



Assignments for Session 2: Self-Awareness

Key Words for you to know & explain

1. Restoring the soul
2. Sanctification or Sanctify
3. Practice the Presence of God
4. Self-Awareness
5. Courage
6. Surrender
7. Defense Mechanisms

Listen to my audio recordings for Session 2: “Self-Awareness” & “Defense Mechanisms.”

Reading Plan & Personal Study

Read these Scriptures and consider why I wanted you to read them. What is God saying to you through His Word? What do these verses teach you about yourself?

- Blessed are the poor in spirit, for theirs is the kingdom of heaven (Matthew 5:3)
- And see if there is any hurtful way in me...(Psalm 139:24)
- Who can discern his own errors? Cleanse me from my hidden faults (Psalm 19:12).
- The whole head is sick and the whole heart is faint. From the sole of the foot even to the head. There is nothing sound in it, only bruises, welts, and raw wounds, not pressed out or bandaged, nor softened with oil (Isaiah 1:5-6)
- Behold, You desire truth in the innermost being, And in the hidden part You will make me know wisdom (Psalm 51:6).
- Be strong and courageous, do not be afraid or tremble at them, for the LORD your God is the one who goes with you. He will not fail you or forsake you. (Deuteronomy 31:6).
- In Him was life, and the life was the light of men (John 1:4).
- This is the judgment, that the Light has come into the world, and men loved the darkness rather than the Light, for their deeds were evil (John 3:19).
- God is light; in Him there is no darkness at all (1 John 1:5)
- But if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin. (1 John 1:7)



- I will ask the Father and He will give you another Helper that He may be with you forever, that is the Spirit of truth (John 14:16-17).
- But when He, the Spirit of truth, comes, He will guide you into all the truth. (John 16:13)
- If you then, being evil, know how to give good gifts to your children, how much more will shall your Heavenly Father give the Holy Spirit to those who ask Him (Luke 11:13).
- Never take your own revenge, beloved, but leave room for the wrath of God, for it is written: "VENGEANCE IS MINE, I WILL REPAY," says the Lord. (Romans 12:19)

Application Questions

1. Think of times which required you to have courage.
2. How important is courage?
3. Are you in a situation that requires you to have great courage? If so, pray and ask God for the courage you need.

Spiritual Action Steps

- Why is self-awareness helpful in restoring and healing our souls?
- What are the practical consequences of self-awareness?
- Ask questions of yourself like these: Why did I say this? Why did I do that? Do I like my response? What was my motive? How did I become like this? What are my core values?
- Do I have any secrets? Why do I keep it a secret?
- How honest are you? Do you tell lies?
- Who do I have a poor relationship with? Why?
- Who do I have a problem loving.....?
- Who is responsible for your life?
- Who do you blame?
- What, if anything, have you discovered about yourself this week?
- Do you know the Comforter, the Spirit of Truth; i.e., the Holy Spirit?
- Have you received the baptism in the Holy Spirit?
- In what ways have you experienced the Holy Spirit this week?
- Listen to yourself and identify any defense mechanism you are using.
- What kinds of defense mechanisms do you use?
- Prayer of surrender – "Dear Lord Jesus, I cannot handle my life, I need help. I need You. I hereby with all my heart fully surrender my mind, my soul, my life to You. Use me as You will. Fill me with your Holy Spirit. I thank you now. Amen."
- What is the most common way for you to hear from God?

"Lord open my eyes that I can see the truth about myself. Lord show me my true condition."