

Flip Flop Theme – Flip Flops & Friends

DEVOTIONAL/LESSON STARTERS & WORKSHOP IDEAS

Add in your own points, illustrations, explanations, and relating Bible verses.

On the Flip Side

- Don't get on the flip side of your faith.
- Don't flip on what you believe.
- Don't flip on your standards.
- *"...earnestly contend for the faith..." Jude 1:3*
- *"...and having done all, to stand." Ephesians 6:13*

Flipping your Lid

- To "flip your lid" means losing your self-control.
- *"He that hath no rule over his own spirit is like a city that is broken down, and without walls." Proverbs 25:28*
- *"He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city." Proverbs 16:32*
- *"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." 2 Timothy 1:7*

Diving in Again After a Bellyflop

- *"Moreover thou shalt say unto them, Thus saith the LORD; Shall they fall, and not arise? shall he turn away, and not return?" Jeremiah 8:4*
- We all have had times when we have done those bellyflops.
- We have all had failures where we feel like we have fell flat on our faces. Plop! Bellyflops!
- Wow! If you have ever done one in the water? They sting!
- No one is saying that they don't hurt, but we have to get back up again (See Jeremiah 8:4)

- It's hard to get back up on our own.
- We need to reach out and allow the Lord to lift us back up again and rely on His strength.
 - Isaiah 26:3,4
 - Philippians 4:8
 - Isaiah 41:13
- There is always hope. Bellyflops are just part of life, but we have to keep on going because God has a plan for us. He wants us to witness for Him and glorify Him through our lives.
 - 2 Corinthians 4:8-10 (*cast down, but not forsaken*)
 - Jeremiah 29:11

Taking Off Your Shoes (or Sandals)

- God told Moses to take off his shoes at the burning bush.
- *"And he said, Draw not nigh hither: put off thy shoes from off thy feet, for the place whereon thou standest is holy ground."* Exodus 3:5
- Do we "take off our shoes" when we enter worship with the Lord and when we enter into prayer? Not literally taking off our shoes, but...
 - Do we take being with the Lord as an honor?
 - Do we respect God for Who He is?
 - Do we remember what a great God He is? (1 Chronicles 16:25)
 - Do we approach the throne of prayer with humility?
 - Do we give our full attention to prayer and worship?
- *"Serve the LORD with gladness: come before his presence with singing."* Psalm 100:2
- *"Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms."* Psalm 95:2
- *"Give unto the LORD the glory due unto his name: bring an offering, and come before him: worship the LORD in the beauty of holiness."* 1 Chronicles 16:29
- 1 Chronicles 16:7-16 (The psalm David delivered when the ark of God was brought into the city)

Avoiding the Pitfalls of Flipping Out

- Deal with anger.
 - Proverbs 15:1
 - Proverbs 16:32
 - Proverbs 19:11
- Take steps to avoid lashing out at others.
 - Ephesians 4:25-30
 - Galatians 5:22-23
- What makes you crazy?
- What makes you lose your joy?
- What makes you act out of character as a child of God?
- We need to develop the character of Jesus.
- 1 John 4:8
- Matthew 5:6

Between Your Feet and the Ground

- What are you using to walk in as a Christian?
 - We wear shoes for protection from germs.
 - What are we wearing or what are we putting into place to keep sin from seeping into our lives? Sin will spread! It will cause us to get sick spiritually.
 - Romans 6:1, 2
 - We wear shoes to keep from injuries to our feet.
 - What do we wear to protect us from the sharp fiery darts?
 - Do we keep faith between our feet and the ground?
 - Ephesians 6:16
 - We wear shoes because they grip the ground and help to steady us as we walk.
 - What helps us keep our grip?
 - Our faith will hold us up. (Like Peter needed to walk on the water)
 - Hebrews 10:23 (...hold fast the profession of *our* faith without wavering...)
 - Wearing the right kind of shoes and ones that fit us correctly helps us not develop bad posture and a bad gait.

- Living the right way as a Christian helps us to walk straight.
- 1 Corinthians 6:19, 20
- If you adjust your gait to bad shoes, it can cause back problems or even hip problems. You can't adjust your life to the world either. It is going to cause your Christian walk to suffer.
- We wouldn't walk down a hot, bumpy road that is filled with rocks and debris without first putting on some shoes or at least some flip flops.
 - Why do we go out into the world each day without putting on some protection?
 - Why don't we stop and pray, read the Word, and build up our faith before stepping out?

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