

TRIVIA

1) Why didn't director Christopher Nolan want to make Inception in 3D?

It would be distracting to the story telling (seriously? ;-)

Ironically, the awards it won were for Best Visual Effects, Cinematography & tech-related—nothing about the story ;-)

2) To tell whether he was in a dream or real life Leonardo DiCaprio's character would spin a top. Joseph had a dice, Ariadne had a chess piece. What were these devices called?

Totems

(Music score trivia)

3) The slow gloomy blaring trombones in the main musical theme are based on a slowed down version of the fast high pitched trumpets in the French song by Edith Piaf. When someone is within a dream, the soundtrack is perceived as slowed down, to how a dreamer would hear it. At the closing credits the faster Edit Piaf song plays to signal to audiences that we are about to "wake up" from the film.

4) Inceptions has 500 visual effect shots!!

5) It was filmed in 6 countries and on 4 continents, beginning in Tokyo and finishing in Jason Braun's homeland, Canada.

6) One of the highest grossing films of all time with 800 million worldwide. (Mere 68 mill in DVD sales.)

SELAH

The reason I don't have much trivia on Inception is because there ISN'T hardly any!

Instead of trivia, the internet is FULL of sites trying to make sense of the movie. The plot of Inception is so complex there are a TON of websites with the title, "*Inception Explained*" and different interpretations to the movie...how do "never-ending staircases" work?...which scene is whose dream?

Lots of posts like this,

"Can someone explain the story of Inception? It's so mind boggling!"

(How many have seen it?)

In Inception, there is a group of people who are able to go to sleep, enter into a dream state and go into other people's dreams—go into other people's minds. And they steal corporate ideas or ideas that are worth money.

But the plot is based on putting an idea INTO someone's mind.

The word “inception” means “the beginning,” so they want to put an idea into someone’s mind because of the truth that every real action BEGINS with an idea in someone’s mind.

And even though the movie *Inception* is full of reality-challenging special effects and mind-stretching plot twists, the basis of the film is very true.

The premise I want to hang out on today is that ideas can be placed into our mind, and will affect our thoughts and actions.

Listen to this voiceover from the trailer we just saw:

“What’s the most resilient parasite? An IDEA.

A single idea from the human mind can build cities.

An idea can transform the world and rewrite all the rules.”

Isn’t that true? Everything we can see—wasn’t it *first* an *idea* in someone’s mind or in the mind of God?

Has anything transformed the word and rewritten all the rules more than God’s idea of grace, coming to earth in the form of Jesus Christ?

Hey, listen to me...don’t think about elephants...(pause)

Just like the movie, *Inception*, see how EASY it is to put an idea in someone’s head?

That’s how simple this is. I told you NOT to think about something and at the word “elephants” nearly everyone in here created an image of elephants in their minds.

The way our minds work, when someone tells us NOT to think about something we cannot NOT do it! ;-)

Well just as the movie *Inception* is based heavily within the confines of the mind, so too, our God puts a lot of emphasis on our complex mind that He created. Check out Matthew 22:37-38

Jesus replied, “You must love the LORD your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment.” Matthew 22:37-38 nlt

Couple things here:

1. This is the mother load of all commandments! Jesus himself says this is first & greatest.

2. This verse is saying we must have “hoky poky” love for God—we have to put our “whole self in”—loving God with all of who we are.

And Jesus says that a critical part of that whole self is our MIND.

And just as the writers of *Inception* knew that what happens in the brain comes out in our life; so too, God knows that what we expose our mind to plays out in our life.

Check out Romans 12:2 written by our good buddy Paul from last week.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind..." Romans 12:2 niv

Couple things:

- 1) We will conform or adjust our behavior based on the patterns, people, things around us.
- 2) We can be transformed to be more like Jesus by what happens in our mind. (Sounds kind of like "Inception" doesn't it?)

One of the things I love is when science and the Bible agree on things.; because in our culture, scientist *is to* Christian as conservative republican *is to* liberal democrat. Opposites.

And it's hilarious to me that science and Christianity seem to be enemies when God is the father of science, and the creator of the mind, deductive reasoning, formulaic equations and all things logical.

Check out this truncated quote from a "semi-intelligent" guy:

"Science without religion is lame...religion without science is blind."

-Albert Einstein (Primal pg 98)

So we can "love God with our mind" a little more today, let's look at some science that goes right along with the Word of God.

Over the last 50 years the most dominant movement in American psychology is called "cognitive psychology."

("Cognitive" is a \$5 word for "how we think" or "in the mind.")

One of the laws of cognitive psychology is called the "Law of Cognition." In simplest terms it means, "we are what we think."

It's based on the concept that the way we think is the most important factor of who we are as people.

The way we think creates our attitudes, shapes our emotions and affects our behavior.

The Law of Cognition (like Inception) says that everything *first*, happens in our mind and then flows out into our lives.

And isn't that what Paul said a couple thousand years ago when he wrote,

Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

Romans 8:5 niv

Like the Law of Cognition, Paul is also saying, "We are what we think."

