:8-9 (The Message)

"Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies."



What are our challenges to "up  
regulating" positive thoughts?



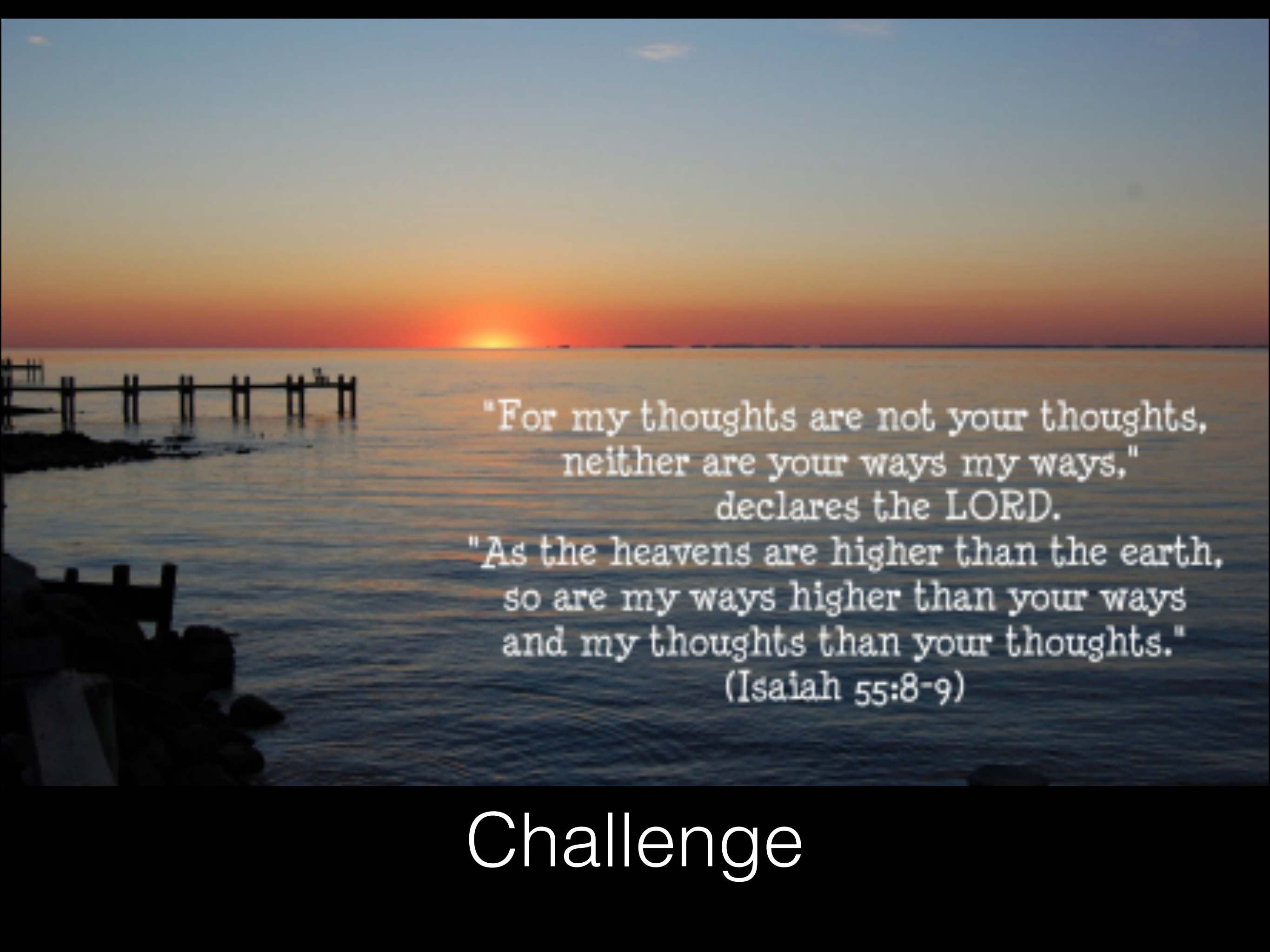
What are our challenges to "up regulating" positive thoughts?

