

INWARD RELATIONSHIP WITH MYSELF

What does our heart look like in four key relationships. How can we find meaning and purpose in and through these relationships?

- 1) Upward – My relationship with God
- 2) Inward – My relationship with myself
- 3) Outward – My relationship with others
- 4) Downward – My relationship with creation

How do I evaluate a healthy relationship with myself? What is self-awareness?

James 1:22-25 - *22 But be sure you live out the message and do not merely listen to it and so deceive yourselves. 23 For if someone merely listens to the message and does not live it out, he is like someone who gazes at his own face in a mirror. 24 For he gazes at himself and then goes out and immediately forgets what sort of person he was. 25 But the one who peers into the perfect law of liberty and fixes his attention there, and does not become a forgetful listener but one who lives it out—he will be blessed in what he does.*

What is our Heart? – seat of our intellect, emotions, desires/attractions

Upward relationship – My relationship with God - Mark 12:29-30 – *29 Jesus answered, “The most important is, ‘Hear, O Israel: The Lord our God the Lord is one. 30 And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’*

What does the Bible say about our hearts?

Jeremiah 17:9-10 - *The heart is deceitful above all things, and desperately sick; who can understand it? 10 “I the Lord search the heart ^tand test the mind to give every man according to his ways, according to the fruit of his deeds.”*

Do we sometimes have divided hearts? Are my thoughts, emotions and desires in sync?

Psalm 86:11-12 - *Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name.*

What is the answer to a wicked heart?

Prov 4:23 – *Keep your heart with all vigilance, for from it flow the springs of life.*

How do you guard your heart? Repentance – Psalm 51:10-12 –

*“Create in me a ^vclean heart, O God,
and ^wrenew a right spirit within me.
11 ^yCast me not away from your presence,
and take not ^zyour Holy Spirit from me.*

*12 Restore to me the joy of your salvation,
and uphold me with a willing spirit.*

What am I? Human Who am I? Imago Dei (very good) – Nephesh – embodied soul
Your identity is in Christ and you have the mind of Christ. 1 Cor 2:14-16

*14 The natural person does not accept the things of the Spirit of God, for they are folly to him,
and he is not able to understand them because they are spiritually discerned. 15 The spiritual
person judges all things, but is himself to be judged by no one. 16 “For who has understood the
mind of the Lord so as to instruct him?” But we have the mind of Christ.*

What does the world say I am? How are we defining people today?

How can I evaluate myself Physically? Mentally? Emotionally?

Perspective on Stewardship as a way to promote self-awareness – Parable of the Talents
Matt 25:23 - 23 His master answered, ‘Well done, good and faithful slave! You have been
faithful with a few things. I will put you in charge of many things. Enter into the joy of your
master.

What does this look like practically? We are embodied souls.

Physically – How can I steward my body well so I can Love God with all my strength?

Mentally – How can I steward my mind well so I can Love God with all my mind? Hint - we
talk to ourselves more than anyone. Hint - How do you manage anxiety, anger, frustration?

Emotionally – How can I steward my emotional health so I can love God with all my soul?

Is my heart – Intellect/Emotions/Affections divided? How can they be properly united?

Where am I on the anxiety scale? How can I unite my intellect (under the mind of Christ) with
my emotions and desires?

We steward our bodies, minds, resources (time, money, physical belongings),
relationships. Stewardship reflects our priorities.

*1 Thess 5:16-18 – 16 Rejoice always, 17 pray without ceasing, 18 give thanks in all
circumstances; for this is the will of God in Christ Jesus for you.*

Where and When do I do this? What does self-awareness look like? We need Solitude to do
this well.

Psalm 46: vs 1 and vs 10 – vs 1 - *God is our refuge and strength, a very present help in trouble.-
vs 10 -Be still, and know that I am God.*

Mark 1:35 – *And rising very early in the morning, while it was still dark, he departed and went
out to a desolate place, and there he prayed.*

Luke 6:12-13 - *In these days he went out to the mountain to pray, and all night he continued in
prayer to God. 13 And when day came he called his disciples and chose from them twelve,
whom he named apostles:*