

MAINSAIL: RESILIENT IN THE STORM WEEK #02

Who is in Charge Anyway? | April 7th

WHAT'S THE ISSUE ANYWAY?

"I am not afraid of storms for I am _____ how to sail my ship." -Louisa May Alcott

We are not all in the same _____ or even in the same _____.

We have _____ elements of the _____ metaphor and _____ elements of the _____ metaphor.

We are all _____ guiding our personhood through this incredible journey of life.

If we don't intentionally pursue a meaningful life journey we will exist in a _____, _____ state where _____ influences dictate the journey.

WHAT WISDOM DOES PAUL OFFER US?

Philippians 4:10-13

Paul knew that contentment is a _____ you develop.

Paul knew all too well the _____ of life.

2 Corinthians 11:24-28

This was Paul's "_____ " for demonstrating God's love.

DON'T MISS THIS!

Paul was a resilient captain because he had a _____ "_____".

HOW CAN I LIVE THIS IN MY EVERYDAY, NORMAL LIFE?

Accept your divine responsibility and be the _____ of your life.

Remember, being the captain of your life and trusting God are not _____.

"God's will" is more about the _____ and the _____ and less about the who, the what, or the when.

Stop trying to be the captain of _____ life.

HOW DOES THIS MAKE ME A BETTER PERSON AND THE WORLD A BETTER PLACE?

We unlock our _____ when we accept the responsibility to captain our lives.

WHAT IS GOD INVITING YOU INTO TODAY?

1. Sign up for the Fresh Perspective conversation group starting this month.
2. Accept the divine responsibility to captain my life.
3. Harness the power of a “Reliant I” way of living.

THOUGHT PROVOKING QUESTIONS:

1. Reflect on the quote, “I am not afraid of storms for I am learning how to sail my ship.” How does this resonate with your own journey?
2. Consider the eight elements of the sailboat metaphor mentioned in the sermon. Which of these elements do you feel most in control of in your life currently?
3. Think about times when you’ve felt passive or powerless in your life. How might embracing your role as the captain empower you to take charge of your circumstances?
4. How does Paul’s example of resilience and reliance on God’s strength inspire you to navigate through your own challenges?
5. Reflect on the idea of discerning God’s will in your life. How does understanding the “how and why” versus the “who, what, and when” impact your decision-making?
6. Reflect on the hidden potential within yourself. How might embracing your role as the captain unlock opportunities for growth and positive impact in your life and the world around you?

THE EIGHT ELEMENTS OF THE SHIP METAPHOR

1. Water represents the different physical environments or domains of life.
2. The compass represents our feelings, including emotions, intuitions, and bodily sensations.
3. The steering wheel represents our values, the things we find important in life.
4. The leaks in the sailboat represents a weakness, which is a personal characteristic that reduces well-being.
5. The sails represent strengths, which are personal characteristics that increase well-being.
6. Other boats represent our social network, which is the people surrounding us.
7. The destinations represent our goals, which are the concrete objectives and outcomes we pursue.
8. The weather represents external life events over which we have little control.

THE FOUR ELEMENTS OF THE CAPTAIN METAPHOR

1. **Attention** reflects the ability of the captain to focus on a particular element of the boat or environment. This element represents our ability to pay attention to different aspects of our lives.
2. **Thoughts** reflect the cognitive processes accompanying interactions with different sailboat elements or environments. This element represents the expectancies, thinking patterns, beliefs, and evaluations that tend to flow from the things we pay attention to.
3. **Motivation** reflects reasons for engaging with different elements of the sailboat and environment. This element represents the ‘why’ underlying our choices in life (i.e., why is taking a particular action important?).
4. The **action** element reflects the direct way in which the captain interacts with the different elements of the sailboat. This element represents our ability to take concrete actions in life or inaction.