

# SERMON NOTES

January 25 & 26, 2025

## First Things First: Self Awareness

1. \_\_\_\_\_ is never greater than when it comes to looking at my own life. **Matthew 7:3-5**

2. Ancient World: Self Awareness = \_\_\_\_\_ Awareness

3. Word Study

**Soul: Hebrew** – nephesh – the \_\_\_\_\_, \_\_\_\_\_ of a human

**Greek** – Psyche -- the \_\_\_\_\_ the \_\_\_\_\_ of a life

4. My soul is my \_\_\_\_\_ and how I have learned to experience \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

5. \_\_\_\_\_ of relating to others have been formed apart from God's \_\_\_\_\_

\_\_\_\_\_.

**John 4: 15-18**

6. **Loyal Soldier:** embedded patterns where my soul \_\_\_\_\_  
for love, safety and security.

**Homework Question:** What did my \_\_\_\_\_ teach me about how to feel  
loved, safe, and secure in the world?

**John 4:13-14 | John 10:10 | Matthew 11:28-29**

**2025 Action Step:** Choose to find the love, safety and security I need \_\_\_\_\_

\_\_\_\_\_.

**2 Corinthians 2:9**

# Life Steps

**First Things First:** Self Awareness | January 25 & 26, 2025

## Monday

**Matthew 7:3-5**

**Reflect:** How have you seen the lack of self-awareness sabotage a relationship? How might this statement be true in your own life? "Deception is never greater than when it comes to looking at my own life." Where might you be deceiving yourself?

**Prayer:** God of truth and grace, make me aware of how I am deceiving myself and what I am to do with that self-awareness.

## Tuesday

**Genesis 2:7**

**Reflect:** The Hebrew word used for the phrase "living being" is a form of *nephesh*, which means soul. How would you describe the current state of your soul? Why do you think that is?

**Prayer:** God of unexplainable peace, heal me and grow me so I might sing with conviction, it is well with my soul.

## Wednesday

**John 4:15-18**

**Reflect:** Jesus is basically asking the woman, "Do you realize you have a wounded "thirsty" soul? That is why your patterns of relating to others has been formed apart from God's original intent." How have some of your early life experiences negatively impacted how your soul seeks to experience love, safety, and security?

**Prayer:** All-knowing God, help me to see how my patterns of relating to others are not in agreement with your original intent. Then, give me the self-discipline to do what needs to be done.

## Thursday

Memorize **John 10:10**

**Reflect:** Richard Rohr calls the patterns where our soul wrongly goes looking for love, safety, and security our Loyal Soldier. Get in touch with and name those patterns in your own life. How has your Loyal Soldier, "the thief," used those patterns to steal from and even destroy your relationships?

**Prayer:** God of endless grace, forgive me for listening to the thief more than I listen to you.

## Friday

Memorize **John 10:10**

**Reflect:** Henri Nouwen says, there is a split between our divine self and our human self. We know how God wants us to respond and behave towards others, but we don't. How has your relationship with Jesus helped you close that gap?

**Prayer:** Ask God to show you what it would be like for you to be whole and how it would impact your relationships. Journal what God reveals to you and express your gratitude.

## Saturday

**John 4:28-30, 39-42**

**Reflect:** The story of the woman at the well begins with her being all alone. Her patterns and choices led to a relational disconnect with others. Once she connects with Jesus, she lets go of past patterns and choices to seek in him the love, safety, and security she craves. How did those choices change her life? What are the negative patterns you need Jesus to disrupt?

**Prayer:** Thank you, God, for the hope of healing and restoration. I surrender my soul and my relationships to you. Your will be done.

## Sunday

**2 Corinthians 12:9**

**Reflect:** If you were able to truly believe and rely upon this truth, how might it change how you relate to some of the important people in your life?

**Prayer:** God of grace and glory, you are more than enough. You are my everything. I worship you and you only.