

Relationship Revolution: Emotionally Healthy Spirituality

Being the Real YOU

Community Church - West Bend, WI

1 Samuel 17: 23-46

January 15, 2012

Adam and Eve

Totally the _____ on the inside and outside @ creation

Impact of the fall / sin

_____ on the inside and out (struggle with who they are)

Who are you?

SYMPTOMS of a FALSE SELF

1. I say "yes" when I really mean "no."
2. I get depressed when people are upset with me.
3. I have a need to be approved by others to feel good about myself.
4. I act nice on the outside, but inside "I can't stand you!"
5. I often remain silent in order to "keep the peace."
6. I believe that if I make mistakes, I myself am a failure.
7. I criticize others in order to feel better about myself.
8. I avoid looking weak or foolish for not having the answer.
9. I have to be doing something exceptional to feel alive.
10. I have to be needed to feel alive.
11. I am fearful and can't take risks.
12. I do what others want so they don't get mad at me.

13. I use knowledge and competence to cover my feelings of inadequacy.
14. I want my children to behave well so others will think I am a good parent.
15. I compare myself a lot to other people.

David - 1 Samuel 17

David's Three Obstacles

1. His _____ - 1 Samuel 17:28-30

2. Significant _____ with Authority and Experience

David is ok with who he is... a _____ vs. 34-35

How many of us have lived most of our lives in someone else's

_____ (expectations)?

3. Goliath (life _____) – 1 Samuel 17:41-45

For many of us our Goliath is _____

LIFE Application:

You cannot _____ obstacles if you don't know they are _____.
(False You)

Discovery and Change happens _____

Four Practical Principles

1. Pay Attention to Your Interior _____ and _____
2. Find Trusted _____
3. Move Out of Your _____ Zone
4. Pray and Pursue _____

He guides me in paths of righteousness for his name's sake. Psalm 23:3