

MENS LIFE BLOOMINGTON

Tuesday, April 11, 2023

Key Topic | Facing and Surrendering to Challenges Head-On

Overview: Over the past year, Craig summited the highest mountain in the Southern and Western Hemisphere (Aconcagua). He took on the challenges of Island Peak and Cayambe (Ecuador). And went on the long overland journey to Everest Base Camp. On June 6 he heads out to climb Denali. The challenge of climbing came from a need to find a new path after a major life setback. 10 years ago, at age 55, his marriage of 25 years failed. Big changes also occurred after the loss of a parent and a career change to something yet unknown. This journey became a spiritual experience as well. He needed a reset and climbing helped bring it into focus.

Focus Verse: Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way. | James 1:2-3 Message

Presentation Points:

- The background that led up to the pursuit of climbing
- Overcoming challenges and conquering life's summits
- Alignment of mindset, strategies, and lessons to Mind/Body/Spirit principles.
- Using these ideas to reach your goals as you apply them to your own life.
- God's Devine will as a guiding principle

Topic Questions: (References are on back)

- What has been your experience in mountain adventures? Climbing, hiking or visiting?
- Why is it that mountains are often associated with challenges?
- When you think of mountains and the Bible, what are some of the connections that come to mind? (*e.g. what are some verses or Bible stories that involve mountains*)
- When you enter situations in which you know you will face a challenge, what helps you prepare for what you are about to face?

Read James 1:2-3

- How does this verse help to keep your ego in check? How do you keep it from being all about you to instead of being about what God is doing?

Application Question:

- What is a challenge you are facing now that you could apply these principles.

Biblical Basis Sneak Peak: (2 weeks from now):

In two weeks we will look at "Facing and Surrendering to Challenges the Biblical Way"

Dear Lord, you came to this earth to face the greatest challenge that anyone could face. There are so many lessons from your life that we need to apply to our own. As we are on this journey and climb our own individual mountains, help us remember to give honor to you. Help us remember that it is not about us and our ego that is fed by accomplishment. But help us to submit to your guidance and leading. To you be the honor and glory. Help us to see things from your perspective. Amen.

Introduction

Meditations by Marcus Aurelius, translated by Dr. Gregory Hayes.

1. Focus on what you can control.
2. You control how you respond to things.
Remember that the root of anger is fear. So when you get angry, ask yourself :What am I afraid of"
3. Ask yourself: "Is this essential, does it align to my life goals."
4. Value time more than money and possessions.
5. You are the product of your habits.
6. Remember you have the power to have no opinion.
7. Own the morning.
8. Put yourself up for review. Interrogate yourself.
9. Don't suffer imagined troubles.
10. Try to see the good in people.
11. Never be overheard complaining—even to yourself.
12. Two ears, one mouth – for a reason!
13. There is always something you can do.
14. Don't compare yourself to others. Remember that comparison is the thief of joy and gratitude.
15. Live as if you've died and come back (every minute is bonus time).
16. "The best revenge is not to be like that." — Marcus Aurelius
17. Be strict with yourself and tolerant with others.
18. Put every impression, emotion, to the test before acting on it.
19. Learn something from everyone.
20. Focus on process, not outcomes.
21. Define what success means to you.
22. Find a way to love everything that happens- give thanks to ALL things.
23. Seek out challenges.
24. Don't follow the mob. (too closely - and remember that everything has a cycle)
25. Grab the smooth handle (d what feels right)
26. Every person is an opportunity for kindness.
27. Say no (a lot). And yes to those things that align to your goals (Warren Buffet.)
28. Don't be afraid or embarrassed to ask for help.
29. Find one thing that makes you wiser every day.
30. What's bad for the hive is bad for the bee.
31. Don't judge other people.
32. Study the lives of the greats.
33. Forgive, forgive, forgive.
34. Make at least a little progress each day.
35. Spend time writing in a journal – especially a gratitude journal. Write down each day, three things you are grateful for. In 30 days, you will see the world in a different light.
36. Prepare for life's inevitable setbacks.
37. Look for the poetry in ordinary things.
38. To do wrong to one, is to do wrong to yourself.
39. Always choose "Alive time"
40. Associate with people that make you better. You are the average of the closest five people you hold dear.
41. Help others evolve to a better place, making you better as well.
42. If someone offends you, realize you are complicit in taking offense.
43. Fate behaves as she pleases...do not forget this.
44. Possessions are yours only in trust.
45. Don't make your problems worse by bemoaning them.
46. Accept success without arrogance, handle failure with indifference.
47. Courage. Temperance. Justice. Wisdom. (Always).
48. The obstacle is the way. If you don't learn this, you will always be forced to come back to the same place.
49. Ego is the #1 enemy.
50. Stillness is the key.