



NEW COVENANT CHURCH

Healing OF THE SOUL

PART
TWO

Self-Awareness: A Key to a Better Self

*Examine yourselves to see whether you are living in the faith.
Test yourselves. Do you not realize that Jesus Christ is in you?
—unless, indeed, you fail to meet the test!*

2 Corinthians 13:5

PASTOR BRYAN HUDSON, D.Min.

Proverbs 4:23 (NIV)

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

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)
- You also become aware of people who are not self-aware. Shown in being inconsiderate of others.

What is Self-Awareness?

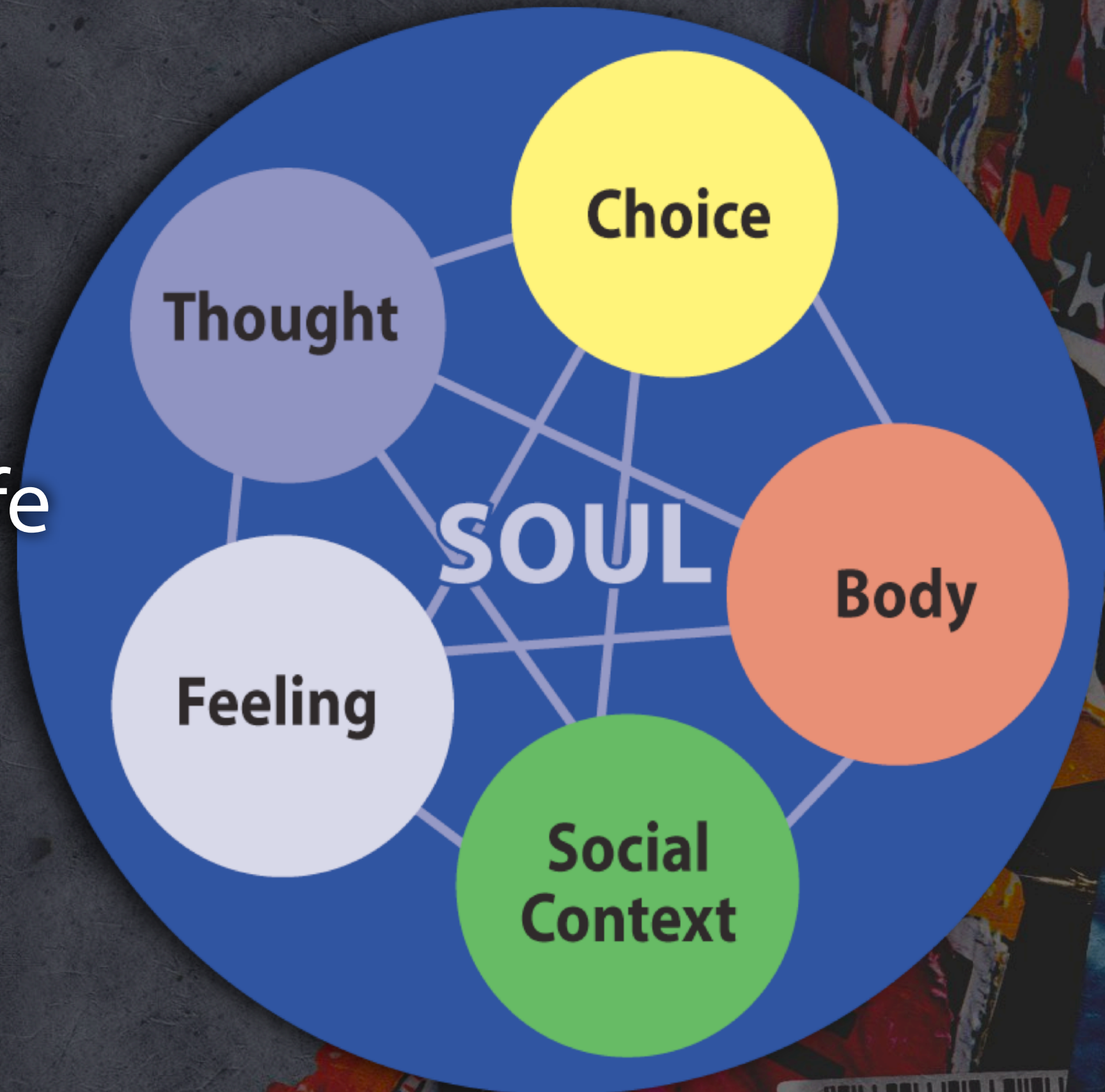
Examples:

Paul Scanlon
England, U.K.



