

How To Overcome Hurts, Habits and Hang Ups Part 2

Can you imagine a football game without an end zone or goalpost? What about a basketball game without a basket? It would be meaningless, pointless and frustrating without that end zone, goalpost or basket as a goal. Sounds weird yet many people today don't have goals for their relationships, parenting and leadership.

What's your goal to get through COVID-19...What's your goal in your relationships? What's your goal in parenting? What's your goal in leadership? Is it...distance or connections?

What are some hurts, habits and hang ups that's creating problems in our relationships, parenting and leadership?

- Mad Max
- Remember November
- I Stay Mad Chad

I Stay Mad Chad

1. The problem:

- a) Believes the **lie that anger is power**
- b) Believe that **lie that he can control** other people and control is power. He likes to control others but can't control himself.
- c) Believes the lie that **intimidating others with fear and punishment** is power
- d) Believes the lie that **blaming other people** for all his problems is power
- e) He is addicted to all these lies
- f) **Doesn't take responsibility** for his choices, circumstances and situation and blame his ,parents, spouse, society, etc.
- g) If you confront me, I will **stay mad** at you for the next 1000 years.
- h) No one wants to tell Chad he's wrong because it's too expensive.
- i) I Stay Mad Chad is actually a good person but doesn't know he has a problem because he picked up his hurts, habits and hang ups as a child growing up. Can you relate to Lisa? **I can...**

2. Think about it:

- a) Who is in control of me?
- b) What part of me are they in control of?
- c) Am I still mad at someone or something from the past?
- d) Do you think that staying mad is a way to protect your true fears, faults, flaws and failures from others? If so, why?
- e) What's your greatest fears, faults, flaws and failures that triggers a Mad Max or I Stay Mad Chad response?
- f) What's the worst thing that can happen to you and those near and dear to you if you don't change?
- g) What can you do to be the change?

3. The hero or guide: Akahai and Donald Vincent Sr.

4. **The plan:** KYLO

(Galatians 6:1 NLT) Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself.

- a) BE KIND to each other and bless people, not blast them
- b) BE GENTLE and GOOD to yourself and others

5. **The call to action: AIM FOR A NEW GOAL RATHER THAN BEING MAD.**

- a) **I will always choose to be powerful to manage and control myself. Because the only person I can control on a good day is myself!**
- b) **I will always be kind to others and bless them, not blast them**
- c) **I will always be gentle and good to myself and to others**

Discussion Questions:

1. Who is in control of me and what part of me are they in controlling?
2. **On a scale of 1-10 with 10 being good and 1 being not to good**, how good am I at controlling myself when I:
 - get angry
 - get scared
 - Want to punish myself or someone
 - Want to blame someone
 - Want to control someone or something
3. Where did the root of this childhood hurt, habit and hang up come from?
4. What call to actions and Galatians 6:1 do I NEED to OBEY this week to reach my God given dream and overcome my hurts, habits and hang ups?