

STAND AT THE CROSSROADS

Week 6: February 5-11, 2023

I've Been Everywhere (pt. 4: Mental Brokenness)

This year, we are focusing on how life brings us to "crossroads." These crossroads bring spiritual, emotional, mental, physical, and social challenges. Which way should we go? What should we do? Such questions leave us in great uncertainty on what is best for us and those we love. We are going to journey in 2023 through various sermon series on Bible passages where the characters in the story come to different types of crossroads. Here, we will find ourselves evaluating the options before them and before us. We will also explore how we can help others at pivotal times in their journeys, supporting them as they seek faith and meaning in the decisions and circumstances they face.

In this packet, you will find a few additional resources that will help you to further evaluate how to process the crossroads in your life, your family, and your faith community. These extra activities are not meant to be a spiritual formality on your weekly to do list. Rather, they are optional ways that you can consider as you walk through life. Only do what is helpful to you as you walk with Jesus each week. I'll meet you at the crossroads.



Discussion Questions

Go to Patrick Wilson's YouTube page and watch the video devotional for this week: I've Been Everywhere (pt. 4: Mental Brokenness).

Then, consider and discuss with your family/friends the following questions:

- How do you evaluate the options when you face a mental quandary?
- What is the purpose of the Bible? How should we use it when facing mental questions?
- Define wisdom, especially in light of how it relates to knowing God and his ways for our lives.
- How do Natboth, Ahab, Jezebel, the community leaders, the scoundrels, and the people exhibit or fail to exhibit characteristics of godly wisdom?
- How will you seek God in a quiet space for the wise counsel you need in the decisions before you right now?

Bible Study & Prayer: Going Deeper

Read and meditate on Proverbs 3:5-6: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

The wise sage encourages us to trust in God and not ourselves. To do this, we have to let go of our own, personal perception and understanding of what we are going through and lean into God with all of our heart. We do this by going to God with an open mind to discern from him what we should do. Thus, we have to be willing to submit ourselves to God and his will for us rather than what we think is the best option.

We should not submit ourselves to God out of a sense of duty or obligation; rather, we choose to recognize God as the one who knows more and who has our best interest at heart. "Straight paths" is a metaphor to suggest that God will guide us to our destination of knowing him better and should not be interpreted as a path of ease or comfort. Thus, we trust God to take us where we need to go.

Spend time reflecting on a quandary, question, or struggle you are facing. Take this to God in prayer, and then sit in the quiet as he guides your mind to evaluate the options and give you direction on what is best for you to do in your specific situation. Then, step out in trust.

Family Activity

Do some brain puzzles together as a family. To get you started, go to:

<https://www.youtube.com/watch?v=nfHLS-1Bfmc>

Everyone can do the puzzle and then compare answers or the time it took each person to do the puzzle.

Then, pull out a family game that you all can play that requires concentration to win. It could be something that is investigation based like Clue or a strategy game like Stratego. For this week, try to avoid games that are largely build around chance.

After you have enjoyed playing the game, discuss these questions as a family:

- What strategy did you use to play the game?
- How did this strategy work for you?
- If you could go back and change your strategy, what would you do differently?
- How do you anticipate that a different strategy might have impacted the game?

Connecting with Others

Consider finding a life coach to help you process a decision that you need to make. A life coach is a wellness professional that seeks to assist individuals in their progress towards greater fulfillment in life. In coaching, the coach and the client form a partnership where the coach facilitates a thought-provoking and creative process that inspires the client to maximize personal and professional potential. It is designed to facilitate the creation/development of personal, professional or ministerial goals and to develop and carry out a strategy/plan for achieving those goals.

Whether you seek out a personal friend, a mentor, a pastor, or a professional coach, having someone to walk with you through the decision making process can be helpful to identify the pros and cons of the available options. In addition, by praying and consulting God's direction, you can establish how you believe it best to proceed. If you have clarity on what you should do, talking to someone about it can give you additional encouragement and confidence to proceed.

Life coaching sessions can be done in a single visit or periodically to aid the client as needed. For more information about the standards of coaching, go to the International Coaching Federation website:

<https://coachingfederation.org/>