

SKYDIVING WITH A 12,000-FOOT PERSPECTIVE

CHAPTER 5 | TEACHING SEGMENT 3

(PLEASE WATCH THE STORY SEGMENTS CONNECTED TO THIS CHAPTER)

OUTLINE

**EVEN IN THE FACE OF DESPAIR,
GOD CAN WHISPER ENCOURAGEMENT AND SET US FREE**

PREMISE:

- Understand and avoid the **SELF-SABOTAGE** trap
- When we are hidden in God, He restores our **IDENTITY** and **PEACE**

1. DEVELOPING CHARACTER

A. Steps to growth

- **Reminder:** reaching success before our character is developed can cause us to break down emotionally, mentally, spiritually. God wants us to go from glory to glory.
- **Admit your fear to God; run to Him, not away from Him.** When Elijah admitted his fears to God, new peace came to him. We need to acknowledge: I am afraid, I can't do this on my own, please help me.
- **Acknowledge your mistakes.** Unless we acknowledge them, we will continue on that same path. Ask for forgiveness from the Lord, yourself, others, then create a new picture.

- Ask for help: from the Lord, from those around you. We are not created to be islands; we need each other. Isolation causes us to go deeper into depression, self-pity, and fear.

B. Understanding self-sabotage

- We all go through disappointments and struggles; we lose our drive and momentum when we achieve a goal and don't know how to reset it.
- Stop and look at what you have achieved. Give yourself permission to rest so that you can move on to the next season with greater strength and focus.
- In Story 2 of this chapter, Ceitci shares her experience with depression and how God found her, spoke to her, and set her free through the same principles she's teaching in this course. Her desire for you is to find the same freedom and to adopt God's truth as your own.
- Whatever you're struggling with, God is able to whisper His encouragement to you and to move in the wind and fire of the storms you face.
- When we are hidden with God, in His presence, we can come back to our true identity, regain our emotional stability and peace, and move forward.
- Our goal is to do everything in a state of peace rather than with frenzied efforts to prove ourselves to others.
- We can lose our breath in the middle of our success. Self-sabotage occurs when we share our vision with the wrong people at the wrong time.
- As in the skydiving metaphor, keep our mouth closed; speak when it is time to speak the truth and when we have safe people around us, those who will support us.

C. Four levels of happiness (from Father Robert Spitzer; see pages 78-79; continued in Segment 4)

- **Level 1: achievement through short-term, instant gratification. It is short-lived, with no meaningful application.**
- **Level 2: personal achievement and ego gratification (when we believe “I would be happy if...”).**

TAKE TIME TO THINK AND DISCOVER:

*** PLEASE CONTINUE TO CHAPTER 5 – TEACHING SEGMENT 4**