#1 - AWARE OF SELF

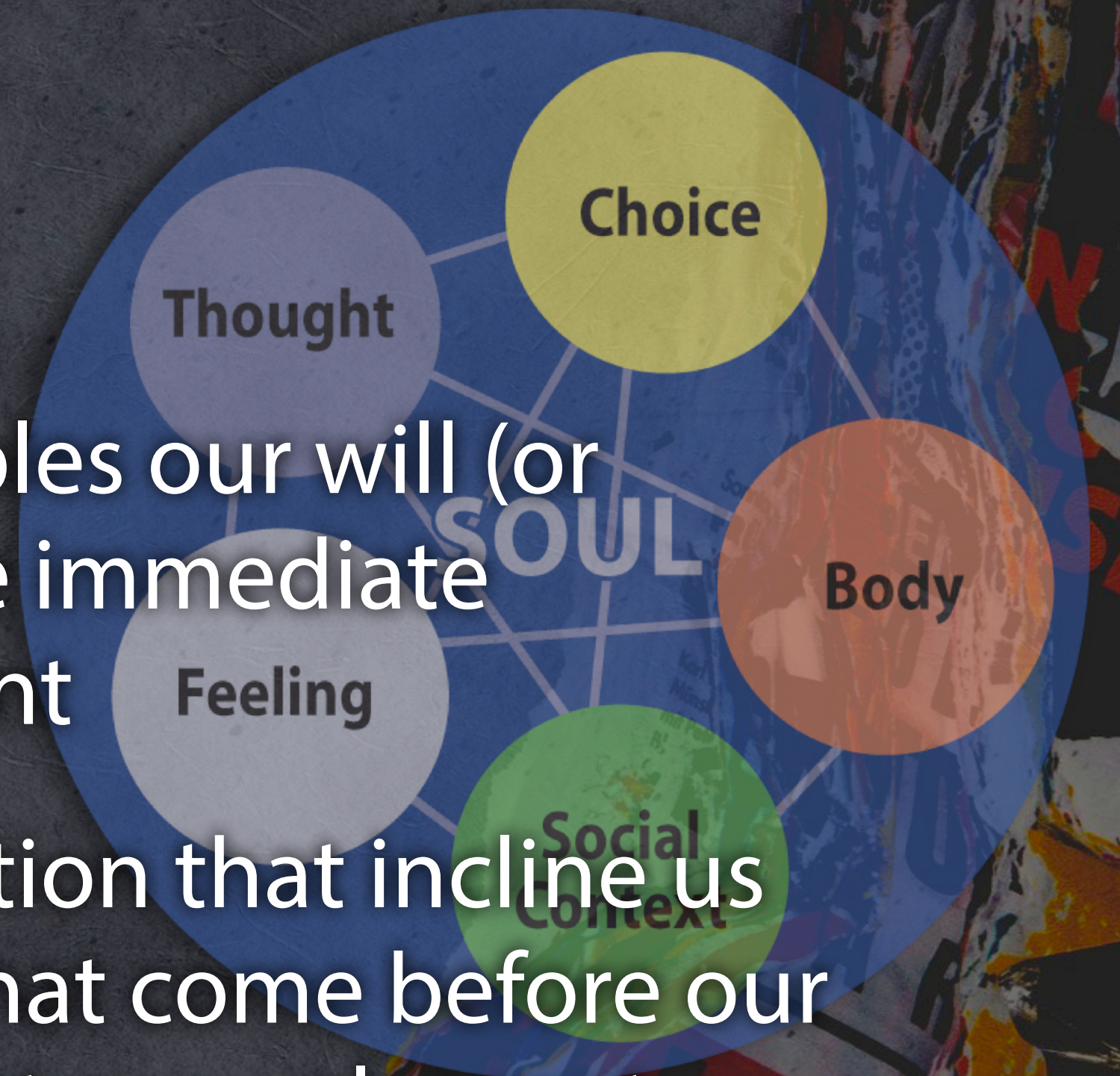
Five elements of human life



AWARE OF SELF

Thought: Concepts that enables our will (or spirit) to range far beyond the immediate boundaries of our environment

Feeling: Sensations and emotion that incline us toward or away from