

meltdown

losing your mind & finding the mind of Christ

We humans are complex beings designed by God to function at our best when we maintain health in our bodies, souls, hearts and minds. Living an integrated life, engaging our heart and soul, our mind and our physical strength, can't happen in "lizard brain" mode.

daily prayer: Father, by Your Spirit, give me understanding. Open my mind to bring wisdom and clarity as I seek awareness. Help me take steps toward health and wholeness.

this week's memory verse: Mark 12:30

step one:

The average computer user accesses the internet using the preinstalled, default browser. Even when experiencing repeated crashes or freeze-ups, we rarely look for solutions and may even determine that these problems are normal - just a part of computer life. Lizard brain can be a lot like a default mode. Unless we **intentionally** create perspective, we can easily slip into the lizard brain (survival mode) way of thinking and living resulting in accepting it as normal.

? **Read** 1 Timothy 4:4-10 and John 10:9-10.

What does **promise for this life, abundant life**, or a **full life** look like to you right now? What could be different?

step two:

? **Read** Romans 8:5a; 6a; 7-8.

Which lizard brain function is your default response - **fight, flight, freeze, float**? What seems to trigger it? **Read** through the causes of lizard brain below:

- **Fear**
- **Lack of Breath/Margin** - no rest, busyness
- **Grief**
- **Pressure and Competition**
- **Pain**
- **Certainty**
- **Poor Eating and Lack of Exercise**
- **Loneliness**

? **Consider** how these could result in lizard brain.

Write some examples in your journal. **Identify** a cause that you currently experience. How does it manifest in your life?

step three:

? **Read** through the fruit (result) of lizard brain:

- **Explosive Emotions**
- **Compulsive Behaviors**
- **Social Isolation**
- **Reactive Living**

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- **Physical Breakdown**
- **Unexamined Patterns** – thoughts, actions, behaviors
- **Mental Chaos**
- **MELTDOWN!**

? Which fruit of lizard brain have you begun to accept as normal? **Compare** that with what you identified as an abundant or full life (step one). Becoming aware and identifying this fruit helps us understand that we can choose a better way (the life Jesus came to give) - we can choose to create perspective.

step four:

? **Read** Galatians 5:22-23 and 1 Corinthians 2:15-16.

Contrast the fruit of lizard brain (above) with the fruit of perspective (below):

- **Understanding of Emotions** – not being controlled by emotions
- **Controlled Behaviors** – instead of explosive, compulsive, unexamined
- **Healthier Relationships**
- **Proactive Living** – problem-solving, embracing hope, experiencing joy
- **Physical Health** – feeding/caring for mind, soul and physical body
- **New Patterns** – thoughts, actions, behaviors
- **Mental Clarity** – ability to experience peace, courage, compassion, discovery, awe, creativity, and the fruit of the spirit.
- **GROWTH**

? What difference would this fruit make in your life? In your family? In your group?

step five:

? **Read** Ephesians 4:22-24.

rest, healthy living, and spiritual formation --

(**Focus** – worship & prayer, **Attitude** – meditation, **Reflection** – scripture memory, **Awareness** – friendship, **Growth** – theological reflection)

? **Discuss** how these elements have an effect on your mind, heart, soul, and body. In what ways do you practice these disciplines? In what area do you need more intentionality and focus?

Not only do computers come with default settings, they provide warnings and error (awareness) messages when we may need them. It's hard to miss the warning or error message displayed in response to something you did. Facts are given. **"You are doing _____, which will result in _____.**
Are you sure you want to _____?"

Notice these pop-up warnings don't judge, belittle, or humiliate you.

"Idiot! Look what you've done. That's why you shouldn't have a computer!"

Don't you wish lizard brain would come with a pop-up warning window?

"You're about to enter lizard brain mode.

Are you sure you want to do that?"

We do have the Holy Spirit living in us and friends who can serve us a loving pop-up warning.

? Whom do you trust to gently make you aware?

Are you ignoring the warning and awareness messages he/she brings?

Who depends on you for awareness? Are you the awareness partner you should be?

Share answers in your group.