



NEW COVENANT CHURCH

Healing OF THE SOUL

PART
THREE

How to Maintain Peace in Your Soul

And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?

Matthew 16:26 NLT

PASTOR BRYAN HUDSON, D.Min.

Proverbs 4:23 (NIV)

***Above all else, guard your heart,** for everything you do flows from it.*

Matthew 16:26 (NLT)

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Healing OF THE SOUL

PART
TWO

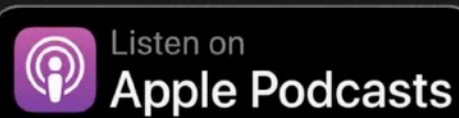
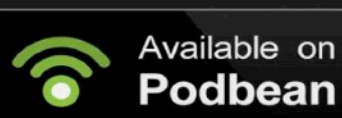
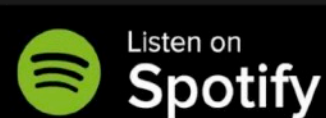
Self-Awareness: A Key to a Better Self

Above all else, guard your heart,
for everything you do flows from it.

Proverbs 4:23 (NIV)



BRYAN HUDSON, D.Min.



FIRM FOUNDATION

What is Self-Awareness?

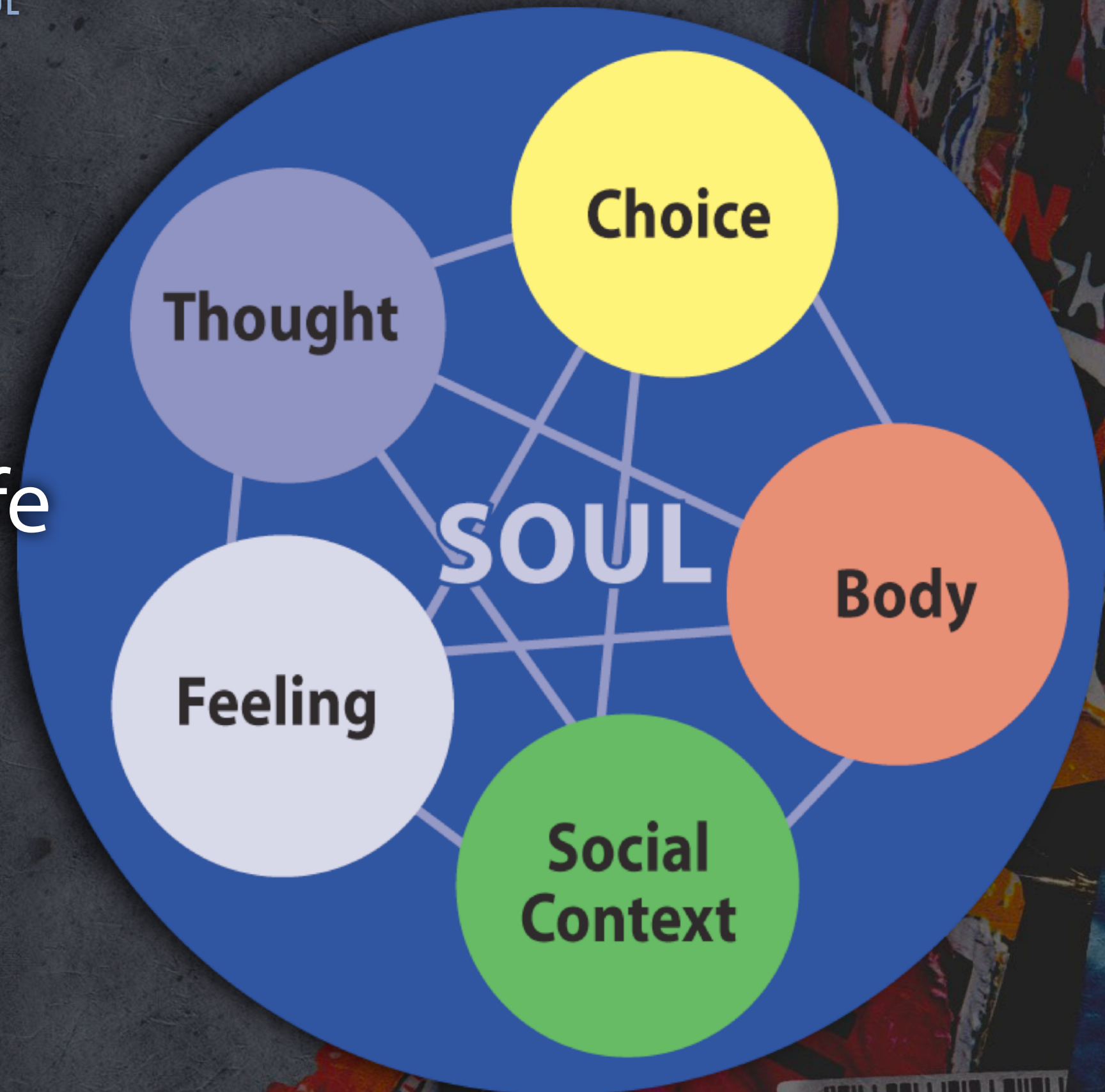
- It is the ability to examine yourself and be honest with yourself.
- Self-awareness is a mindfulness that gives you the ability to recognize and understand yourself.
- You are capable of ***observing*** your thoughts without ***being*** your thoughts. (Paul Scanlon)

What is Self-Awareness?

