

Sunday Sermon Notes

"Adrenaline Rush"

The "Placebo Effect"

The pill is just sugar
Expectations sometimes improve symptoms
Cannot help serious illnesses

Everyone is looking for three things:

Meaning
Fulfillment
Happiness

Everyone is trying something to find them:

Moral things: Obedience to God's will
Immoral things: Disobedience to God's will
Amoral things: Activities in God's permissive will

It is the amoral things that become "placebos"

They are not sinful
They are generally desirable
They ultimately don't work

"Do you want to get well?" John 5:1-8

Placebo #1: Thrills and Pleasure: *"The Adrenaline Rush"*

Really are fun
Bring temporary results
Fail to really satisfy
Will ultimately result in disappointment (Eccl. 2:1-11)

Remember what really works: God's joy, peace, hope

Romans 15:13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Digging Deeper

Notes for Individual Meditation and Small Group Discussion

What have you done for a thrill or fun?

Review the sermon notes from Sunday's sermon. What point in the sermon made the greatest impact on you?

Why do you think people often try pleasure and thrills to bring happiness?

Read: Psalm 37:1-7

Discussion Questions

(Remember that not all questions must be used)

This is one of David's psalms, possibly written before he was king and King Saul was trying to kill him.

How do evil men cause us to "fret"? Why do you think we tend to get so bothered by them?

Why do we sometime become envious of those who do wrong? When have you seen people not only get away with doing wrong, but actually prosper through doing wrong?

In what ways do you think it is true that those who do wrong will wither and die? How long do we have to wait for that to happen?

We are told to trust in the Lord and do good. How are trusting in the Lord and doing good related to one another?

In what ways can we "dwell in the land and enjoy safe pasture" today. What do you think it means by "safe pasture"?

Why do you think "delighting in the Lord" results in Him giving us the desires of our hearts?

How does "commit your way to the Lord" and "trust in him" relate to each other?

Why should it encourage us that the Lord will, "make your righteousness shine like the dawn, the justice of your cause like the noonday sun"?

We are told to "be still before the Lord and wait patiently for him." Why do you think we find it so hard to do this?

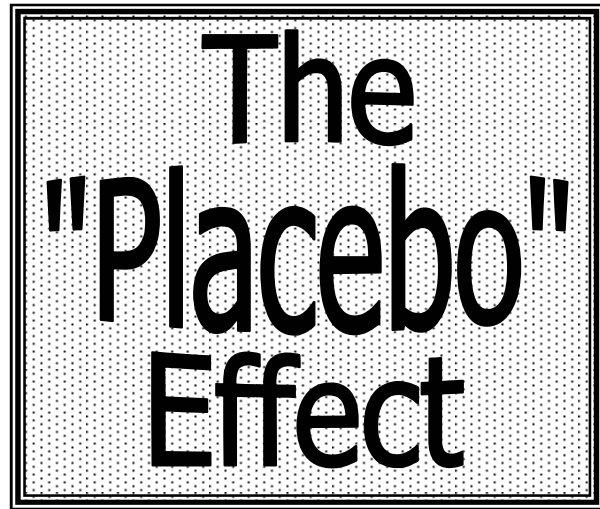
How does doing all these things (trust, delight, commit, wait) help us to not "fret when men succeed in their ways."

What kinds of things are you worrying the most about today?

How does this Psalm help you to overcome your tendency to "fret" or worry?

Prayer Time:

Give each person a chance to share what is most worrying him or her and then pray specifically for that concern.



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Ecclesiastes 2:1-11

"Adrenaline Rush"

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