(As we're going along here, I want to encourage you ask the Holy Spirit to bring to your mind the kinds of thoughts that are in your mind most of the time in the course of your week.)

SELAH

A second scientific law I want to look at is called the "Law of Exposure." It simply means that our mind thinks most about what it is most exposed to.

In our world of hundreds of TV channels, smart phones, satellite radio, Twitter, Facebook, Google+...we need to know that our mind will think most about what we most expose it to.

It's science fiction to imagine that Cobb could enter our dream and place an idea into our mind.

It's real life non-fiction to understand that what we expose our mind to has everything to do with what we think about.

It's real life non-fiction to understand that what we think about directly influences our attitudes, emotions and behavior.

How does this play out?

If you struggle with insecurity, if you would monitor your thoughts for a week, you're probably entertaining a lot of insecure-based inner dialogue.

You're probably obsessing on everything you do that's less than perfect. In your mind, you're probably comparing yourself to people you think, *have it all together*.

If you struggle with anger, if you would monitor your thoughts for a week, you're probably entertaining a lot of angry ideas...

Probably thinking a lot about how people around you are coming up short and disappointing you rather than catching them doing things right or appreciating that they're in your life at all.

If you are a person who is peaceful, confident, humble, attractive to people, you are probably thinking that the good things in life are blessings from God.

Thinking about others' needs more than your needs.

Thinking that God's grace is your greatest gift.

Thinking that what's best in you, comes from God.

Thinking that this day you want to serve God however you can.

Science—the Law of Cognition and the Law of Exposure-- tie directly into why Paul said in Romans 8:5

Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

Romans 8:5 nlt

Can I challenge us on this verse?

It's easy to look at this and say, "Oh I'm not thinking about sinful things—I'm not obsessed about doing this BAD thing." Give yourself a check mark, "I'm doing ok."

Let's do a simple mental self exam:

Do you have a lot of thoughts centered around:

*Insecurity "I don't measure up..."

Anger "I have a right to be mad..."

Bitterness "Life's been unfair to me..."

Jealousy "It should be *me* living *their* life..."

Fear "I'm scared for good reasons..."

Envy "I can't be happy for them..."

Pride "I got here on my own 2 feet & hard work..."

If there's a word there that resonates with you—hold that in your mind, or circle it in your bulletin notes.

Now let's look again at Romans 8:5

Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. *-Romans 8:5 nlt*

If one of those words characterizes a lot of your thoughts/emotions*---is that something that the Spirit of God desires for you?... Or is that something that your nature desires?

See, our nature is sinful. And it's easy to think of "sinful" being some outward despicable act that people can see.

But many times sin can be thinking along the lines of one of these words.

Sin can be thinking less than excellent thoughts and that are the opposite of what God says about us and reduces our effectiveness for Christ in this world.

And that is why our buddy Paul said in Philippians 4:8

... Fix your *thoughts* on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Philippians 4:8 nlt

Why has God written so much about what's on our minds?
Why is God concerned about what we're thinking about?

Because God created these bodies to be powered and driven by this remarkably-powerfully-complex piece of architecture called a *mind*.

Just like in the movie *Inception*, God designed the mind to function based on what we put in it and what we expose it to.

SELAH

Now that we know scientifically and biblically generally how the brain works, what is perhaps the best thing we could expose our mind to?

The Word of God.

How cool is this? We know that we will think most about what we expose our mind to and what we expose our mind to shapes our attitudes, emotions and behavior.

And we have in our possession the most incredibly-powerful, life-changing *thing* that could ever be planted in someone's mind: the BIBLE! That's GREAT!!!

But...we don't have it with us all the time...
We're busy...
We're up late and out of the house early...
It's cumbersome to lug around...
We're not good about reading it every day.

And you know what?

We all feel guilty about this...

A lot of us here in this room would hate being strapped to a lie detector and asked, "Son...lets' just come clean...how many times have you opened that shiny Bible in the last month?" (gulp)

How many of you have a SmartPhone?

I got a SmartPhone a month or so ago and it's been a Bible intake game-changer!
Know why?

This powerful little app from YouVersion.com

(note to web reader: this section had screenshots from app in live setting.)

1) Go to YouVersion .com (in your notes) setup a FREE account.