things that come before our minds. Feeling can be pleasant or unpleasant.



AWARE OF SELF

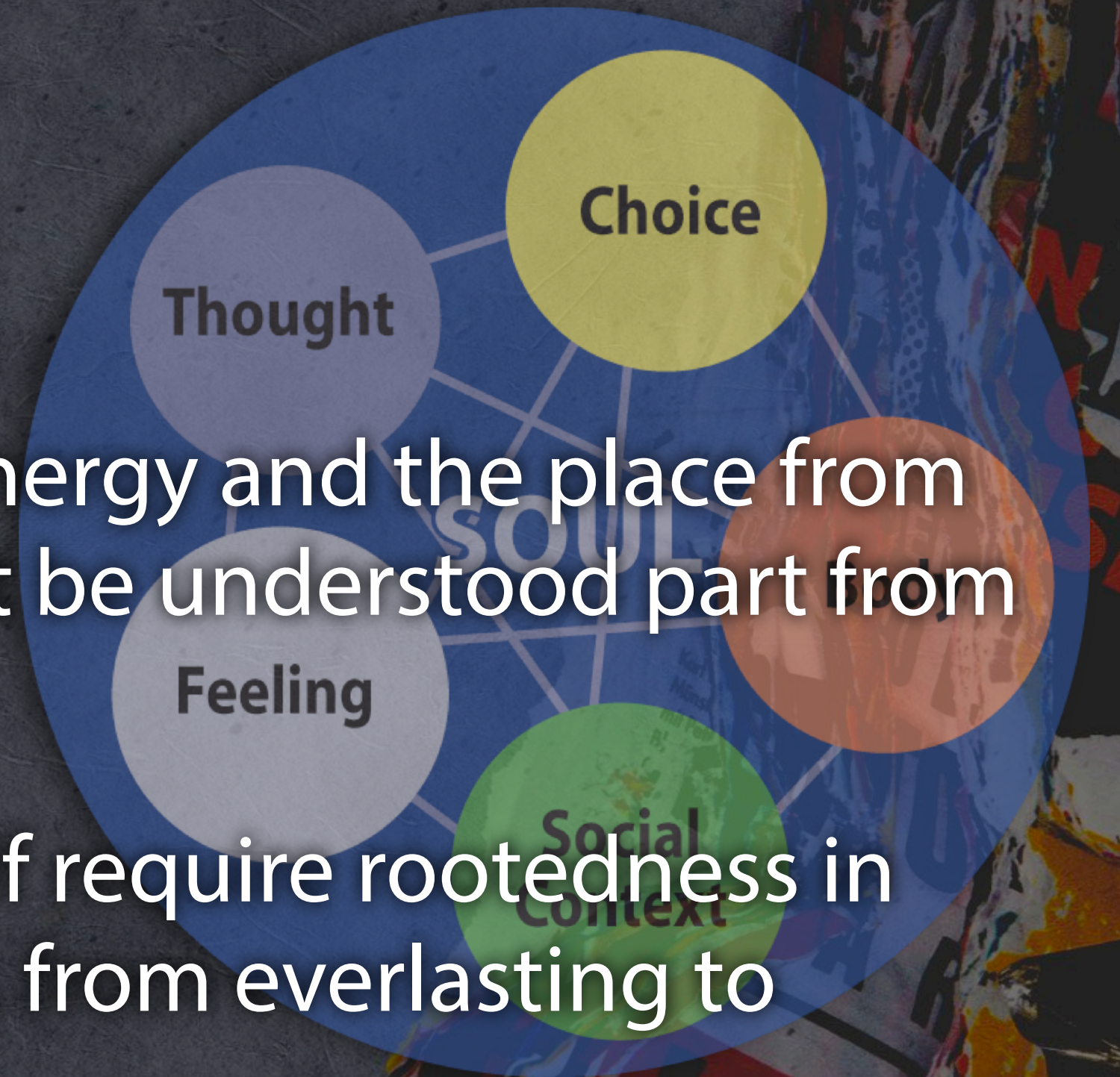
Choice: Decision and choices that produce our unique contribution to reality. Temptation is the thought plus the inclination to sin. (Not from the devil)

