



VISION

to build disciples who represent Jesus to everyone, everywhere with everything

It's Not You.

It's Me.

RELATIONSHIPS SERIES





Self Awareness

IT'S NOT YOU. IT'S ME.

Psalm 139:1-6, 23-24 (NLT)

1 O Lord, you have examined my heart and know everything about me. 2 You know when I sit down or stand up. You know my thoughts even when I'm far away. 3 You see me when I travel and when I rest at home. You know everything I do. 4 You know what I am going to say even before I say it, Lord. 5 You go before me and follow me. You place your hand of blessing on my head. 6 Such knowledge is too wonderful for me, too great for me to understand! too great for me to understand!

23 Search me, O God, and know my heart; test me and know my anxious thoughts. 24 Point out anything in me that offends you, and lead me along the path of everlasting life.

Self aware people are not people who don't have blind spots. They are people who recognise their blindspots could be contributing to the difficulties in their relationships.

the shift

It's not just you. It could be me.



1. The Willingness To Face Yourself

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

Psalm 139:23-24 (NLT)

The Root Issue of Low Self Awareness

It's not that people can't hear it.

It's that people are **unwilling** to hear it.



Practically speaking...

see it as a gift

get past your ego

1st vs 2nd reaction

2. The Humility To Be Searched By God

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

Psalm 139:23-24 (NLT)

2. The Humility To Be Searched By God

1 O Lord, you have examined my heart and know everything about me. 2 You know when I sit down or stand up. You know my thoughts even when I'm far away. 3 You see me when I travel and when I rest at home. You know everything I do. 4 You know what I am going to say even before I say it, Lord. 5 You go before me and follow me. You place your hand of blessing on my head. 6 Such knowledge is too wonderful for me, too great for me to understand! too great for me to understand!

Psalm 139:1-6 (NLT)



Practically speaking...

the Word of God

Self reflect on your life through relevant passages.

journaling

Write your thoughts and emotions. Ask the Holy Spirit to reveal patterns in your life.

reflect on your words

Matthew 12:34. What does it say about what is in your heart?

listen to a loving critic

Is there an area in my life that you've been trying to help me become aware of,
but you feel like I haven't been able to hear it?

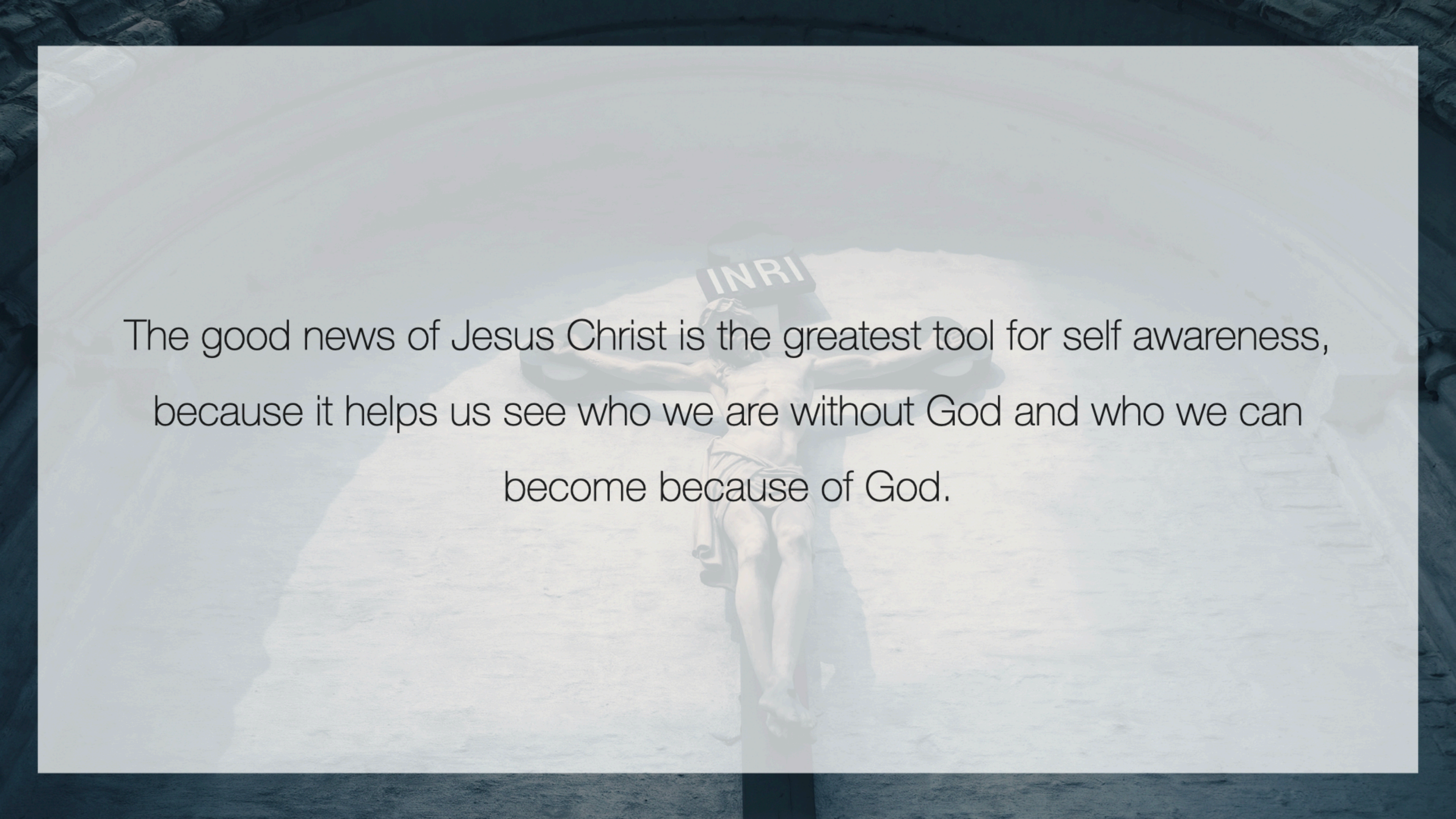
3. The Responsibility To Change

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, **and lead me along the path of everlasting life.**

Psalm 139:23-24 (NLT)

self awareness is not a destination,
it is only a step on the way to transformation

Tim Keller



The good news of Jesus Christ is the greatest tool for self awareness,
because it helps us see who we are without God and who we can
become because of God.