

# Sound Mind

## Week 1: Theology, Myths + Hope

### Lean In

Over the years the show *Mythbusters* has proved or disproved tons of common myths. From the list below, which do think were proved or busted?

- *The 5 Second Rule*
- *Dropping a penny from the top of the Empire State Building would kill someone*
- *Jack and Rose (in the movie Titanic) could both fit on the door*

### Look Down

*“Blessed be God, who has given peace to his people Israel just as he said he’d do. Not one of all those good and wonderful words that he spoke through Moses has misfired. May God, our very own God, continue to be with us just as he was with our ancestors— may he never give up and walk out on us. May he keep us centered and devoted to him, following the life path he has cleared, watching the signposts, walking at the pace and rhythms he laid down for our ancestors.”*

1 Kings 8:56-58, MSG

Slowly read through this twice.

*What words or phrases stick out to you?*

### Look Out

*Where do you see those words and phrases in the world around you?*

### Look In

Spend a few minutes praying over those words and phrases.

*What is God speaking to you or over you?*

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#### ANSWERS:

- *The 5 Second Rule*  
**BUSTED**

*The folks at Mythbusters proved that the amount of time a piece of food comes into contact with the floor does not effect how many germs it contracts.*

- *Dropping a penny from the top of the Empire State Building would kill someone*  
**BUSTED**

*The penny does not reach enough velocity if simply dropped!*

- *Jack and Rose (in the movie Titanic) could both fit on the door*  
**PROVEDx**

*There was plenty of room on the door for both to fit and float safely until they were rescued!*

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