

MAINSAIL: RESILIENT IN THE STORM | WEEK #04

What You See is What You Get | April 21st

WHAT'S THE ISSUE ANYWAY?

_____ we think about events in our lives strongly influences _____ we experience them.

We can decide how we _____ at the events in our lives.

The Emotion Equation: _____ + _____ = The Lead Emotion

Our _____ emotion sets the direction of our wellbeing.

WHAT WISDOM DOES SCRIPTURE OFFER US?

Philippians 1:12-17

Paul had a positive outlook on the _____ of his imprisonment.

Paul balances his positive thinking with _____.

James 1:2-4

James believed that difficult circumstances were _____.

Love is powerful enough to _____ painful, disappointing, and discouraging events.

DON'T MISS THIS!

Our thoughts have the power to _____ the present, _____ the future,
and _____ the past.

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

Use positive thinking _____.

Build resilience by practicing _____ appraisal technique.

Accept the _____: Life's stressors are challenges, not threats.

Find the _____: Identify the positive effect that results from a negative experience.

Embrace _____ optimism: Expect good things to happen to you.

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

Thinking about our thinking creates _____ humans with perseverance.

Wounds become _____ when we allow love to redeem our pain.

WHAT IS GOD INVITING YOU INTO TODAY?

1. Take a few minutes this week to do the “Observing Thoughts: Cloud Watching” exercise.
2. Read Paul’s letter to the Philippians looking for moments where Paul appraises his circumstance in a positive light without ignoring the reality of his situation.

THOUGHT PROVOKING QUESTIONS:

1. In what ways do you believe your thoughts influence your experiences and emotions? Can you think of a recent example?
2. When faced with challenging circumstances, do you tend to see them as threats or as opportunities for growth? How might this appraisal affect your emotional response?
3. Reflecting on Philippians 1:12-17, does Paul’s example of positive thinking and realism inspire you in your own challenges, frustrate you? How do you respond to Paul’s encouragement to the Philippians?
4. Which appraisal technique—accepting challenges, finding benefits, or embracing realistic optimism—do you think you could incorporate into your life to build resilience? Why?
5. Why would not being intentional about thought patterns create irresponsibility in a person? How could it create responsibility?

OBSERVING THOUGHTS: CLOUD WATCHING EXERCISE

The best way to deal with unhelpful thoughts is by observing them rather than trying to get rid of them. The better you observe your thoughts, the easier it becomes to generate new, helpful alternatives. This week try to do the following cloud-watching meditation as much as possible using this transcript:

1. Close your eyes and begin noticing what is happening inside your body.
2. Begin by gently inhaling into your belly. Then, slowly exhale to pull the belly back in. Continue this pattern of breathing, letting your body relax for ten long breaths in and out. (Wait 1 minute).
3. Now that you’ve spent some time watching the breath, move your attention from your belly up to your head. Just as you noticed the breath, you’ll now take some time to notice thoughts. (Wait 10 seconds)
4. Noticing means ‘seeing’ something is present. To notice something doesn’t mean you have to ‘do’ anything with what you see. This is your choice. Whether you choose to do something, noticing by ‘seeing’ is the first step.
5. Let’s practice this. With your attention in your head, notice as new thoughts enter your mind. For each thought, try to notice: Is it happy? Something you’re worried about? Something you’re looking forward to? Just notice each thought. Let it float through your mind like a cloud. (Wait 20 seconds)
6. With the next thought that floats into your head, try something. As you notice the thought, decide what you’d like to do with it. Is it something helpful or something you like? If so, perhaps you’d like to give a name to it. If it’s not helpful or something you don’t like, try letting it go. Let the thought float by. See if you can do this with the next few thoughts you notice. (Wait 30 seconds).
7. For the next minute, keep noticing as thoughts float in. If you notice a thought you don’t like, see whether you can change the way you see the thought.
8. Could you interpret it differently so that it makes you feel good? Alternatively, you might just let go of the thought as you did before. (Wait 1 minute).
9. Now, open your eyes again.