



ZAPPING THE MICROWAVE MENTALITY

with Chad McManus

▶ FOCUS VERSE

As iron sharpens iron, so one person sharpens another.
Proverbs 27:17

▶ DISCUSSION

- 1. When Chad attended a church service in person for the first time after his divorce, he said the sermon spoke so directly to his heart that he thought, “I don’t know why you guys are here, because this one’s for me.” (See Hebrews 4:12.)**
 - a. Have you ever been in a situation like that, where a stranger spoke on a topic that seemed tailored directly to the circumstances of your own life?
 - b. How did you find yourself in that situation, and what about the content of the speech or presentation made such an impact on you?
 - c. Did it cause you to change your life in any way?
- 2. Think of someone in your life whom you loved from the very first moment you knew them. Now think of someone who is, as Chad describes it, a “grown love”—something you have to “step into” that grows bigger by the day.**
 - a. How are these two people similar and how are they different?
 - b. What’s important about the roles they each play in your life?
 - c. Have your relationships with these people ever hit rocky patches, and how did you ultimately resolve the issue?



Find this podcast at theredeemed.com/zapping-the-microwave-mentality/

3. Do you, like Chad, work in a service or people-facing industry?

- a. What's the thing you like most about dealing or interacting with other people?
- b. What do you find most challenging or frustrating?

4. Discuss the “microwave mentality” that makes us expect results right away. (See James 1:4.)

- a. Would you say you have that mentality in many aspects of your life?
- b. Can you recall a time when you started some sort of program for the purpose of improving yourself—physically, mentally, financially, spiritually—but gave up on it because it didn't produce results quickly enough?
- c. Looking back with the benefit of hindsight, do you wish you'd stuck with it?

5. Chad says that one's lifestyle is often reflective of the people you spend the most time with.

- a. What traits, interests, or habits have you picked up because of your friend group?
- b. Which ones are healthy, and which ones are less healthy?
- c. Do you find that you have certain friends whose influences tend to be mostly positive or mostly negative, and if so, what roles do these people play in your life?

6. Discuss the “what now? factor” by thinking back to the biggest success in your life—not necessarily your happiest moment, like your marriage or the birth of a child, but a goal you'd been working on for a while that you finally achieved.

- a. What was that goal and why was it important to you?



b. Once you'd accomplished it, did you also feel a sense of uncertainty or purposelessness, not knowing what you should do next?

c. Did you ultimately find a way to build on that achievement, or did you become somewhat stagnant or complacent?

7. What's a goal you'd like to achieve now but haven't started working toward yet?

a. What's the biggest thing stopping you from trying to achieve it?

b. Are there people in your life who could help you overcome those challenges or doubts and get started?