James 1:13-15, *Let no one say when he is tempted, "I am tempted by God"; for God cannot be tempted by evil, nor does He Himself tempt anyone. 14 But each one is tempted when he is drawn away by his own desires and enticed. 15 Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.*

AWARE OF SELF

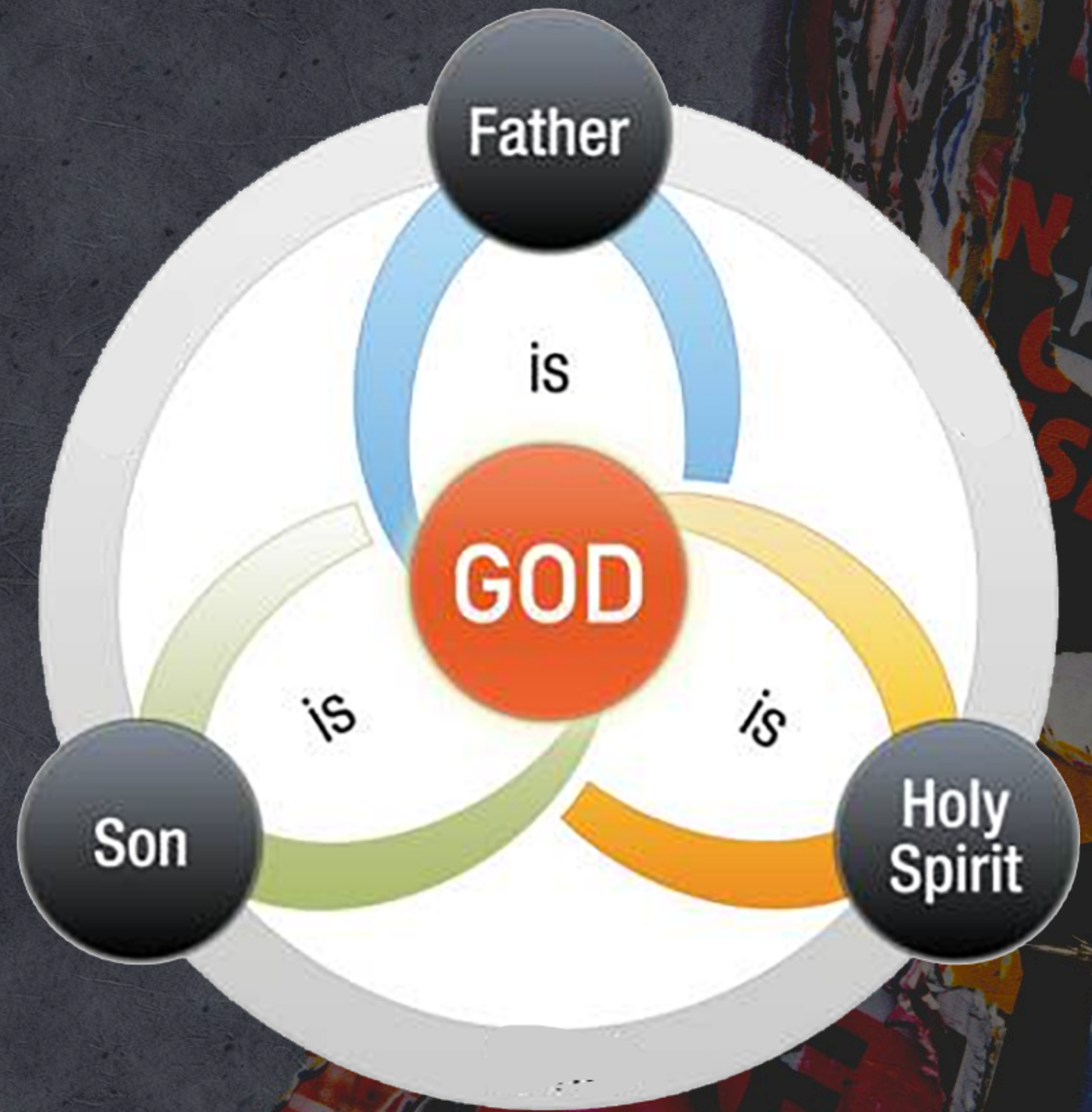
Body: Our primary source of energy and the place from which we live. The body cannot be understood part from human relations

