



Introduction:

Exposed to a book called Dangerous Calling by Paul David Tripp.

A book on the unique challenges of ministry.

Three major sections each with a few chapters. The Second which was the most profound for me was titled The Danger of Losing Your Awe (Forgetting Who God Is) It was convicting and it was spot on in it's diagnosis of what was necessary for me to be healthy in my ministry.

Recently discovered Paul David Tripp had expounded on the topic in a book called "Awe Why it Matters For Everything We Think Say and Do".

This book was intended not just for those in pastoral ministry.

Picked it up and found myself inspired to share my exploration of this subject together in this class.

When I read the Bible, I am compelled to see our need for Awe, specifically Awe for God.

Most Summers I spend a few days out in the Trinity Alps because I connect with God in part through being astonished in His creation.

Our Purpose at NCAC, Overflowing Joy. We can't give what you don't have.

Class Goals:

Live in awe of God.

Inspire awe among us.

Knowledge about a subject without experiencing the application of that knowledge is often not very useful.

I want to spend our time together in ways that are useful to you and me.

While we will in some ways throughout these five classes enlarge our understanding on the subject of Awe, I want each class to be useful on it's own.

Personal long-term shift.

I want our time together to produce in us a meaningful and long-term shift in the way we think about awe. It's importance to every aspect of our lives. How we can pursue awe and how we can protect ourselves from the erosion of our awe.

Begin sharing our awe of God with others.

What is it the causes you to experience awe of God?

Pray!

In the Word:

Psalm 145

- [1] I will extol you, my God and King,
and bless your name forever and ever.
- [2] Every day I will bless you
and praise your name forever and ever.
- [3] Great is the LORD, and greatly to be praised,
and his greatness is unsearchable.
- [4] One generation shall commend your works to another,
and shall declare your mighty acts.
- [5] On the glorious splendor of your majesty,
and on your wondrous works, I will meditate.
- [6] They shall speak of the might of your awesome deeds,
and I will declare your greatness.
- [7] They shall pour forth the fame of your abundant goodness
and shall sing aloud of your righteousness.
- [8] The LORD is gracious and merciful,
slow to anger and abounding in steadfast love.
- [9] The LORD is good to all,
and his mercy is over all that he has made.
- [10] All your works shall give thanks to you, O LORD,
and all your saints shall bless you!
- [11] They shall speak of the glory of your kingdom
and tell of your power,
- [12] to make known to the children of man your mighty deeds,
and the glorious splendor of your kingdom.
- [13] Your kingdom is an everlasting kingdom,
and your dominion endures throughout all generations.
- [The LORD is faithful in all his words
and kind in all his works.]
- [14] The LORD upholds all who are falling
and raises up all who are bowed down.
- [15] The eyes of all look to you,
and you give them their food in due season.
- [16] You open your hand;
you satisfy the desire of every living thing.
- [17] The LORD is righteous in all his ways
and kind in all his works.
- [18] The LORD is near to all who call on him,
to all who call on him in truth.
- [19] He fulfills the desire of those who fear him;
he also hears their cry and saves them.
- [20] The LORD preserves all who love him,
but all the wicked he will destroy.
- [21] My mouth will speak the praise of the LORD,
and let all flesh bless his holy name forever and ever. (ESV)

What is God known for according to this Psalm?

What is the Psalmist's response to God?

What can we learn about awe from this text?

1 Peter 1:8–9

[8] Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, [9] obtaining the outcome of your faith, the salvation of your souls. (ESV)

What does "joy that is inexpressible and filled with glory" look like?

An Awe Shaped Hole In All of Us:

The world's cravings for amazement.

- The Seven Wonders of the World
- Sports. Music. Huge Crowds.
- Double Rainbow.
- Impossible Shots. Dude Perfect - 41 Million Subscribers. The videos are often viewed over 100 million times. They support several families through their income generation.
- The chase for something to satisfy. (Wealth, success, accomplishment)

Recent Scientific Studies

In the last 10-15 years there has been increasing scientific interest in the impact awe has on us.

Recent research shows that awe can make us happier and healthier in a number of significant ways.

1. Broadens social connection
2. Stimulates curiosity
3. Expands creativity
4. Leads to kindness and generosity

Paul Piff, assistant professor of psychology and social behavior at University of California, Irvine, has found that "awe boosts a person's generosity, willingness to help others, willingness to behave in ethical ways, to take on needs of others, and de-prioritize their own needs. Awe connects us to things larger than ourselves and motivates us to care for others and the collective good."

His experiments prove that when people experience a moment of awe, they tend to be more generous. He had participants first either look up into tall, beautiful trees or at a large building.

