

<https://youtu.be/2jaFEVv8FuU>

I will seek self-awareness through God-awareness.

### Video Key Points:

- As I talked with people I found that there is a lot of confusion over what this affirmation is saying. Some see it as nearly the same as the previous affirmation in which we find our identity and value in Christ not what others say about us. Others have focused on the aspect of “God-awareness” or simply knowing God better.
- Let me take a stab at explaining. As I have followed Christ over the years, my own perception of myself, my unique aspects of my personality as well as my inner struggles have changed. Through times of prayer and silence before God, I have reflected on my life decisions, my desires and emotions and I have gained insight into my own self through these times. Often the Lord has shown me something about myself that was not obvious to me, although I suspect those around me could see it.
- Human beings are complex with deep currents within our inner being that come out in our behavior and decisions. The Bible describes how we are actions are often shaped by these forces of which we are not fully aware.
- Read Romans 7:15-25. How does Paul describe the sinful nature or the flesh operating within our heart?
- We do not know our self in isolation – instead we know our self in relation to others. Our interactions and relationships with other people bring out who we are inside and then other people can reflect back to us how they see us.
- If that is so, how much more can the one who knit us together in our mother’s womb able to reflect back to us knowledge of our own heart and nature! God sees us in absolute clarity. He knows how man is formed and hence the Lord sees the good, the bad and the ugly within, and yet has compassion upon us.
- We can develop the practice of bringing our life before God through reflective prayer. We can prayerfully review our worries, fears, hopes and heartaches. My prayer time includes journaling about my life and decisions. In the midst of those times, we can hear the still small voice of the Holy Spirit pointing us to insights about ourselves or our situations. As we gain awareness of our own self, through our times of reflective prayer, we can grow in our capacity to love the people around us. We can drop the illusions that hinder our relationships. We can come to see the reasons for conflict, or the desires that drive us to be angry at others.
- Growing in self-awareness is part of the journey of a disciple. For now, we only see dimly as through a cloudy mirror. Read the 1<sup>st</sup> two paragraphs of, p. 71 of the CODE.
- The essence of this Affirmation is described in the last two verses of Psalm 139  
 23 Search me, God, and know my heart; test me and know my anxious thoughts.  
 24 See if there is any offensive way in me, and lead me in the way everlasting.

### Questions for Understanding:

- *Read Romans 7:15-25 – Do you relate to Paul’s description of an inner struggle?*
- *Compare to James 4:1-3 – are they describing a similar dynamic?*
- Psalm 103:10-16 – What truths does God know about man/people? What is his attitude toward us within this state?

### Life Questions:

- Which of the 5 devotional days spoke most to you this week?
- Can you name an illusion about yourself that you had at some point of your life?
- When was a time you gained insight into your own desires, situation or motivation, through prayer or reflecting on Scripture?
- What do you think of the idea of Reflective Prayer?
- Have you ever practiced “stillness” before God to invite His Spirit to speak to you?
- *What if you would regularly pray – or even memorize – Psalm 139:23-24?*
- If time, look up: Psalm 19:12-14 and consider is it similar call to reflective prayer.

Use one of the Devotion prayers or Pray using your own Words