

Becoming Like Jesus | Week 2 - Jesus Loved Well

Message Big Idea

To be deeply formed into the image of Christ, we must understand our own emotions so we can learn to love well

Scripture

Matthew 7:3-5, Psalm 139:1-22

Points to Keep In Mind

1. This series is designed for us to draw close to God and ask for God to make us more aware of ourselves so we can align our lives close to God's Kingdom. Prayer and fasting are some of the best tools we have to do that.
2. There are two types of self-awareness discussed in the Harvard Business Review. "The first, which we dubbed internal self-awareness, represents how clearly we see our own values, passions, aspirations, fit with our environment, reactions (including thoughts, feelings, behaviors, strengths, and weaknesses), and impact on others. We've found that internal self-awareness is associated with higher job and relationship satisfaction, personal and social control, and happiness; it is negatively related to anxiety, stress, and depression.
3. The second category, "external self-awareness, means understanding how other people view us, in terms of those same factors listed above. Our research shows that people who know how others see them are more skilled at showing empathy and taking others' perspectives. For leaders who see themselves as their employees do, their employees tend to have a better relationship with them, feel more satisfied with them, and see them as more effective in general." - Harvard Business Review, Jan 2018, "What Self Awareness is and How to Cultivate it"
4. Psalm 139:23-24 provides a practical framework for asking God to reveal yourself to you. You might encourage your small group to return to this passage for reflection and prayer.
5. You may have people in your small group that would like to be stretched further in practicing self-awareness. Do a search for Harvard Business Review, January 2018 - "What Self Awareness is and How to Cultivate it". This is a helpful article anyone wanting to grow in this area.

Additional Questions

1. Where do you see God at work in your life right now?
2. What next steps do you feel called to take in your faith journey?
3. Have you considered getting baptized? communitychristian.org/baptism/
4. Who have you been able to BLESS?
5. "Limited reflection usually leads to dangerous reaction. When there's no space to process our inner worlds, we find ourselves mindlessly and instinctually reacting to the world around us." -Rich Villodas