

LOVE LIKE THAT

April 28, 2019

Pastor Glenn Gunderson

MORE MINDFUL, LESS DETACHED

Watch what God does, and then you do it, like children who learn proper behavior from their parents. Mostly what God does is love you. Keep company with Him and **learn a life of love. Observe how Christ loved us. His love was not cautious but extravagant. He didn't love in order to get something from us but to give everything of Himself to us. **Love like that.****

Ephesians 5:1-2

OUR _____

"The eye sees only what the mind is prepared to comprehend."

Robertson Davies

THE _____ OF JESUS

"When He looked out over the crowds, His heart broke."

Matthew 9:36

Luke 19:1-10

"Where others saw a paralyzed man, Jesus saw faith. Where others saw a political traitor, Jesus saw a disciple. Where others saw crowds of harassing people, Jesus saw people being harassed. Where others saw sinners, Jesus saw people in need of mercy. How did Jesus see what others didn't? It comes down to being mindful."

Less Parrott

MINDFUL = GIVING OTHERS _____, BEING _____,
ATTENDING TO _____ - LITTLE NONVERBAL BEHAVIORS THAT OFTEN
SPEAK MORE LOUDLY THAN WORDS... TO EXPRESS _____ INTEREST
THROUGH CLOSE _____ AND GALLANT _____.

WHAT KEEPS US FROM BEING MINDFUL?

ONE WORD: _____

"If you stop to be kind, you must swerve often from your path."

Mary Webb

Luke 10:25-47
Philippians 2:3-4
2 Corinthians 4:18

INTUITION = INTUERI = "TO _____"

John 8:27
1 Corinthians 6:17
Psalms 46:10
James 1:5

"We may ignore, but we can nowhere evade, the presence of God. The world is crowded with Him. He walks everywhere incognito."

C.S. Lewis

*"Attention is so valuable we don't just give it, we **pay** attention. It's like money."*

John Ortberg

Fill in the blanks: detachment, mindfulness, special attention, watchful, details, affectionate, observation, gestures, agendas, contemplate

HOW MINDFUL ARE YOU?

A brief self-inventory is provided for you below. Take a couple minutes to complete it now or do the same free inventory online at LoveLikeThatBook.com to see your results and receive a summary at the end of the series.

For each statement, put the number that best describes you.

Never(1) Rarely(3) Sometimes(5) Often(7) Very Often (10)

- ___ *I'm aware of thoughts I'm having when my mood changes.*
- ___ *I ask God for wisdom to recognize needs, thoughts, and feelings in others.*
- ___ *I'm intentional about sincerely being my best self with others.*
- ___ *Recognizing and acknowledging what others are thinking and feeling comes easy to me.*
- ___ *I'm very aware when someone else is feeling embarrassed or emotionally wounded.*
- ___ *I manage my emotions very well.*
- ___ *I set aside my own immediate plans and goals to help someone with their personal agenda.*
- ___ *I listen for and am attuned to God's promptings for me in relationship to others.*
- ___ *I'm mindful of God's presence with me — I hear His whispers.*
- ___ *I'm good at relaxing my own busy agenda in order to tune into someone else's.*

_____ **TOTAL**

If you would like to read more in depth about the 5 relationship secrets, you can purchase the book *Love Like That* by the #1 New York Times bestselling author and psychologist Dr. Les Parrott.



JOIN A LOVE LIKE THAT LIFE GROUP

Join a Life Group for this series. Each week, you will view a brief video from #1 New York Times bestselling author and psychologist Dr. Les Parrott and then engage in thought provoking and relationship improving discussion. Come to the Connect Center to find a group that's right for you!

LOVE LIKE THAT

STUDY GUIDE

This Study Guide is designed to help you take the message with you throughout the week with daily Scripture reading and questions for your personal reflection and application. It is also designed to help you continue the conversation with your family, friends, and Life Group.

DAY 1

Who are the happiest, most joyful, and fulfilled people you know? Are they self-centered? Do they have wealth or fame? Or do they have deep, meaningful, and loving relationships?

Read John 13:34 and Ephesians 5:1-2. As we begin this study of learning to love more like Jesus, what is your biggest fear? Failing? Becoming a doormat? Giving up fun or pleasure? Not getting your own needs met? Other fears?

Read 1 John 4:18. What does this verse promise us in regards to our relationship fears? Which relationship(s) do you most want to see improved during this series?

DAY 2

How Mindful Are You?

If you haven't done so, take the self-inventory on the sermon outline or online at LoveLikeThatBook.com.

How do you feel about the results of your self-inventory?

Would you be willing to invite a trusted friend, spouse, parent or child to review the results with you? Why or why not?

DAY 3

Read Luke 19:1-10. Who do you relate to most in this story? Zacchaeus? The onlookers? Jesus? Why?

When it comes to these onlookers, how mindful were they of Zacchaeus at first? When they saw Zacchaeus with Jesus, what was their response (v.7)?

What can you learn from Jesus and Zacchaeus that could make a difference in your relationships?

DAY 4

Read Luke 10:25-37. What was the question the man asked Jesus to justify himself (v. 29)?

The characters in the story include the priest, the Levite, the Samaritan, the man who was beaten. Who would each of these people be in your world today?

What agenda did each of these characters in the story have? What was the difference in the response to what each of these men saw?

What natural inclinations make it easier for you to act like the priest and Levite than like the Samaritan?

DAY 5

Read Phillipians 2:3-5. If we want to be mindful like Jesus, we have to become more conscious of our own “interests” (agendas) so we can set them aside temporarily to focus on someone else. What personal agendas do you tend to become consumed with that cause you to miss out on being mindful of family, friends, co-workers, people you pass by, etc.?

When are these agendas most likely to consume you? What relationship(s) are impacted the most?

APPLY

Who is the person or persons in your life that need more mindfulness from you? What is it that gets in the way most?

CHALLENGE

What is one practical thing you can do, in specific terms to become more mindful of the people you noted? Be as concrete and specific as you can be. Now go and do it!