

# Self-Awareness

## Mature - Part 2

October 12, 2025

Last Sunday and Revival:

- Ask those who got baptized last Sunday to stand
- More baptisms today!
- What's next for this revival:
  - Tend the fire
  - Pour gasoline on it
    - The Word of God
    - Worship
    - Prayer (Pray First - Thursdays, 6:30pm)
    - Evangelism
    - Men!
      - Last Monday
      - Tomorrow, 6am!
  - God's not done!

### Recap Mature Part 1:

**A sustained revival will require spiritual maturity.**

**You're only young once but you can be immature for a lifetime!**

**Being a Christian for 20 years ≠ 20 years of Christian maturity.**

<sup>37</sup>Jesus replied, ““You must love the Lord your God with *all* your heart (*emotionally*), all your soul (*spiritually*), and all your mind (*mentally*).’ <sup>38</sup>This is the first and greatest commandment. <sup>39</sup>A second is equally important: ‘Love your neighbor (*relationally*) as yourself.’” Matthew 22:37-39 (NLT)

(A powerful example of Jesus calling out false spiritual maturity...)

<sup>23</sup>“So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, <sup>24</sup>leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.” Matthew 5:23-24 (NLT)

**Relational maturity IS spiritual maturity. A lack of relational maturity demonstrates a lack of spiritual maturity.**

**God wants you to be mature, not just spiritually, but emotionally, mentally, and relationally too.**

### Foundational Aspect of Maturity: Self-awareness

Declan, 3 years old, falls out of chair

- My lack of self-awareness was destructive

- My gain of self-awareness was redemptive

## **Maturity requires self-awareness.**

*“<sup>41</sup>And why worry about a speck in your friend’s eye when you have a log in your own? <sup>42</sup>How can you think of saying, ‘Friend, let me help you get rid of that speck in your eye,’ when **you can’t see** past the log in your own eye? Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend’s eye.” Luke 6:41-42 (NLT)*

## **Self-awareness before God is one of the first steps toward true spiritual maturity.**

**Biblical self-awareness is honestly recognizing your thoughts, emotions, motives, patterns, and blind spots in the light of God’s truth and love.**

### **A Theology of Emotions:**

- **God designed emotions as part of His good creation** (Gen 1:31; Ex 34:6; Zeph 3:17).

We feel because we’re made in His image, and Scripture shows God expressing joy, grief, anger, and compassion.

- **Emotions are indicators, not ultimate authorities** (Prov 4:23; Jer 17:9; Luke 6:45).

They reveal what’s happening in our hearts but can be distorted by sin and must be guided by God’s truth.

- **Jesus models a healthy emotional life** (John 11:35; Luke 10:21; Mark 3:5; Matt 26:37-38).

He wept, rejoiced, felt compassion, and expressed righteous anger, showing emotions surrendered to God the Father.

- **The Holy Spirit transforms our emotions** (Gal 5:22-23; Rom 12:15; Eph 4:15).

As we mature, our feelings increasingly reflect Christ’s character, producing the fruit of the Spirit in our lives.

### **Self-Awareness Diagnostic Qs**

- **Q1: Do you ever avoid being alone or quiet because you don’t want to face what’s going on inside?**
- **Q2: Do you get defensive when your blind spots are pointed out?**
- **Q3: Do you know your triggers (emotions and temptations) and how to handle them?**
  - How can you conquer sin if you’re unaware of when/where/how/why you’re tempted? See how important self-awareness is?
- **Q4: Can you see patterns you picked up from your family growing up (good or bad) that still shape how you live today?**

### **Self-Awareness Consequences/Benefits**

- **Without it:** You get stuck spiritually, repeating the same patterns and looking busy but staying hollow on the inside.
- **With it:** You grow closer to God, bringing your real self to Him and experiencing deeper intimacy and transformation with His love and grace.

- **Without it:** Your relationships suffer. Blind spots make you defensive, overreactive, and hard to trust.
- **With it:** Your relationships get healthier because you recognize your moods, triggers, and patterns and build trust with those closest to you.
  - Timing of important conversations, ideal mood, hunger, tiredness
- **Without it:** You live someone else's life, chasing expectations instead of your God-given calling.
- **With it:** You live out your true identity, free from chasing approval or achievements, resting in who God says you are.

## How to Grow in Self-Awareness

### 1. Ask God to search you.

*"<sup>23</sup>Search me, O God, and know my heart; test me and know my anxious thoughts. <sup>24</sup>Point out anything in me that offends you, and lead me along the path of everlasting life." Psalm 139:23-24 (NLT)*

### 2. Slow down to listen.

*"Be still, and know that I am God! ..." Psalm 46:10 (NLT)*

### 3. Listen to wise people.

- **Ask: "What's it like being on the other side of me?"**

*"Wounds from a sincere friend are better than many kisses from an enemy." Proverbs 27:6 (NLT)*

## Jesus has a new identity for you!

*"Then Andrew brought Simon to meet Jesus. Looking intently at Simon, Jesus said, 'Your name is Simon, son of John—but you will be called Cephas' (which means 'Peter'). <sup>43</sup>The next day Jesus decided to go to Galilee. He found Philip and said to him, 'Come, follow me.' <sup>44</sup>Philip was from Bethsaida, Andrew and Peter's hometown." John 1:42 (NLT)*

- **Simon Before Jesus - Impulsive, fearful, inconsistent, unreliable**
- **Peter After Jesus - Courageous, steadfast, consistent, powerful, faithful**

**Honest self-awareness before God is one of the first steps toward true spiritual maturity and discerning who God created you to be.**

## The Gospel & Self-Awareness

[thebayouchurch.org/resources](http://thebayouchurch.org/resources)