

# spiritual caffeine

*a monthly shot of encouragement and equipping for student leaders*



Cadre Ministries

## discovering your super powers (part 1): super understanding

*7 days of growing your super understanding*

### day 1: the mind of Christ

*Read 1 Corinthians 2:12–16*

Spend some time meditating on this passage and what it means to have “the mind of Christ.” What are some ways that you understand things differently than your non-Christian friends? Does the way that you think about life on a normal basis show that you have the mind of Christ? Think of someone in your life whom you would describe as having a “super understanding” that could only come from God. Give that person a call and ask them how they’ve come to think the way they do. See what you can learn from them!



### day 2: loving the Word

*Read Psalm 119:72, 129–144*

Do you love the Word of God? No, I mean really—do you love it? What about your life shows that love? David talks about panting for the Word of God, weeping because his laws were ignored, and finding delight in obeying his precepts. He would choose Scripture over riches. Could the same be said of you? I think a lot of times we say we value the Bible, but the dust it collects on our shelves speaks otherwise. If we love God, we’ll love his Word, because it’s his heart communicated to us. And if we love his Word, we’ll read it, study it, and obey it. What does your life say about how much you love the Word?



### day 3: sharp as a sword

*Read Hebrews 4:12 and Ephesians 6:17*

Scripture is powerful. More than I think we can fully understand. Whenever God’s Word is read, he is present. And his words have the power to get to our heart, convict us, encourage us, examine us, and change us the way nothing else can. In what ways has the Bible shaped you recently? As you spend time in the Scriptures today, ask God what things he might be trying to do in your life through his Word.

### day 4: wiser than my teachers

*Read Psalm 119:97–104*

At first glance it might seem David is being arrogant. He claims to have more insight than his teachers, more understanding than the elders. That’s a lot to claim! But I don’t think David is saying he knows more about everything than they do. He’s saying that he has an understanding that goes to a depth theirs can’t because he knows God and his Word, and they don’t. It’s like his son Solomon would later say: the fear of the Lord is the beginning of wisdom (Pr. 9:10). It’s square one. You can be really smart with just your brains, but a real understanding of life can’t be had without a knowledge of God and his Word. How are you doing at gaining godly insight from his Word?



## day 5: our personal counselor

*Read John 16:5–15*

Think of how the heads of Jesus' disciples must have been spinning when he said this! "It's better that I go because you're going to get the Holy Spirit. And when he comes, he's going to show the world that they were wrong about so much, and he'll teach you how to think like me." They didn't know much about the Holy Spirit and probably weren't totally convinced that having him would be better than having Jesus. But the Holy Spirit is the most incredible gift ever. He's God living in us, reminding us of truth and showing us how to live. He's like our personal

counselor who knows everything about the future and everything about us... and he's always with us. How has the Spirit counseled you in the past? How good are you at listening to him?

## day 6: these words aren't mine

*Read Matthew 10:17–20*

Are you ever stuck not knowing what to say? If you're like me, this happens all the time. That's why I love this promise. Jesus is saying that when it really matters, when we're trying to defend him but we really don't know what we're going to say, the Holy Spirit will give us the words. Have you ever had an experience like that, where you just felt like it was the Spirit speaking through you because you never would have known to say that? Don't be afraid to put yourself in situations that are a stretch; don't worry about having all your words planned ahead of time. God is more than able to defend himself... through you.

## day 7: treasure hunt

*Read Proverbs 2:1–6*

Super understanding comes from God, but it doesn't come while we sit waiting for it. Solom (the wisest man who ever lived) likened it to a treasure hunt. Search out understanding like it's the most important thing to you! Ask God for wisdom. Spend some time today asking God to help grow your understanding. In fact, it might be a good idea to make that part of your regular prayer time. But then make sure that the choices you make and the way you spend your time are helping you to become someone with the mind of Christ.