- Ability to be aware of motives, actions, inclinations, and source of your beliefs.
- Self-recognition, Self-Perception, Self-Monitoring, Self-Regulation, Self-Editing (Internally auto correcting), Mindfulness, Awakeness (woke)

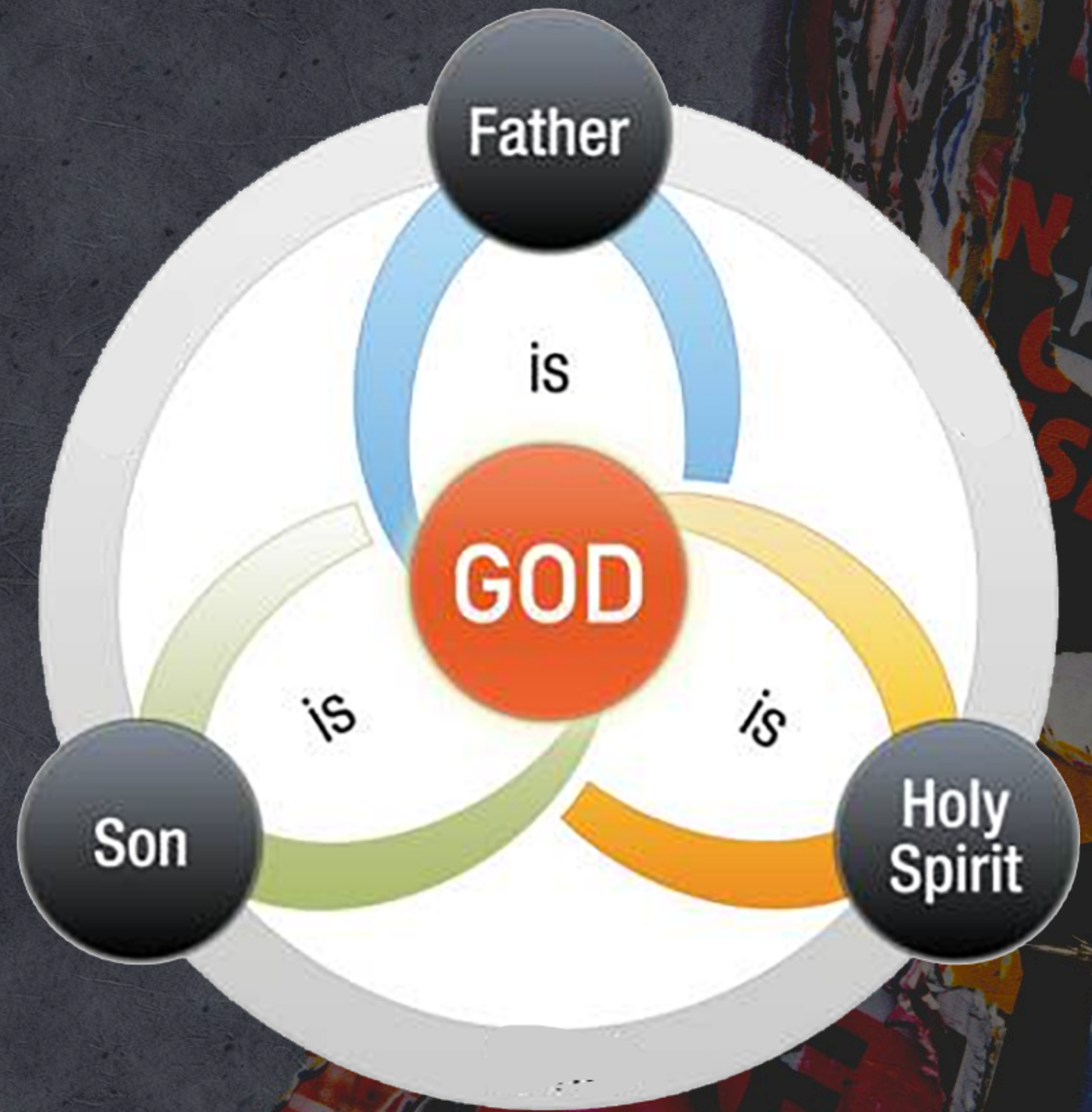
#1 - AWARE OF SELF

Five elements of human life



#2 - AWARE OF GOD

In order to know yourself, it is necessary to know God who made you.



#3 - AWARE OF YOUR HABITS



#4 - AWARE OF INFLUENCES

What or who influences you?



#5 - AWARE OF DULLNESS

Know when you need
sharpening and more skill



How to Maintain Peace in Your Soul

ACTIONS

Stay

Think

Sell Out

Get Help

Let Go

Rejoice



How to Maintain Peace in Your Soul

STAY In Prayer

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

How to Maintain Peace in Your Soul

THINK On Right Things

Philippians 4:8-9

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

How to Maintain Peace in Your Soul

SELL OUT To Truth

Proverbs 23:23

Buy the truth and do not sell it, also wisdom and instruction and understanding.

How to Maintain Peace in Your Soul

GET HELP When You Need It

James 5:16

*"Confess your faults one to another that you
may be healed"*

How to Maintain Peace in Your Soul

LET GO of Bitterness

Hebrews 12:14

Pursue peace with all people, and holiness, without which no one will see the Lord: 15 looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled; 16 lest there be any fornicator or profane person like Esau, who for one morsel of food sold his birthright.

How to Maintain Peace in Your Soul

REJOICE Always

Philippians 3:1

Whatever happens, my dear brothers and sisters, rejoice in the Lord. I never get tired of telling you these things, and I do it to safeguard your faith.

Reflection Questions

1. What is Self-Awareness? Why does it make you better?
2. What are the five elements of human life?
3. How is possible to know God and not be aware of Him?
4. What or who influences you?
5. How do you overcome dullness?