



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF AUGUST 13, 2007



Secrets of the Good Life, #1: When Less is More!

Featuring
Dr. Henry Cloud
Psychologist
Best-selling co-author of Boundaries series,
author of How People Grow

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I. Introduction

How do you feel about being poor?

When Jesus said, “Blessed are the poor,” he was talking about the essence of life

²and he began to teach them, saying:
³“**Blessed are the poor in spirit,** for theirs is the kingdom of heaven.”
 —Matthew 5:2-3

II. Poor In Spirit

Spirit: everything that composes your invisible world

We come to God from a poverty position

It’s the poverty place inside that leads to blessing

We think about the visible world: goals tend to be things people can see

But that’s a mistake: first focus on the invisible world, on what’s inside

III. Two paths in life

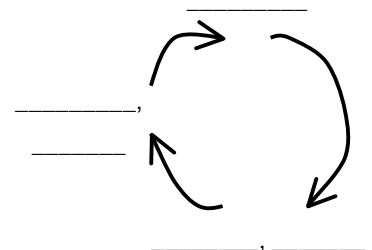
1. The path of having personal power

“I am able to make it work”

The addiction cycle

The message of the world: Tough to be you

Jesus’ message: The Good News



2. Being dependent

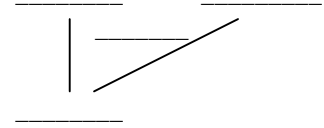
We don't like dependency

But Jesus says we have to give up our own sufficiency

Two scenarios...

One could not become poor in spirit and became poor

The other humbled himself, reached out



IV. Why this works

The law of entropy: over time, things get worse in a closed system

But someone from outside can make deposits:

- More energy
- A template of knowledge

Internalization: like a computer starting poor in software

The disease of the omni's

The more we try to be omni when we're not, the more chaotic we become

Everybody is poor in spirit, but not everybody admits it

In fall, celebrate, and use the lessons. Keyword: CELEBRATE [5520]

V. Areas to humble ourselves

Our hearts' connection to the fuel we need

- How comfortable am I with going to God and to others with my need for connectedness?
- How do I feel about being poor in spirit when it comes to control?
- Self-control only comes from giving up control of what we can't control
- Trying to be "good enough"

Next week on *Solutions*: “Put On a Happy Face”

Resources:

BOOKS:

***How to Have that Difficult Conversation
You've Been Avoiding***

By Drs. Henry Cloud and John Townsend
www.zondervan.com

Changes that Heal

By Dr. Henry Cloud
www.cloudtownsend.com

Hiding from Love

By Dr. John Townsend
www.zondervan.com

How People Grow

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