

The Mind & The Family

August 30, 2026

Genesis 2:18-25; Ephesians 5:28-33

Song: "Cat's In The Cradle"

I. What this song represented

- A. A song of regret
- B. A song of neglecting important relationships
- C. A song that declared passing down the wrong priorities
- D. A song that declared, "I missed it"
- E. One of the greatest emotional pains of life is (unnecessary) regret
(all you had to do was...)

II. Why do we miss out?

(When for many life has so much to offer)

- A. We get distracted with the busyness of life
- B. We disobey God's word
 - 1. We don't love
 - 2. We don't forgive
 - 3. We don't make our spouse a priority
- C. We deceive ourselves
 - 1. Thinking we know better than God
 - 2. We got it all figured out
 - 3. We make excuses (It's complicated)
 - 4. We allow bitterness & brokenness to take over our lives
- D. We declare other things more important

III. The things that you cannot miss out on in this life (& maintain a beautiful mind)

A. The person of Jesus

- 1. He is the difference in every area of life
 - a. Hope & Hopelessness
 - b. Life & Death
 - c. Heaven & Hell
 - d. Grace & Judgment
 - e. Joy & Sadness
- 2. He is the cornerstone of all that life is about
 - a. He is the Way, Truth, & Life
 - b. He is the Living Water
 - c. He is the Bread of Life
 - d. He is the Door
 - e. He is the Resurrection & the Life
 - f. He is the Light of the World
 - g. He is the Alpha & the Omega
- 3. He proved Himself
 - a. Fulfillment of scripture
 - b. Miracles performed
 - c. Death on the cross
 - d. Rose from the dead
 - e. Promised to return
- 4. If you miss Him, you missed the only hope in life & in death

B. Don't miss being a blessing to others

- 1. A helpful way to treat depression to purpose in your heart to bless someone
- 2. The regret of many in the last season of life "I wish I had done more (to bless others) with my life"
- 3. The problem for many is our choices
 - a. We choose selfish over blessing

- b. We choose dominating over blessing
 - c. We choose to pretend not to notice
 - d. We choose to insist on having our way
- 4. Blessing someone is seeing a need & helping someone to meet it
 - a. Happiest people you know are those who bless others
 - b. Most unhappy people have things, but no blessing or future reward
 - c. Blessing gives, blessing meets needs, blessing gives opportunity
 - d. Jesus demonstrated this daily
- C. Don't miss connecting with your family
 - 1. The counsel of Dr. William Glasser M.D.
 - a. Relationships are essential
 - b. Loving & being loved is essential
 - c. Choosing what is right, responsible, & realistic
 - d. Recognizing our power to choose
 - e. To focus more on the present & future than the past
 - 2. Family can bring our greatest joy or deepest hurt.
 - a. Complications, challenges
 - 3. Jesus elevated marriage & family
 - a. Forgiving
 - b. Loving
 - c. Serving
 - d. Believing
 - 4. The Bible warns of sin
 - a. Sin always kills something we love
- D. 10 choices of areas not to miss when it comes to our family

- 1. Don't miss the opportunity to show & declare your love (love languages)
- 2. Don't miss the principles that make your marriage strong
- 3. Don't miss on being present with your children
- 4. Don't substitute things for shared experiences
- 5. Don't miss out on traditions that bring you closer together
- 6. Don't compare or keep score
- 7. Don't miss out on making things right... it's not that complicated, it's pride & stubbornness
- 8. Don't resist help
- 9. Don't let grief, pride, or shame prevent you from what God wants you to do
- 10. Don't miss out on what God has for you in the next season of your life

IV. But what if it's too late?

- A. God can turn ashes into beauty
- B. God can & will redeem the time

Ask Him To Restore & To Renew Your Mind