



LUKE 4:21-30

Growth Mindset

The world offers you comfort. But you were not made for comfort. You were made for greatness.
 (Benedict XVI)

"EVERY SAINT HAS A PAST, AND EVERY SINNER HAS A FUTURE." OSCAR WILDE

LIST FIVE THINGS YOU ARE GOOD AT:



LIST FIVE THINGS YOU ARE BAD AT:



WHY DO YOU BELIEVE YOU ARE GOOD OR BAD AT ANY OF THESE THINGS?

HAVE YOU EVER STRUGGLED WITH SOMETHING AND PERSEVERED UNTIL YOU COULD DO IT WELL?

WATCH THIS VIDEO FROM THE FR MIKE SCHMITZ "WHO YOU ARE VS. WHO YOU'RE CALLED TO BE" AND REFLECT ON THE QUESTIONS THAT FOLLOW



Why did Fr Mike think he is not good at Maths? Do you think it is true?

What did this 2nd Grade belief develop into an attitude of in later life?

Carol S. Dweck's book, "Mindset" speaks of two types of mindset: _____ and _____.



Identify each statement as an example of either type of mindset:

- "I'm good at X and I'm bad at Y" _____
- "I currently struggle at Maths, but I can get better" _____
- "This is just me." _____
- "This is where I'm at. This is where I could go forward." _____

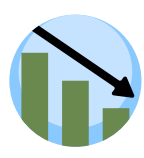


Why did the second group of test students who were praised with, "Wow, you really worked hard on that test!" continue to do better than the first group who were praised with, "Wow, you're really smart!"? Which group had a fixed mindset and a growth mindset?

OUR MINDSET CAN SHOW A LOT ABOUT:



- our willingness to _____,
- our willingness to _____,
- our willingness to see ourselves as someone who _____.



What organisation praises the growth mindset more than any other?



GOD SEES US AS WE ARE, HE SEES US WHERE WE STRUGGLE, HE SEES WHERE WE HAVE STRENGTHS, HE SEES WHERE WE'RE WEAK, HE SEES WHERE WE'RE WOUNDED, HE SEES WHERE WE WIN. HE SEES US AS WE ARE BUT HE APPROACHES US AS WE COULD BE.

GROWTH MINDSET

LUKE 4:21-30



As Christians we called to acknowledge the truth: to see ourselves as _____, and to acknowledge where _____, who we _____.

What sacrament does Fr Mike call the "growth mindset sacrament"? _____

If we feel we're not as holy as we should be, or as conformed to Christ as we should be, how should we let the Lord respond in our lives?



Fill the gaps: "Every saint has a _____, and every sinner has a _____."



WE'RE CALLED TO THE STRUGGLE AND TO ENTER INTO THE FRAY.
EVERY TIME YOU FALL AND GET BACK UP, THAT'S A VICTORY. EVERY TIME YOU STRUGGLE THAT'S GROWTH.



Now Read Luke 4: 21-30



This Gospel passage begins with Jesus' listeners marvelling at His words and ends with them trying to throw Him off a cliff?! That escalated quickly! What on earth could turn them against Him so quickly? Jesus called them out of their fixed mindset, and it hurt!

Prophets before Him had called people to conversion, and God's Chosen People had rejected them, as they would now God's own Son. Rather than being able to look at their own failures and weaknesses and show a willingness to grow and move forwards, it was easier for them to chase Jesus out of the town (*his own hometown*) and actually remove His presence from their lives. "I can't change", "I don't want to change", "It's too hard" - these fixed mindset phrases can be toxic to our lives, and especially to our Christian faith. Jesus acknowledges the reality of who we are and where we are, and He loves us right there, but He also calls us on to more, to become the best version of ourselves. So how will I react? Will I stay stuck in my own mindset and push away who / what I could be, or will I admit my reality and continue to struggle, with Jesus at my side?



MISSION!

IF YOU FIND YOURSELF CAUGHT IN A TOXIC FIXED MINDSET, GRAB A POST-IT NOTE AND WRITE: "I AM NOT AFRAID TO STRUGGLE. I CAN GROW, BY GOD'S GRACE" ON IT. REMIND YOURSELF OF THIS TRUTH EVERY DAY. ASK FOR GOD'S GRACE TO CONTINUE THE STRUGGLE FOR GREATNESS. IF YOU SEE SOMEONE STRUGGLING, REMIND THEM OF THEIR WORTH AND THE VALUE OF THEIR STRUGGLE TOO!



PRAYER TIME!



The Knots Prayer: Dear God, please untie the knots that are in my mind, my heart and my life. Remove the "have nots", the "can nots" and the "do nots" that I have in my mind. Erase the "will nots", "may nots", "might nots" that may find a home in my heart. Release me from the "could nots", "would nots" and "should nots" that obstruct my life. And most of all, dear God, I ask that you remove from my mind, my heart and my life all of the "am nots" that I have allowed to hold me back, especially the thought that I am not good enough. AMEN



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON GROWING IN FAITH



- [Beautifully Broken - Plumb](#)
- [Who you say I am - Hillsong](#)
- [When all is said and done - Matt Redman](#)
- [Not yet I but Christ in me - City Alight](#)
- [Lead Kindly Light - Audrey Assad](#)
- [Into Faith I Go - Pat Barrett](#)
- [Work in Progress - Leanna Crawford](#)
- [Ok - Josh Wilson](#)
- [Garden - Matt Maher](#)
- [Great Things Worth it all - Elevation Worship](#)

Click the links for the YouTube videos to listen to some suggestions!



HFM Testimony: Watch Louise's story of how she decided to allow her faith to grow



What Defines You? (Fr Mike Schmitz)