

# EMOTIONALLY HEALTHY RELATIONSHIPS

## Becoming Self-Aware

10-4-20

- \_\_\_\_\_ emotions don't die.

**Big idea:** Learning to love the people around us: Nothing is more important as a Christ follower than to grow in our ability to love.

*Matthew 22:37-39* - Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." <sup>38</sup> This is the first and greatest commandment. <sup>39</sup> And the second is like it: 'Love your neighbor as yourself.'"

- \* Here is the question we are asking ourselves today:

How are you contributing to the disappointment you may be experiencing in your relationships?

1. Becoming \_\_\_\_\_

- \* Self-aware = knowing your emotions and motivations.

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

2. \_\_\_\_\_ was self-aware.

A. Jesus felt \_\_\_\_\_.

*Matthew 23:1-4* - Then Jesus said to the crowds and to his disciples: <sup>2</sup> “The teachers of the law and the Pharisees sit in Moses' seat. <sup>3</sup> So you must obey them and do everything they tell you. But do not do what they do, for they do not practice what they preach. <sup>4</sup> They tie up heavy loads and put them on men's shoulders, but they themselves are not willing to lift a finger to move them.”

*Matthew 23:13* - “Woe to you, teachers of the law and Pharisees, you hypocrites!”

B. Jesus felt \_\_\_\_\_.

*John 11:32, 35* - When Mary reached the place where Jesus was and saw him, she fell at his feet and said, “Lord, if you had been here, my brother would not have died.” ...<sup>35</sup> Jesus wept.

C. Jesus felt \_\_\_\_\_.

*Luke 22:41-44* - He withdrew about a stone's throw beyond them, knelt down and prayed, <sup>42</sup> "Father, if you are willing, take this cup from me; yet not my will, but yours be done." <sup>43</sup> An angel from heaven appeared to him and strengthened him. <sup>44</sup> And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

D. Jesus felt \_\_\_\_\_.

*Luke 10:21* - At that time Jesus, full of joy through the Holy Spirit, said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this was your good pleasure.”

\* Importance of the “Why” questions.

*John 4:20* - Our fathers worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem.”

*Mark 7:14-15* – Again Jesus called the crowd to him and said, “Listen to me, everyone, and understand this. <sup>15</sup> Nothing outside a man can make him 'unclean' by going into him. Rather, it is what comes out of a man that makes him 'unclean.'”

*Mark 7:21-23* – “For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, <sup>22</sup> greed, malice, deceit, lewdness, envy, slander, arrogance and folly. <sup>23</sup> All these evils come from inside and make a man 'unclean.'”

3. Challenge: \_\_\_\_\_ self-awareness.

Two questions:

A. How am I feeling right \_\_\_\_\_?

B. \_\_\_\_\_ do I feel this way?

Next steps:

Make this a daily practice.

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**LAUREL RIDGE**  
Community Church