

Sermon Notes  
**THUMBS UP**  
May 7, 2023

**PRINCIPLE:** There is a young man inside every older man with dreams and visions ... things yet to do. But there's an old man on the outside saying ... *"You can't do that,* things have changed." Life has changed. You can't multitask and remember to do what you used to do. It's time to make some life adjustments ...it's time to use some wisdom... some common sense.

1. **"Your vibe determines your tribe."**

A "molehead" is someone who has their head in the ground, butt in the air, and someone is going to come along and kick it! A molehead is someone who is resistant to changing their mind, attitude, and the way they do things; lots of churches are filled with moleheads.

- Numbers 13:26–33 (NIV84)
- **Death is not the greatest loss in life.** It's when we are alive but living like we are already dead. If you don't have dreams and goals, you are already dead when you are still alive. **What kept Caleb alive and moving forward? A DREAM!**

2. **There's a difference between MOTIVATION and INSPIRATION.**

Motivation will get you up the mountain. Inspiration will keep you there. Caleb had a mountain to conquer...the mountain of the Anakites ..."the mountain of the giants." (Hebron)

- Joshua 14:16
- Joshua 15:16; Caleb's legacy

3. **Leave all your arrows behind! (Empty your quiver)**

- 2 Kings 13:14–20 (NIV84)
- 2 Cor. 12:14-15

What will our tombstone read? How about, *"He spent and expended himself for others."*

4. **Burn up your contingency plans. (1 Kings 19:21)**

- **Principle:** As long as we have *a contingency plan* to go back to then that's where we will go. We will **drift backward!** Jesus always challenges us to move forward.
- Philippians 3:13–14;<sup>14</sup> I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

5. **Gratitude is the lubricant of the brain.**

(<https://positivepsychology.com/neuroscience-of-gratitude>)

**1 Thessalonians 5:15–18** (NIV84)

<sup>15</sup> Make sure that nobody pays back wrong for wrong, but always try to be kind to each other and to everyone else.

<sup>16</sup> Be joyful always; <sup>17</sup> pray continually; <sup>18</sup> give thanks in all circumstances, for this is God's will for you in Christ Jesus.

- **Imagination dies with a curmudgeon.** The brain hardens with a grumpy person. They can't see beyond the tip of their nose.

6. **Learn to laugh at yourself.** (Philippians 2:4-5; Humility)