

SKYDIVING WITH A 12,000-FOOT PERSPECTIVE

CHAPTER 5 | TEACHING SEGMENT 4

(PLEASE WATCH THE STORY SEGMENTS CONNECTED TO THIS CHAPTER)

OUTLINE

OUR SEARCH FOR HAPPINESS FINDS ITS TRUE FULFILLMENT IN OUR CONNECTION WITH GOD WHO LOVES US

PREMISE:

- Learn the **SOURCE** of true happiness
- As we spend **TIME** in God's presence, we mirror His love and character

1. OUR SEARCH FOR HAPPINESS

A. The four levels of happiness defined (cont'd. from Segment 3, see pages 78-79)

- **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..."). This level will leave us unfulfilled; we will always be striving for something more in life.
- **Level 3:** derives from doing good for others out of empathy rather than selfishness. It requires having a bigger cause and greater understanding of the needs of the world; it's where we offer our gifts, skills, abilities, and finances to help others. Though this level is good, it is still not the ultimate level.

- Level 4: a longing for “ultimacy,” or connection with something or someone greater than ourselves. According to Father Spitzer, it represents “the perfect, unrestricted and eternal happiness that comes from union with God.”
- No matter what else we achieve in life, nothing can truly satisfy us like connection with God.
- Our ultimate place of happiness is being in His presence and knowing we are loved for who we are.

B. The gliding season

- When we are impatient, it is easy to disconnect ourselves from God’s truth.
- Instead of trying to please others and compare yourself with them, focus on who God has created you to be.
- You may need to take a season of hiding away from the rest of the world, spending more time with God and His word to refocus, coming to the place of knowing that Christ is still with you and you are connected to Him.

2. OUR MIRROR NEURON

A. Mirroring God’s character and waiting on Him

- The Hebrew word *qavah* means to bind together by twisting, to expect, gather together, to wait patiently with hopeful expectation.
- This describes our time of waiting for the Lord: not idly waiting, but knowing that He is working in supernatural ways while we’re doing our part in the natural realm, allowing him to build character, resilience, and joy in us (See Isaiah 40:31).
- *The Whole-Brain Child* explains how our mirror neuron mirrors the behavior or actions of someone else (e.g., yawning). If that happens in the natural, how much more in the spirit realm?

- When we spend time in God's presence, that neuron begins to mimic and exude the character and love of Christ.
- Because He lives, our neuron can connect with Him. If He were just an ideology or religion, it would be only religious repetition.
- As we read His Word, worship, and spend time with Him, the mirror neuron begins to intertwine with Him to give us greater strength and ability than we could have ever imagined.
- Be encouraged: Christ is within you with His Holy Spirit. *Reflect on that truth, let it sink in, and say, "Lord, today I'm choosing to mirror your character, not the behavior of the world."*

B. Truths and strategies

- Refer to pages 82–83 for truths and strategies to help you refocus in times of discouragement. *Read these, underline them, and add your own suggestions.*
- Refuse to allow the enemy to steal your joy.

TAKE TIME TO THINK AND DISCOVER:

As we finish each chapter, please be sure to take time to complete the experiential imagery exercises and personal reflection questions by either referring to the book or downloading the PDF. It is important to do these action steps, not only listen to the teaching. For this chapter, consider these thoughts:

- Graphic, p. 86: *In what ways are you allowing goals, visions, attitudes, and beliefs to be stolen from you by sharing too much with the wrong people at the wrong time? What is coming out of your mouth that you want to keep in your heart?*

- As you complete the personal reflection questions on p. 87, be specific in your responses. If you visualize it and your mind can connect with it, you will move toward action steps.
- On p. 88 (I am choosing to rest...): *If you're going to rest in a specific area—your family, your work—what does that emotional, physical, and spiritual rest look like? How would you envision yourself relaxing on vacation, for example?* Ceitci's example: when she's returning from a ministry trip, she envisions how many hours she will give herself to rest and be refreshed by spending time in nature. If we are not deliberate about scheduling time, the demands of our day and week will take over. If you give yourself a goal to rest, you will find a way to make that happen.
- Stay on the journey; we're going to another level—past the 12,000 feet, skydiving through our impossibilities, knowing that Christ is with us!

*** PLEASE CONTINUE TO CHAPTER 6 – TEACHING SEGMENT 1**