

## “Landing A 180”

7. Read Acts 9:10-16. Share a time when you had an Ananias experience. Did you have similar fears? Give an example when you were an Ananias to someone. Share a time when someone was an Ananias to you. Share a time when you mastered your fear.

8. Read Acts 9:17. Does your life and family show forth a spirit of affirmation? What can you do to increase the level of affirmation?

### I. Seven fundamentals of landing a 180:

A. Work on your breathing techniques. (vs. 1,2)

B. Fall forward. (vs. 3-5)

C. Be coachable. (vs. 6; 26:14)

D. Choose what not to see. (vs. 7,8)

E. Think through your landing. (vs. 9)

F. Master your fears. (vs. 10-16)

G. Develop a spirit of affirmation. (vs. 17-19)

## FOOD FOR THOUGHT

For the week of February 28, 2010

(Questions and Scriptures for further study)

1. If you were to take a breathalyzer test that measured your emotions, what would be your typical emotional output?

2. Read Acts 9:1-3. If Christ were to meet you on the road, what would he call you on the carpet for? Give an example of something in your past and maybe something presently.

3. Share a time when Christ brought you down to the ground of humility. When you face tough humbling times do you typically fall forward or backwards?

4. Read Acts 9:6 and Acts 26:14. On a scale of 1-10—10 being the highest, how coachable are you? What areas do you struggle with being coachable?

5. Read Acts 9:7&8. What are some things your opened eyes struggle with? What are some specific things you need to close your eyes to? What are some things in your past you need to forget?

6. Read Acts 9:9. How well do you slow down to listen and think? Do you practice this daily? Do you take extended times of retreat? Do you share what you learn with those close to you, such as your spouse? Give an example of a time and what God shared with you.