

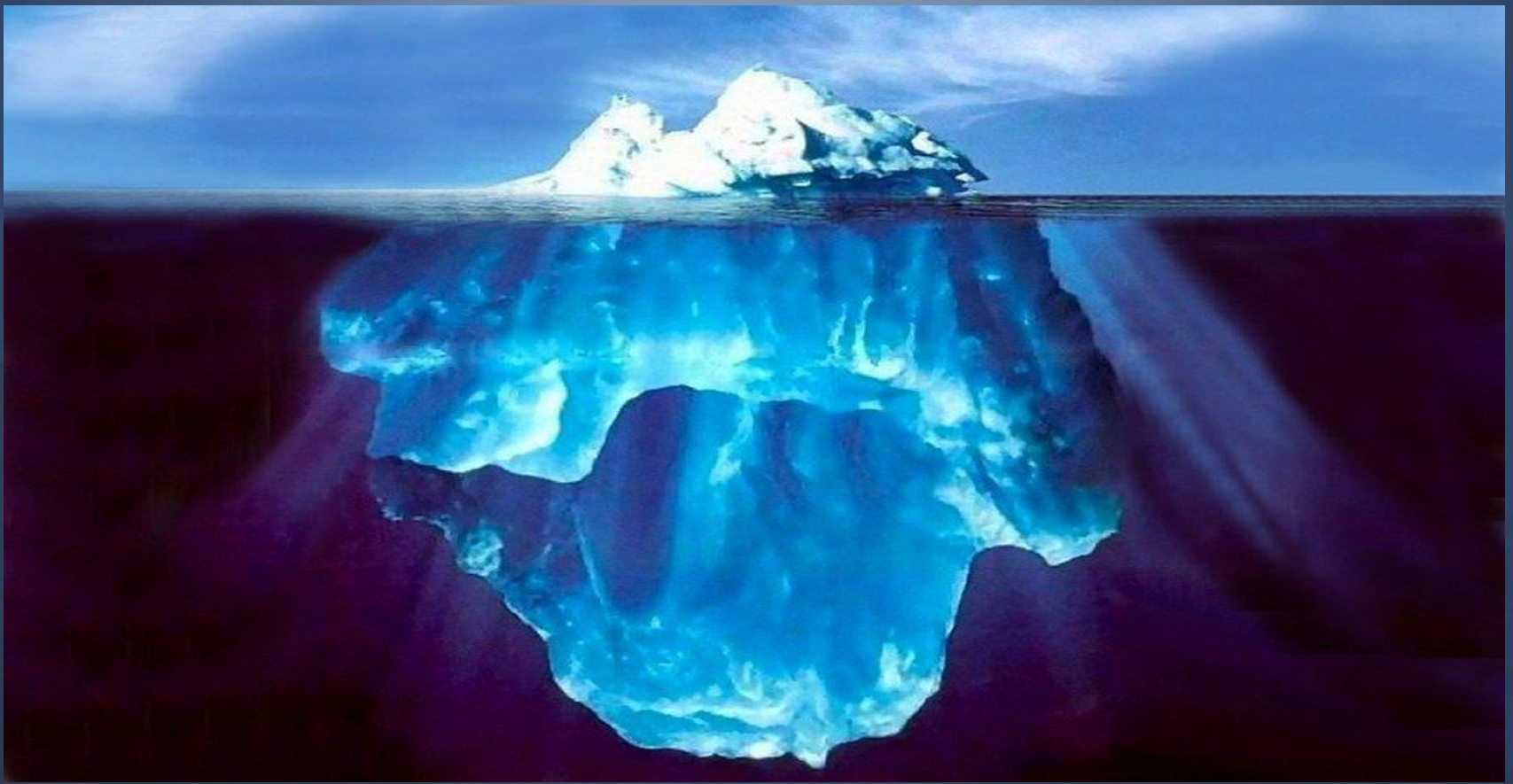
**Relationship Revolution:
*Emotionally Healthy
Spirituality***

Being the Real You

I Samuel 17:23-45

Iceberg Model

What Lies Beneath The Surface



Being the Real YOU

1 Samuel 17

1. The Problem of Emotionally Unhealthy Spirituality
2. **Know Yourself that You May Know God**

*“Grant, Lord, that I may know myself
that I may know thee.”*

Augustine

Being the Real YOU

1 Samuel 17:23-45

Adam and Eve

Totally the same on the inside and outside @ creation

Impact of the fall / sin

- Conflict 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.

SYMPTOMS of a FALSE SELF

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.



Being the Real YOU

1 Samuel 17:23-45

David's Three Obstacles

1. **His Family** - I Samuel 17:28-30
2. **Significant Others with Authority and Experience** – I Samuel 17:31-40
 - David is ok with who he is... a shepherd vs. 34-35
 - How many of us have lived most of our lives in someone else's armor (expectations)?
3. **Goliath (life experiences)** – I Samuel 17:41-45
 - David's strength comes from the inside out
 - For many of us our Goliath is internal

LEARN INVEST FOLLOW EXPERIENCE **APPLICATION**

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

Discovery and Change happens slowly

Four Practical Principles

to begin making the radical transition to living faithful to our true self in Christ

1. Pay Attention to Your Interior Silence and Solitude
2. Find Trusted Companions
3. Move Out of Your Comfort Zone
4. Pray and Pursue Courage

*He guides me in paths of righteousness for his
name's sake.*

Psalm 23:3