

Mindset

01.29.23 - UNDERSTANDING
SOMEONE ELSE



INTRODUCTION

Welcome to the last week of our *Mindset* series! After a couple weeks of examining our own mindsets, Pastor John teaches us about understanding the mindset of someone else because it can be difficult to relate and connect with them without it. We want to be able to understand and navigate others' mindsets so we can better love them and help them find full life in Jesus.

DISCUSSION

1. **Revisit and read John 1:14 & Hebrews 4:15.** God became flesh in our world through Jesus. He placed himself directly in our world to experience our lives and mindsets. He knows us, our victories, and our struggles. What does it feel like knowing God knows what it's like to be you?
2. Share or journal a time you went on an extended trip with a group of people you didn't know all that well. Even better if you were crammed on a bus for several hours. What happened to your relationships with them over the course of the trip? If you grew closer, why do you think that happened?
3. It's easy to project our own mindset or assumptions onto someone else's. When was the last time you realized you'd done this? What was the impact upon your relationship with that person?
4. How interruptible are you these days? Why or why not? What opportunities might emerge if you were? What's getting in the way of your interruptibility?

TAKE ACTION

1. Spend time reflecting on the fact that God knows you deeply. He understands your circumstances, relationships, and mindset. Note the emotions and responses you have to this truth.
2. Work to identify the assumptions you may carry about others' mindsets. A helpful phrase is, "Distance breeds distortion." Spend time thoughtfully examining their lives and researching what's of interest and importance to them to test your assumptions and grow your empathy.
3. Find ways to be present in your Little Iowa's world both intentionally and "by chance" by being increasingly interruptible. Identify 2-3 specific people and think about how you can employ these ideas with them.