



Week 2: Know Yourself That You May Know God

Almost all problems in the spiritual life stem from a lack of self-knowledge.
- St. Teresa of Avila

Luke 4:1-13

Our emotions are vehicles through which God speaks to us.

Eight Categories of Emotions



Anger

fury, hostility, irritability, annoyance



Love

acceptance, trust, devotion, adoration



Sadness

grief, self-pity, despair, dejection, loneliness



Surprise

shock, amazement, wonder



Fear

anxiety, edginess, fright, apprehension



Disgust

contempt, scorn, aversion, distaste



Enjoyment

joy, relief, contentment, delight, thrill, euphoria



Shame

remorse, humiliation, guilt, embarrassment

Three Temptations That Keep Us From Knowing Who We Truly Are:

1 Performance: *I Am What I Do*

2 Possessions: *I Am What I Have*

3 Popularity: *I Am What Others Think*

What Is My Authentic Self?

Below is a tool to help you self-evaluate where you're at on the journey to emotional health on a scale from 0 - 100. A more detailed copy is available online at FaithCommunity.co/surfacetension.

0 - 25

- Emotionally needy
- Can't distinguish between fact & feeling
- Too much energy trying to win approval

25 - 50

- Some ability to distinguish fact & feeling
- Most of self is a "false" self
- Quick to imitate others to gain approval

50 - 75

- Reasonable level of "true" self
- Can state beliefs without putting others down
- Able to cope with crises without falling apart

75 - 100

- Secure in who they are
- Can listen without reacting
- Able to maintain a non-anxious presence in the midst of stress

How Do I Develop My Authentic Self?

1 Pay attention to your interior silence & solitude.

2 Find trusted companions.

3 Move out of your comfort zone.

4 Pray for courage.

Allow yourself to experience the full weight of your feelings. Allow them without censoring them. Then you can reflect and thoughtfully decide what to do with them. Trust God to come to you through them. This is the first step in the hard work of discipleship.

- Pete Scazzero, Emotionally Healthy Spirituality

