

180 Life (a.k.a. Flip The Script) → Jesus approach to life vs. the Worldly Life

If you look at the life of Jesus and the typical life people lead today, you'll see a vast contrast and huge differences. Jesus lived the "180 Life". This series will explore the way Jesus looked at life, at the world and at people, and how He responded vs. what the world says is the norm/acceptable. We're going to look at several super well-known computer-animated movies in this process. The first is *Cars*, the 2006 Disney/Pixar hit that many know & love.

In *Cars*, Lightning McQueen is an up-an-coming racer car that is all go-go-go! He's super focused on winning the Piston Cup. He rushes through everything, speeding wherever he goes. But on the way to the big race, Lightning accidentally rolls out of the back of his semi & gets lost. In an effort to get back, he recklessly speeds through a sleepy, off-the-beaten-path town called Radiator Springs. While being chased by the Sheriff, Lightning causes immense destruction of property. After being arrested & sentenced to public service, Lightning again speeds through the job & does more damage than good to the town's roads. All the time, Lightning is just trying to get out of town & get to the Big Race. But as he's doing this, he's stepping on people, hurting their feelings & missing the blessing of his potential new friends in Radiator Springs. Eventually, Lightning does a 180 – he slows down, accepts his punishment, learns some critical life lessons & makes some new life-long friends that help him in the Big Race. He even learns to give up his top priority – winning- and finds that when he slows down to help others, he's the true winner.

Life today is fast-paced, goal-oriented, full of change, full of distractions. Many today have to constantly be on top of things: trends, the next new thing, & friends, their posts, their scene. Many suffer from FOMA – or Fear Of Missing Out - a psycho-cultural condition that pushed people to constantly need to move on to the next new thing. We gotta be fast or we'll miss out... So society says, go fast, be fast, be a winner. The world says, "Win at any cost – people are just stepping stones to your final prize of victory". The world even say, "Hey, Sunday's just another day". See, in the past, Sunday was a day to slow down to worship God & hear from Him. It was a day to slow down, be with family and relax & grow together with them. But today, Sunday's just another day, nothing special – just another day to rush through & God is not a part of Sunday for many now.

Jesus did a big 180 to all that, he flipped the script. Sure, He had His plans, His goal, His mission. But Jesus' **180 Life**, He never sacrificed the people around Him during His pursuit of His plan. Jesus always made time for them. He listened to them, learned about them & about their struggles. He took the time to help them. And wherever Jesus went, the people He encountered were immensely blessed. So instead of life being about Him and His plan, mission, or journey, for Jesus life was about others. And He made immense impacts in the many interruptions. Jesus had a **180 Life** when it came to God. He also always had time for God, for getting away and being with God – His Father. This close connection blessed God & empowered Jesus to do the right thing (). And Jesus even had a **180 Life** perspective on winning too. To the world, His version of winning was losing, because Jesus was willingly killed – nailed to a Roman cross. But in this **180 Life** version of losing, Jesus actual won in the end because by losing His life & shedding His blood, Jesus won victory over sin. Jesus also won over death itself by rising from the grave 3 days after His brutal execution (**Phil 2:5-8**)

But what about us, what about our life? Are we like Lightning in first 3/4's of *Cars*? Do we speed through life, one experience after another, focusing on some goal that probably doesn't amount to all that much anyway? Are we always rushing, never slowing down, missing the people around us, missing the deeper relationships, missing opportunities to help & bless others? Are we so focused on winning that we trample over others around us? Do we get irritated when others interrupt our plans or get in the way of us winning? Is Sunday just another day? Do we rush through life & make no time for God?

I think if we're honest, we all need to live the **180 Life** like Jesus did. Just like when Lightning finally slowed down, received great blessings & became a great blessing to The King; there's got to be another way, a better way for us. So here's three Biblical/Jesus-inspired ways live a **180 Life**.

- 1.) **Slow down, put the phone down & look around.** When we're looking down into the screen or at anything that demands slavish attention, we miss the people around us. We lose perspective, relationship, opportunities to learn about them & help them. We miss the blessings that people might have for us. (**Lk 21:36a**)
- 2.) **Slow down & take a knee.** Slow down from all your "Me Time" & turn it into "Knee Time"- being alone with God, praying, reading His Word, worshiping Him. Be purposeful in carving out time for God like Jesus did. (**Mt 6:6; James 4:7-8**)
- 3.) **Slow down & lose for others' sake.** I don't mean throw a game, I mean give up something to help someone else. Jesus humbly gave up heaven & gave His all to die for us. Sacrifice some time, energy, money or work for others around you – and you'll see the blessings flow! (**Phil 2:4-8**)

BIBLE VERSES

Luke 21:36a Keep alert at all times.

Mt 6:6 But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

James 4:7-8 So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world

Phil 2:4 Don't look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had. Though He was God, He did not think of equality with God as something to cling to. Instead, He gave up His divine privileges; He took the humble position of a slave and was born as a human being. When He appeared in human form, He humbled Himself in obedience to God and died a criminal's death on a cross.

DISCUSSION QUESTIONS 1. Do we have any *Cars* movie fans here tonight? If so, what your favorite character or scene?

2. Lightning rushed through life & caused a lot of damage in Radiator Springs because he was solely focused on winning.

How do people rush through life today in pursuit of selfish goals & what happens as a result?

3. We talked a little about FOMA – or Fear Of Missing Out. Do you see that in your world today? If so, how is FOMA a problem?

4. We also talked about how Sunday is just another day now. Is that a good thing? How does this impact people?

5. Jesus didn't suffer from rushing through life, FOMA, needing to win all the time or a watered-down Sunday. Instead Jesus lived the "180 Life" that ran against worldly values & patterns. Describe what Jesus' "180 Life" was all about.

6. Dan laid out 3 ways that we can follow Jesus' "180 Life" (see shaded box above). Let's read each of these 3 ways and the associated bible verses (one point at a time). As we read these 3 ways, let's discuss how we struggle in these areas and how we could benefit by following them more.

7. How would your life be different if you lived out Jesus' "180 Life" principles that we just discussed?

CLOSING PRAYER: Dear God, we confess that we often rush through life. We rush so much that we forget to talk to You, hear from You or worship You. We rush so much that we miss the people around us – Your people – people You call us to serve. We get so wrapped up in things that don't matter that we miss out on the life You call us to. Forgive us, O God. Help us to slow down and live the selfless, humble life that Jesus modeled for us. Thank You Jesus for coming to earth and dying in our place so that we could be free of sin & live eternally with You. In Jesus' Name we pray, Amen.