Social Context: The human self require rootedness in others—God first, then people, from everlasting to everlasting



#2 - AWARE OF GOD

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



AWARE OF GOD

Indicators of the True God:

1. Is from everlasting to everlasting
2. Known to Adam, Abraham, Moses and even to pagans of every generation
3. Has the power to create, destroy, heal and reform
4. Passes final judgment
5. Knows the hearts of people



AWARE OF GOD

Indicators of the True God:

- 5. I Knows the motivations of the heart
- 6. Has purpose that transcends the lifetime or sensual interests of people
- 7. Manifests His presence in the earth through the Holy Spirit
- 8. Has a son name Jesus Christ, who is God the Son



#3 - AWARE OF YOUR HABITS





AWARE OF YOUR HABITS

"Habit is either the best of servants or the worst of masters." – Nathaniel Emmons

YOUR CONSTANT COMPANION

YOUR CONSTANT COMPANION

"I am your constant companion. I am your greatest helper or your heaviest burden. I will push you onward or drag you down to failure. I am at your command. Half of the tasks that you do you may just as well turnover to me and I will do them quickly and correctly. I am easily managed, you must merely be firm with me. Show me exactly how you want something done. After a few lessons I will do it automatically."

YOUR CONSTANT COMPANION

“I am the servant of all great people, and alas, of all failures as well. Those who are great, I have made great. And those who are failures, I have made failures. I am not a machine, but I work with all the precision of a machine plus the intelligence of a person. You may run me for profit or run me for ruin, it makes no difference to me. Take me, train me, be firm with me and I will lay the work at your feet.”

YOUR CONSTANT COMPANION

“Be easy with me and I will destroy you.

Who am I? I am called Habit.

Habit is my name.” ~ Author Unknown

Our character is a collection of our habits

#4 - AWARE OF INFLUENCES

What or who influences you?



AWARE OF INFLUENCES

1 Corinthians 5:6 *Your glorying is not good. Do you not know that a **little leaven leavens the whole lump?** 7 Therefore **purge out the old leaven**, that you may be a new lump, since you truly are unleavened. For indeed Christ, our Passover, was sacrificed for us. 8 Therefore let us keep the feast, not with old leaven, nor with the leaven of malice and wickedness, but with the **unleavened bread of sincerity and truth.***



AWARE OF INFLUENCES

Jesus said, *"Beware of the leaven of the Pharisees, which is hypocrisy."* (Luke 12:10)

- Professing, but not prossessing.
- Telling others what to do, but not doing it themselves.
- Control spirit



#5 - AWARE OF DULLNESS

Know when you need
sharpening and more skill



AWARE OF DULLNESS

Ecclesiastes 10:10, *If the ax is dull, and one does not sharpen the edge, then he must use more strength; but wisdom brings success.*

Practice the habit of renewal.

"How long you been sawing that tree?" "A long time!" "Why don't you sharpen it?" "I've been too busy sawing!"

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?