



Notes | June 23, 2024

Practices Of Healthy People: Self-Awareness

We have spent the last few weeks talking about practices of healthy people. This week we are focusing on self-awareness. When we are self-aware, then we are more motivated to give to others and to what God has called us to do. When we lack self-awareness, then we become selfish, which actually leads to self-sabotaging because we are more focused on what we want than what God asks of us.

Key Scripture | Philippians 2: 3-8

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ. Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

Related Scriptures

2 Corinthians 4:4; Genesis 31: 38-42a; Ephesians 5:21

Icebreakers:

Q: Share a story from a time when you couldn't find something that was right in front of you.



Key Thoughts and Reflections:

I. When you are not self-aware, you are self-absorbed.

Q: Do you have a pretty good awareness of yourself? Why, or why not?

Q: Can you think of a time in your life where you had no self-awareness? What was it like?

Q: These are all sins listed in the Bible: greed, gluttony, selfishness, gossip, slander, self-righteousness, divisiveness, haughty, materialism, indulgence, unkind, self-deceit. Which one do you struggle the most with?

II. Safe people have a close group of people that hold them accountable.

Q: Does your family of origin exemplify self-awareness and self-sacrifice?

Q: Do you have anyone in your life that you feel accountable to? Who?

Q: Are there people who look to you to hold them accountable? Who?

III. Safe people practice self-sacrifice.

Q: Do you find it easy to laugh at yourself and own your shortcomings? Why?

Q: Jesus is the ultimate example of self-sacrifice. Even though He was the Son of God, He took on the nature of a servant. Where in your life could you be a better servant?

Q: Where in your life do you find it easy to be obedient in self-sacrifice?

Get Practical

Today, we learned the importance of self-awareness in our relationships. In order to be a safe person, we need to be able to have self-awareness and surround ourselves with people that can make sure we are being self-aware. Self-awareness requires self-sacrifice though. Take time each day this week to pray and ask God for help to show you where you can be more self-aware.