

How to Overcome Hurts, Habits and Hang-Ups (Fun)

How To Overcome Being A Mad Max (Part 1)

Intro:

How to Overcome Hurts, Habits and Hang-Ups. We all have it. The question is, can we see it?

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** because of hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division?
OR
- Connections** because of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control?

Types of Hurts, Habits and Hang-ups

1. Mad Max

a) The problem:

- 1) Mad Max uses **rage** and **intimidation** to keep others at a safe distance.
- 2) Mad Max approaches relationships as a **consumer** and will suck you dry if you let him.
- 3) Mad Max **blames** his hurts, habits, hang-ups and screw ups on other people.
- 4) Mad Max never **takes responsibility** for his choices, circumstances and situation and blame their parents, spouse, society, etc.
- 5) Mad Max believes the **lie** that he can **control** other people.
- 6) Do people around you feel afraid, punished, hurt, abused, disconnected, trapped, worthless and believe the lie they can be controlled?

b) The guide:

- 1) Being Mad is a **learned** behavior
- 2) Being Mad is a **destructive** behavior
- 3) Being Mad is a **process not your address**, a **stage not your destination** and the **pressure can propel you forward** to become a better person

c) Think about it:

- 1) What relational and parenting tools do you have in your toolbox?
- 2) What relational and parenting tools did your parents pass down to you and what's your favorite?
- 3) How's it working? Is it creating fear and punishment or joyful heart-to-heart connections?
- 4) Do you want or need a fresh perspective that will put the fun back into relationships and parenting?
- 5) What can you do to be the change?

d) The call to action...AIM FOR A NEW GOAL RATHER THAN BEING MAD:

(Proverbs 15:1 NKJV) A **soft answer turns away wrath**, But a **harsh word stirs up anger**.

- 1) I will...aim for a new goal...to **control and manage myself**. I don't get to control other people.
 - The only person that I control on a good day is myself!
- 2) I will...aim for a new goal...of **using a soft answer to turn away wrath**
- 3) I will...**help others**...to do the same

Discussion Questions:

1. What relational and parenting tools do you have in your toolbox? (Check a box if you see tools that apply to your relational and parenting tools)
 - Hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division?
 - Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control?
2. What relational and parenting tools did your parents pass down to you and what's your favorite?
 - Hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division?
 - Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control?
3. How's your relational and parenting tools working? Is it working? Is it creating distance, fear and punishment or joyful heart to heart connections?
 - Distance** because of fear and punishment
 - Heart to heart connections** because of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control?
4. Do you want or need a fresh perspective that will put the fun back into relationships and parenting?
 - Yes
 - No
5. What can you do to be the change?

Prophetic community:

1. Take 90 seconds to ask God, what does He love about the people in your group
2. Take the remainder of the time to share what God loves about the people in your group
3. Have someone close in prayer