

Southeast

CHRISTIAN CHURCH



WEEKEND MESSAGE NOTES

WELCOME TO SOUTHEAST

Southeast provides relational environments where you can find
Jesus, community, and purpose.

GET CONNECTED

God created us for community. If you are interested in serving, participating in a life group, or would like more information about an upcoming event, visit southeastcc.org or send an email to connect@southeastcc.org.

NEED PRAYER?

We are honored to pray with you or for you. Join us after services to pray with someone at southeastcc.org. You may also submit a prayer request at southeastcc.org/prayer.

PSALMS OF THE ASCENT - 129

NOTES | 10.9.22

Psalm 129 English Standard Version (ESV)

A Song of Ascents.

“Greatly have they afflicted me from my youth”–

let Israel now say–

“Greatly have they afflicted me from my youth,

yet they have not prevailed against me.

The plowers plowed upon my back;

they made long their furrows.”

The Lord is righteous;

he has cut the cords of the wicked.

May all who hate Zion

be put to shame and turned backward!

Let them be like the grass on the housetops,

which withers before it grows up,

with which the reaper does not fill his hand

nor the binder of sheaves his arms,

nor do those who pass by say,

“The blessing of the Lord be upon you!

We bless you in the name of the Lord!”

2 Corinthians 4:8-10 | ESV

We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies.

Exodus 28:14 | ESV (Decorations for the tabernacle)

and two chains of pure gold, twisted like cords; and you shall attach the corded chains to the settings.

Judges 15:1 | ESV (in the story of Samson)

They said to him, “No; we will only bind you and give you into their hands. We will surely not kill you.” So they bound him with two new ropes and brought him up from the rock.

Simple Enemy Mode (Relational Circuits Off)

- I just want to make a problem, person, or feeling go away
- I don't want to listen to what others feel or say
- My mind is “locked onto” something upsetting
- I don't want to be connected to _____ (someone I usually like)
- I just want to get away, or fight, or I freeze
- I more aggressively interrogate, judge, and fix others

If you answered YES to any of the above questions, you are in Simple Enemy Mode

Predatory Enemy Mode (Relational Circuits On without Attachment)

- I am looking, listening, or thinking of any weaknesses I can find in the other
- I would like them to lose
- I am plotting my escape or covering my moves
- I find my attitude easy to justify that I am right
- Tracking their feelings, movements, and plans feels strategic
- I know what will bother them and how I can use that to my advantage

If you answered YES to any of the above questions, you are in Predatory Enemy Mode

Compassionate Relational Mode (Relational Circuits Fully On)

- Feel curious (want to know) about what the other is experiencing right now
- I desire to share what the other person is feeling at this moment
- I feel protective of them
- The other person feels like one of my people
- Relationships feel more important than the problem
- I feel aware of God's presence

If these are true of you, your relational circuits are ON!

IMPLICATIONS

- 1. When we are young, the impressions made on us are sometimes very hard to let go of. Even when they are not true.**
- 2. We can be oppressed and endure and make the best choices.**
- 3. We can only truly reflect God's heart when we live whole brained.**
- 4. Gratitude is the way we develop the stamina to endure well.**



@southeastcc



facebook.com/southeastcc



@southeastcc