# Challenge

"For I know that in me (that is, in my flesh) dwelleth no good thing; for to will is present with me; but how to perform that which is good, I find not. For the good that I would do, I do not; but the evil which I would not do, that I do" (Rom. 7:18-19 KJV)





A serene sunset scene over a body of water. The sun is low on the horizon, casting a warm orange and red glow across the sky. In the foreground, a wooden pier extends into the water on the left side. The water is calm, reflecting the colors of the sky.

"For my thoughts are not your thoughts,  
neither are your ways my ways,"  
declares the LORD.

"As the heavens are higher than the earth,  
so are my ways higher than your ways  
and my thoughts than your thoughts."  
(Isaiah 55:8-9)

Challenge

# My Solution = Another Challenge

- (Col. 2:21-23 ESV) "Do not handle, Do not taste, Do not touch" (referring to things that all perish as they are used)-according to human precepts and teachings? These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh."
- (Col. 3:1-2 ESV) "If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth."

# What Do We Think About to Up-regulate?

## Popcorn Protocol

- I up-regulate by thinking about...





A father's happiness is equal to that of his most unhappy child.

"Depression runs deep in me – through my genes, through my history, through my heart. My family tree is a weeping willow. It is what it is. Sometimes its touch is so light I barely feel the shadow of it. But other times, like now, it pulls me under like a leaf on a river. Learning to accept the push and pull of my sadness is something I'm still working on. So believe me when I say I'm not trying to be glib or to minimize the very real pain and numbness that depression brings. But sometimes even I have to look up and realize how much good comes from bad." Charlotte Anderson

# Who God Is

- "On the glorious splendor of your majesty, and on your wondrous works, I will meditate. They shall speak of the might of your awesome deeds, and I will declare your greatness. They shall pour forth the fame of your abundant goodness and shall sing aloud of your righteousness" (Psa. 145: 5-7 ESV)
- "I will remember the deeds of the LORD; yes, I will remember your wonders of old. I will ponder all your work, and meditate on your mighty deeds. Your way, O God, is holy. What god is great like our God? You are the God who works wonders; you have made known your might among the peoples" (Psa. 77:11-14 ESV)

# What God Has Done For Me

- "My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips, when I remember you upon my bed, and meditate on you in the watches of the night; for you have been my help, and in the shadow of your wings I will sing for joy" (Psa. 63:5-7 ESV)
- "...but God shows his love for us in that while we were still sinners, Christ died for us" (Rom. 5:8)

# The Kingdom

(Heb. 12:1-2 ESV) "Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, **who for the joy that was set before him** endured the cross, despising the shame, and is seated at the right hand of the throne of God."



# The Saving Work of Jesus

"Since therefore Christ suffered in the flesh, **arm yourselves with the same way of thinking**, for whoever has suffered in the flesh has ceased from sin, so as to live for the rest of the time in the flesh no longer for human passions but for the will of God" (1 Pet. 4:1-2 ESV)



# My Brothers and Sisters

(Phil. 2:1-5 The Voice) "If you find any comfort from being in the Anointed, if His love brings you some encouragement, if you experience true companionship with the Spirit, if His tenderness and mercy fill your heart; then, brothers and sisters, here is one thing that would complete my joy—come together as one in mind and spirit and purpose, sharing in the same love. Don't let selfishness and prideful agendas take over. Embrace true humility, and lift your heads to extend love to others. Get beyond yourselves and protecting your own interests; be sincere, and secure your neighbors' interests first. In other words, adopt the mind-set of Jesus the Anointed. Live with His attitude in your hearts."

# In Conclusion

- "Elevator Conversation" protocol
- With a partner, discuss and complete the statement, "I will think on these things by..."
- You are starting at the the 15th floor and I will count down the floors.
- Be ready to share what you discussed



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