

Relational Intelligence - Week 1: Self-Awareness

Self-awareness is the conscious knowledge of one's own:
character
feelings
motives
desires

Auto-pilot - when you hear this term, what do you think of most often?

Auto-pilot is the technology that pilots use to fly their planes for long distances. Pilots set this program in motion and the plane moves through time and space adjusting to whatever variables it understands such as wind patterns, the curvature of the earth, the balance of the plane. For example, Crosswinds: it adjust by flying a little to the left or right to compensate for the extra push in one direction. Or the level-ness of the plane so if it tilts too far to the left the auto-pilot self-corrects, but it does this automatically .

I think that we go through life, more often than not, on auto-pilot, meaning that we only think about the objective desire...the general outcome we desire, which may be just to make it through the day. We think broadly like this without considering the thoughts and feelings of others who enter into our world as variables.

Our habits, routines, impulses, and reactions carry us through our lives so we don't always stop and think about everything, especially about how what we do or what we say effects other people.

Being self-aware means thinking about what you do based on the feelings & reactions of others around you. It means slowing down to consider things that are happening outside yourself.

Read:
Luke 10:25-37 (NIV)

The Parable of the Good Samaritan

25 On one occasion an expert in the law stood up to test Jesus. "Teacher," he asked, "what must I do to inherit eternal life?" (ex. Did this hurt Jesus' credibility in the room? Did this feel like an attack thereby dividing the room into an "us" vs. "them"?)

26 "What is written in the Law?" he replied. "How do you read it?"

27 He answered, "'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.'"

[This man wanted a list of rules to follow that are much like the auto-pilot system on a plane. They are based on facts, not feelings. This creates a very black & white response which may be unproductive even though it allows you to fulfill the objective task.]

28 "You have answered correctly," Jesus replied. "Do this and you will live."

29 But he wanted to justify himself, so he asked Jesus, "And who is my neighbor?"

(Scripture reveals that the man was prideful [wanted to justify his actions to be proven correct] and he was racially biased [he considered some people to be "less than".])

30 In reply Jesus said: "A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. 31 A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. 32 So too, a Levite, when he came to the place and saw him, passed by on the other side. 33 But a Samaritan, as he traveled, came where

the man was; and when he saw him, he took pity on him. 34 He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. 35 The next day he took out two denarii and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.'

36 "Which of these three do you think was a neighbor to the man who fell into the hands of robbers?"

37 The expert in the law replied, "The one who had mercy on him."

Jesus told him, "Go and do likewise."

(Jesus seizes the opportunity to allow the man to answer his own question because he is aware that his presence and his positional/relational authority is threatening. To answer the question directly would have created a situation where the man would have said some thing like, "Well, that is just your opinion." Jesus was self-aware of the feelings, motives, and desires of the crowds and of how they received him.)

"Auto-pilot" here, only understands one objective, get to Jericho.
What are some of your objectives each day?

Is it possible that your objective on any given day is simply to get through the day without considering the variables that are all around you?

Pray: Stop and pray that the Holy Spirit would speak to their hearts as they process through the scripture and time of observing.

Reflecting: Give them about 1-2 minutes to quietly listen to God and what it is that He wants to say to them.

Discuss: Using 1st person, as people to respond to what they heard. "I feel like what God is saying to me is...."

Plan: Create an action plan to help them take a step toward being more self-aware in the environments that they live in daily.

Some of Naeem's Notes and Scripture that he used:

Luke 4:1-12 (NLT)

Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness, 2 where he was tempted by the devil for forty days. Jesus ate nothing all that time and became very hungry. 3 Then the devil said to him, "If you are the Son of God, tell this stone to become a loaf of bread." 4 But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone.'" 5 Then the devil took him up and revealed to him all the kingdoms of the world in a moment of time. 6 "I will give you the glory of these kingdoms and authority over them," the devil said, "because they are mine to give to anyone I please. 7 I will give it all to you if you will worship me."

8 Jesus replied, "The Scriptures say, You must worship the Lord your God and serve only him. "

9 Then the devil took him to Jerusalem, to the highest point of the Temple, and said, "If you are the Son of God, jump off! 10 For the Scriptures say, 'He will order his angels to protect and guard you. 11 And they will hold you up with their hands so you won't even hurt your foot on a stone.'" 12 Jesus responded, "The Scriptures also say, You must not test the Lord your God."

I am...

1. **What I do....**Make these into bread
2. **What I have...** I will give you all thing.
3. **What others think.** show people that you can fly, jump- You begin to get healthy when we don't need to be someone special in someone else's eyes but be confident that we are special in His eyes.

Luke 3:21-22 (NLT)

21 One day when the crowds were being baptized, Jesus himself was baptized. As he was praying, the heavens opened, 22 and the Holy Spirit, in bodily form, descended on him like a dove. And a voice from heaven said, "You are my dearly loved Son, and you bring me great joy."

I am ... his dearly loved son/daughter and I bring him great joy.

When we are not aware of self we...

- get in abusive relationships, get in any relationship.
- pursue careers and waste decades of your life
- dwell on our lack and become toxic.

Who are you....who is your self.

- Have you ever thought ... "Why are some christians lousy humans?"
- ***Do something extraordinary in history... in your history.***

Acts 19:15-16 (NLT)

But one time when they tried it, the evil spirit replied, "I know Jesus, and I know Paul, but who are you?" 16 Then the man with the evil spirit leaped on them, overpowered them, and attacked them with such violence that they fled from the house, naked and battered.

Your inner demons and your outer dragons are always going to question who you are!

Question is not **why** or **who**, the question is **what** do I need to do next.

Your next step?

What is the next practical thing you need to do?

- Ask your friend about what is annoying about you?
- Take a personality test or take several?
- Admit that you don't have it all together? Be courageous enough to take criticism and begin to grow?