

## Self Awareness

Start with a drill I do on a daily basis as part of my prayer/meditation routine. It might be a little bit awkward, but it is something that I have benefited from.

- "Unless a man gives up everything he has, he cannot be my disciple"

Open your hands, then open them wider, imagining your hand so wide open, that even if someone were to hand you something, it would just fall to the floor.

Relax your lungs, Exhale as you do this, thinking about the verse,

"Yes even his own life" as you exhale your breath, push out the breath, this is you, demonstrating a willing to give your last breath

- "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age"

Now, next, take a deep breath in, and hold that breath, at the same time, clench your fist, tighten that grip, as you breath in, accept this breath that God gives you, accept not only the breath, but whatever life giving message, or resource that gives you, teaching,

and hold to his teachings, which that word in the Greek is closer to safeguard than it is as in "obedience too". Christs teachings are treasures, gems, things that should be protected. So as you take that deep breath, hold it, and squeeze your hands tightly, as if something very important depended upon you keeping that grip.

- "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

Lastly exhale Deeply and as you do relax your hands and let them just be open, as if you were holding bird feed, or crumbs for ducks, candy for children. Your hands are relaxed because people can come to you, with no threat, simply open hands offering up the good things that God has placed in your possession, entrusted you with.

What does the mean - for today's discussion? A relative comparative to:

- How you see yourself
- How others and how God may perceive you

The truth is somewhere in that mix

The idea of being present to yourself, your inner self, the true version of you.

Why is important to be conscious of this idea, here is one paragraph from a study of the benefits of being more self aware:

*Self-awareness seems to have become the latest management buzzword — and for good reason. Research suggests that when we see ourselves clearly, we are more confident and more creative. We make sounder decisions, build stronger relationships, and communicate more effectively. We're less likely to lie, cheat, and steal. We are better workers who get more promotions. And we're more-effective leaders with more-satisfied employees and more-profitable companies.*

**Here is my first question:**

If I asked you, which I'm going to, lol, to give us an idea of your current perception of yourself versus the ideal full version of who you were made to be.

From 0 to 100

What is your sense of how close you are living to that fully complete mature maximizing all the potential that God put into you.

Please listen to the words I use

For some, there is no right, accurate, perfect, expected answer, each of us might have a different metric:

1. Listen to your heart
2. Listen to your mind
3. Listen to your gut

Lean in and consider this question - "What is your sense of how close you are living to that fully complete mature maximizing all the potential that God put into you?"

**The 2nd question:**

Assuming not everyone was 100%, lol.

"What do you see, sense, feel are some of the key factors holding you back from being the destiny, if you will, version of yourself?"

1. Personally, I think the single most important factor is that I have not had a very good grip on what truly makes me operate, my inner spiritual being.
2. For years, it has been about making the exterior look good, validating my internal belief system.
3. Recently I have discovered that it is my internal belief system that holds me back in a significant way.
4. I have begun the journey to become more aware than ever of what I hope that God wants me to see.

Revelation 3 - "*You do not realize that you are poor pitiful blind and naked*"

... they lacked self awareness!

"You travel over land and see and make him twice as much as the son of man"

... they lack self awareness

"Away from me, I never knew who you were"

... they lacked self awareness

"I will never disown you and all the other pledged the same thing"

... they lacked self awareness

"God I thank you that i am not like this sinner"

... he lacked self awareness

There appears to be a pattern in the scriptures that shows us the spiritual laws at work,

***That those humble (become self aware) themselves will be exalted and those who exalt (not self aware) themselves will be humbled***

I have made the radical decision to prioritize me knowing the poor, pitiful, blind naked version of myself, I'm perfectly fine with God saying I'm in error, if that is the case.

In my spirit it tells me that the more I know my sinful nature, my flesh, the more broken I shall realize that I am, the more that I needed Jesus, and how much more I need God in my life.

Secondly, the more I realize my own issues, to see the need for grace in my life, the more I am able to extend that grace to others in my life.

The Lord's Prayer comes to mind:

Father forgive me my sin

Right behind it

Father forgive those who sin against me