They then came across a person who needed assistance. Those in the tree group were more apt to help to the person in need.

5. Changes our perception of time

In our hectic 24/7 lifestyle, don't you wish we had more time? Awe has been shown to give us the illusion that we do have more time and no longer need to rush. A 2012 Stanford University study published by Psychological Science found that participants who watched awe-inspiring videos featuring whales, waterfalls, and other nature scenes were more likely to report feeling like they had more time.

6. Guides us to find our purpose in life
7. Makes us grateful
8. Improves our immune system

Researchers at Berkeley have discovered that awe reduces the level of pro-inflammatory proteins (called cytokines) that cause our immune system to work harder. This is important because high levels of cytokines cause illness. "That awe, wonder, and beauty promote healthier levels of cytokines suggests that the things we do to experience these emotions...has a direct influence upon health and life expectancy," suggested Dacher Keltner, co-author of the study.

9. Reduces anxiety and depression

Feelings of awe boost our mood. Our nervous system reacts in the opposite way to awe than anxiety. Instead of the “fight or flight” response kicking in, awe keeps us still and relaxed, benefiting both our body and mind. Additionally, elevated cytokines have been linked to depression. As discussed earlier, awe reduces these cytokine proteins, therefore reducing depression.

How should Christians respond to research that uncovers a correlation between awe and human health?

Tripp’s 8 Truths about Awe “The Big Picture”

1. Awe is everyone’s lifelong pursuit.
2. God created an awesome world.

“God created an awesome world. God intentionally loaded the world with amazing things to leave you astounded. The carefully air-conditioned termite mound in Africa, the tart crunchiness of an apple, the explosion of thunder, the beauty of an orchid, the interdependent systems of the human body, the inexhaustible pounding of the ocean waves, and thousands of other created sights, sounds, touches, and tastes—God designed all to be awesome. And he intended you to be daily amazed.”

— Paul David Tripp, *Awe: Why It Matters for Everything We Think, Say, and Do*
3. God created you with an awe capacity.

Our 5 senses, enable us to observe things that inspire awe. We have been designed with a capacity to interact with and savor awe.
4. Where you look for awe will shape the direction of your life.

If we are amazed by power and wealth then we will set our attention on acquiring them. Our lives may be filled with toys but our awe will ultimately fall far short of its intended capacity.
5. Awe stimulates the greatest joys and deepest sorrows in us all.
6. Misplaced awe keeps us perennially dissatisfied.
7. Every created awe is meant to point you to the Creator.
8. Awesome stuff never satisfies.

Transition: Next week will be talking about the war that we must wage if we are going to maintain our awe of God. But each week I want to include a discussion which causes us to ponder something amazing about God.

God is “Awe”mazing:

God’s design is fascinating; consider human emotions.

What are some feelings that we can feel?

Have you ever just considered feelings themselves. Not how you feel but that you do. God designed that. So complex. So important.

Love. Hate. Fear. Joy. Sadness. Anger. Gratitude. Loneliness.

Our feelings are such an intense part of who we are. What we value and what we think all connect to how we feel. This is designed by God.

Computers follow programming. They do this or that without any feelings about it one way or another, but we feel.

We have not been able to create anything of our own design like feelings.

We try messing with peoples feeling through chemical intervention and we sometimes help and sometimes make it worse.

Sometimes an emotion is pleasing to the Lord like fear. When we fear the world scripture tells us that is bad but to fear God that is true wisdom.

How might a feeling sometimes be wrong and other times be right?

Love for the world = bad. Love for God and your neighbor = good.

Anger = bad. Righteous anger = good?

The object of our emotions matters.

The pattern of your emotions will give you a reading on where your hope is because they are wired into what you believe and value — and how much.

That's why emotions like delight (Psalm 37:4), affection (Romans 12:10), fear (Luke 12:5), anger (Psalm 37:8), joy (Psalm 5:11), etc., are so important in the Bible.

The fact that God made us with emotions and cares about our expression of emotion is so amazing.

Sometimes it feels like we allow our emotions to exist and other times it feels as if they come uncontrollably out of nowhere.

Ecc 3:4-6 A time for... different expression of emotion.

Emotions have been included in God's redemptive work through the Spirit and have been subject to the corruption of sin.

The works of the flesh in Gal... Anger and jealousy are of the flesh.

Yet the works of the Spirit, Gal 5:22-23 Love and Joy are fruits of the Spirit.

Awe is a feeling. Right?

We experience awe as a part of God's good design.

We need awe.

Our lives come into proper focus through our awe of God.

Pray