

PART 5

THE TALE OF TWO FRIDAYS

GO DEEPER GUIDE

READ THIS OVERVIEW

Do you remember the week we had our first COVID lockdown in the United States? I remember it like it was yesterday. I remember going to Whole Foods and seeing something I had never seen before. The shelves were completely empty and people were running around the store anxiously attempting to find water, toilet paper, and wipes. Although this was 3 years ago I can vividly recount the sense of dread and fear that I felt. There were not enough resources for all of us and my family would go without. This is called a scarcity mindset, the idea that resources are limited. This was the driving force that allowed hundreds of shoppers to trample a Walmart employee on a Black Friday in 2008. This event personifies the lengths that some will go in an attempt to meet a need when they are convinced that there is not enough to go around. Pastor Albert recounts how the shoppers were not willing to make room for the emergency medical personnel to provide medical attention to the Walmart employee after they were trampled. The shoppers responded to the pleas of the other employees with a blank stare and insistence that they had waited all night in those long lines. Reading this we may wonder how some people could be so cold, but, before we judge too quickly let us think back over our own lives. How has the scarcity mindset impacted how you have shown up in the world? How did you treat close friends when they were receiving the love you longed for? When presented with the opportunity to embellish or bend the truth for financial gain what did you decide? According to Psychology, when we act out of a scarcity mindset we are limiting our ability to make wise decisions, however, there is hope!

The opposite of a scarcity mindset is an abundance mindset, this is the belief that there are enough resources in the world for everyone. John 10:10 states, “The thief comes only to

steal and kill and to destroy. I came that they may have life, and have it abundantly.” Who came? Jesus came that we might have an abundant life. He came and lived a sinless life to atone for our sins. On the cross, when He exhaled and gave up His spirit, the veil was torn. There was no longer anything separating us from an intimate, fulfilling relationship with God. Jesus sacrificed His life just for us. Was His life enough? Let us all respond with a resounding yes! Not simply with our words, but also in deed. Let our lives consistently speak to the abundance that Christ provided. Acts 17:28 says, “For in Him we live and move and have our being...” There is an abundance that is found in the refuge of God, even when He goes off script.

ENGAGE A PRACTICE

This week we are inviting you to the sacred practice of metacognition. Metacognition is a fun word that simply means think about what you’re thinking about. This sacred practice can be seen in Philippians 4:8, “Finally beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.” For this practice we want you to be aware of your thoughts and make a conscious effort to replace any scarcity-related thoughts with a scripture or abundant thought. Below are some examples to help you as you generate abundant thoughts and scriptures to speak over yourself when scarcity-related thoughts come up. Be gracious to yourself! Progress over perfection always! God is with you and will assist you as you begin to shift from a scarcity mindset to a mindset that is centered on God and His provision.

FINANCIAL

Scarcity Related Thought:

I do not have enough to pay all of these bills that keep piling up!

Abundant Related Thought:

My God shall supply all of my needs according to His riches in glory by Christ Jesus. (Philippians 4:19)

OPPORTUNITIES

Scarcity Related Thought:

I don't want to go to this event, but I might not be invited anywhere else.

Abundant Related Thought:

God will open the right doors and bring the right opportunities my way.

RELATIONSHIPS

Scarcity Related Thought:

This relationship is no longer serving me, but I doubt I'll ever find someone who is better suited for me.

Abundant Related Thought:

As I trust in God and follow His leading I know that He will bring the right people into my life. God created me as a social being, therefore He will not allow this need to go unfulfilled. As I show myself to be friendly I will attract community and other fulfilling relationships that I desire. (Proverbs 18:24)

HEALTH

Scarcity Related Thought:

My friend was healed of her back pain, but I'm still having shoulder pain. I guess this is just my cross to bear.

Abundant Related Thought:

He Himself bore my sins in his body on the cross, so that I might die to sins and live for righteousness; by his wounds I have been healed. (1 Peter 2:24)

WRAP UP WITH A PRAYER

Thank you, Lord, that you remember the lilies when we cannot remember our own best interests. Open our eyes to wonder in awe at your greatness, that we might learn to see how all things are possible with you, Maker of heaven and earth. Amen

-Common Book of Prayer