

BIG IDEA

We grow in self-awareness by honestly examining our emotions and motivations.

SCRIPTURE

Matthew 22:37-39, 23:13, Luke 10:41, 22:41, 43-44, Ephesians 4:15

ICE BREAKER AND OPENING THOUGHT

1. Which is your favorite book or movie based on a true story?
2. To have emotionally healthy relationships, we have to deal with what is below the surface. We have to honestly examine and address our emotions so that we can be free to love the people in our lives fully. To be self-aware means knowing and understanding your emotions and your motivations.

BIBLE DISCUSSION

3. Read Matthew 22:37-39. Most of us are familiar with these words from Jesus. How do you feel when you reflect on these commands?
4. Read Matthew 23:13, Luke 10:21, 10:41, 22:41, 43-44. In all of these scriptures, you can find Christ taken with emotion; they reflect some of the same emotions we experience. Do you ever find yourself expressing an emotion differently from what you are truly feeling?
5. Read Ephesians 4:15. How can we express our emotions from a place of love for ourselves and our fellows?

LIFE APPLICATION

6. The truth is our relationships are a lot like an iceberg. Maybe 10% of what is going on lies at the surface. This is what we say and what we do. However, every one of us has stuff going on below the surface. Most of our emotions and motivations lie below the surface, and many times we are unaware of them. Have you experienced emotions come up, which you hadn't realized you were feeling?
7. As Christ-followers, our goal is to become more like Jesus, and that means becoming more self-aware. Being aware of the emotions we experience and not just what shows on the surface, but what's behind them. This exercise is not about becoming self-absorbed; actually, it's quite the opposite. Have you taken any steps to become more self-aware?

CHALLENGE

Daily Self-Awareness. Here are two questions to ask yourself every day, and maybe, even write them in a daily journal and then write a response.

1. How am I feeling right now? There are a few primary emotions you may be able to identify, but if you need help, do a search online for the "Junto Emotional Wheel" as a guide.
2. Why am I feeling this way? Often, it will become clear that it goes back to a previous experience or interaction. It may be you are experiencing those emotions due to one of the underlying feelings we often try to avoid.

Please remember – this is not an exercise in self-indulgence. This is not about becoming preoccupied and focused on ourselves. This is about understanding who we are so we can love the way God intended and apprentice in the ways of Jesus by growing in our love for others. Every one of us has a choice to make when it comes to going below the surface to examine ourselves.