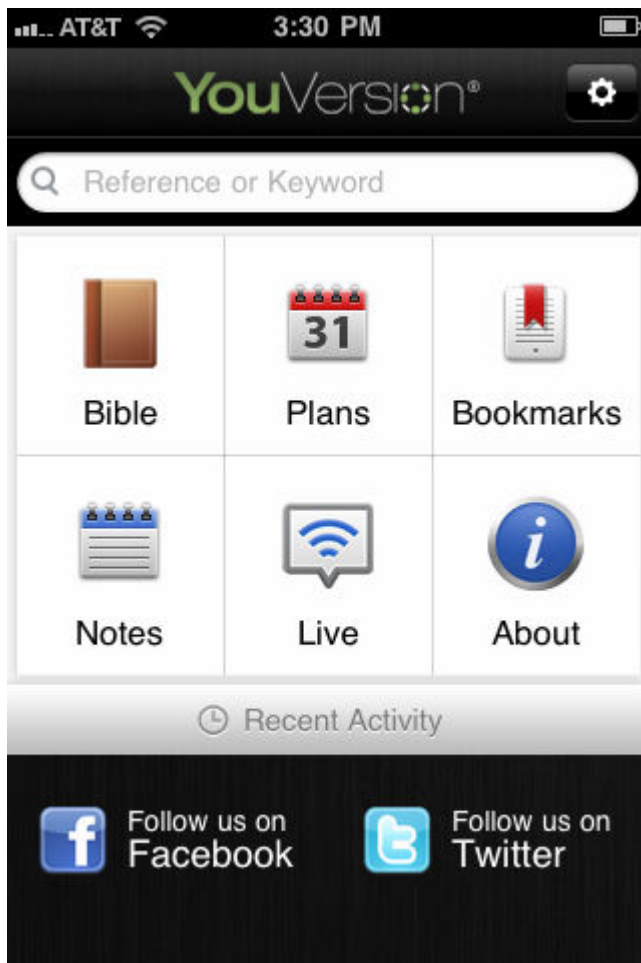
www.youversion.com

2) Choose a reading plan.

I'm in one called "The Essential Jesus" and it's a 100 day plan that's taking me through all the passages in the Bible that talk about Jesus—OT to NT.

3) Download the FREE app –supports Blackberry, Droid, Apple, Windows phones...

4) This is the main screen when you launch your app.



When I'm here & Mark's teaching, when he mentions a Bible passage, I type it in the space at the top and up comes the passage.

When I'm doing my daily Bible reading, in my comfy chair in the mornings or anywhere else I happen to be later on...I just click on

5) "Plans" and it brings up where I am in that plan.

There you can see "The Essential Jesus." Tap it and it shows you where you are.

6) Tap the Scripture and it brings it up.

Not super long.

Change font size.

Chose the version you like (NIV, NLT, The Msg, King James)

If you like that particular passage you can bookmark it, make notes about it. When you get to the end of that day's passage you see this. And if you want to keep going just tap there.

Our phones are always with us. This YouVersion app makes a reading plan so SIMPLE and available everywhere we go!

SELAH

We don't need Sci-fi people to plant God ideas in our minds---we just need to setup our SmartPhones to feed our minds something more profound and life-changing than Scrabble & Angry Birds.

But don't miss this next thing I'm going to say:

It's not just us reading the Bible that renews our mind and brings about change in our life.

It is how the Holy Spirit renews our mind and how HE is the life-changer!

Let's look at a passage Paul wrote in Ephesians 4:23.

He's talking to the believers at the church in the city of Ephesus. And like us—they know about Christ, but they're struggling with the influence of the culture and their own desires versus living a life for Christ.

And into that struggle, Paul says,
"Instead, let the *Spirit* renew your thoughts and attitudes."
Ephesians 4:23 nlt

This is where it gets mysterious...
this is where it gets real...
this is where it's hard to explain in earthly terms...
this is where it sounds more like *Inception* than real life.

We read the Bible.
That's our calling.
That's our response.
That's our cross to bear.
That's our love letter to read.
God won't read it to us.
Reading the Bible—IS ON US.

Renewing—regenerating--redeeming our thoughts and attitudes?
Is on GOD.

Mysteriously-- as we engage in reading God's Word, the Holy Spirit is the INCEPTION of renewing us—changing us.
WE don't change us—the *Holy Spirit* molds us.

One of the reasons I believe that we stink at reading the Bible is we think it's just reading "another book" or another app.

But that's only HALF of it!

When we read the Bible, we do our part of setting the stage for the Holy Spirit to renew our thoughts and attitudes—bringing true God-honoring transformation to our lives!

Us reading the Bible is just our small PART of the Holy Inception of life change!

Because it IS mysteriously... the Holy Spirit...walking, talking around IN US—redeeming our thoughts...influencing our inner dialogue and ultimately our outer actions.

SELAH

The word inception means the beginning.
God sent His Son to die on a cross to make a new beginning for everyone.
Jesus Christ is the inception of every redeemed life.

And at the inception of that redeemed life, the Holy Spirit comes into us. Not just in dreams, but 24-7—day & night.

In the movie Leonardo DiCaprio said, "The seed we've planted in this man's mind may change everything."

In our life, the Holy Spirit who comes INTO US when we accept Christ, changes everything...

Because of Christ on the cross... everyday brings the possibility of inception...a new beginning.

For some it's coming to terms with Christ...
Responding to His call on your life...
The inception of a life surrendered to Christ.

For some it's admitting how we've failed at reading His Word (yet again)...
Today is the inception of a new Bible reading plan with YouVersion...

For some it's admitting how badly we sinned this past week...
Today is the inception of forgiveness...trying again...moving forward with God...

For all of us...
whatever we've done...
or whatever aspirations God has placed in us that we've left undone...today is the inception of God's will for our lives...

(song: *Forever Reign* –Hillsong)