

MONSTER
DEVO

WEEK 7



MONSTER

Self-Awareness Guide

Intro: For three weeks we will be using this guide to ask ourselves some important questions designed to cause us to grow in self-awareness. We will specifically be considering what we are like when we are not in a healthy place spiritually, mentally, emotionally, and relationally. Some of the things we will consider can be messy, difficult, and challenging so we will want to enter into this inner life conversation with good support.

At the core of this experience will need to be your love relationship with Jesus and the Father with the Holy Spirit as your guide. Begin each day with prayer.

Daily Prayer: Lord Jesus I believe you love me and want to bring a healing in my life deeper than anything I could imagine. Will you give me the courage and faith to walk with you on this journey. Heavenly Father, will you fill me with an assurance that my identity is set in you as my Father, and I am your beloved Child. Holy Spirit will you fill me, and will you be my guide as I ask questions that may be deeply challenging. What is God's Invitation for me in this time? Amen.

Work on this at your own pace. Read some Scripture and, answer a question or two every day. Keep a journal and share with a friend!

Naming the Monster

- Are you a good person or a bad person?
- Do you agree with this statement? The more good things a person does the more potential for evil they have because the good we do often masks our dysfunction when we are unhealthy.

Read 2 Samuel 11:1-26

- What surprises you about this story in David's life?
- Why do you think David drove into such a dark place?
- Has there ever been a time you have found yourself surprised or disturbed with your own thought, feelings or actions?
- How do you process unhealthy emotions?
 - Deny them
 - Shame them
 - Push them away

- Honestly share them with God and others
- Question them
- Understand them and their source
- Make peace with them
- Into what version of “monster” do you transform when you are not OK?

Shame Warning: When we look at the person we can become when we are not healthy and not the best version of ourselves it can be unsettling. There is a real danger to shame ourselves by embracing our failures as our identity instead of understanding sin as something we do when we are not the best versions of ourselves. The mature response is to become aware of sin, own our sin, confess it to God and ask for forgiveness. Then we are ready to become aware of and change the patterns that leads to that sinful behavior. We can finally seek bring healing to anyone we may have been hurt. All of this is possible because of our love relationship with the Father through Jesus Christ and his work on the cross. The deepest change happens with the help of the Holy Spirit.

Daily Scripture Reading

Find this reading plan on the Dwell App also!

- Day 1 – 2 Samuel 11:1-5
- Day 2 – 2 Samuel 11:6 -9
- Day 3 – 2 Samuel 11:9 -13
- Day 4 – 2 Samuel 11:14 -15
- Day 5 – 2 Samuel 11:16 -27
- Day 6 – Psalm 139:1-22
- Day 7 – Psalms 139:23-24

For Small Groups

Read the Discussion Guidelines for your Group from emotionallyhealthy.org

Read 2 Samuel 11:1-26

- Ask the questions from **Naming the Monster**
- You may not have time to do them all so choose the one or two that seem most relevant to your group.
- Take time for prayer requests and prayer



Discussion Guidelines for Your Group

from *emotionallyhealthy.org*

COME PREPARED

To get the most out of our time together, complete the reading assignment prior to our meeting. Also bring your book with you to each meeting.

CREATE SAFETY AND MAINTAIN CONFIDENTIALITY

- Sharing is optional, not required.
- Devote your full attention to each person who speaks. Be sensitive, kind, and generous to one another with your comments.
- Honor one another by maintaining confidentiality. Anything shared within the group should not be repeated outside the group.

SPEAK FOR YOURSELF

Limit your sharing to your own experiences by using “I” statements. For example, “I feel angry when he does that,” rather than, “He makes me angry.” Making “I” statements is a way to take responsibility for thoughts and emotions rather than attributing them to someone else.

REFRAIN FROM DOMINATING DISCUSSIONS

Be brief in your sharing so that everyone has an opportunity to speak.

TURN TO WONDER

If you feel judgmental or defensive when someone else is sharing, turn those feelings to wonder instead. Ask yourself, “I wonder what brought her to this belief. I wonder what he is feeling right now.” “I wonder what my reaction teaches me about myself.”

WELCOME SILENCE

- Attentive listening includes silence. If that happens, refrain from rushing in with comments.
- Use any silence as an opportunity to continue listening—to what was just said, to your own heart, and to the Holy Spirit.

JUST SAY NO TO FIXING, SAVING, AND SETTING OTHER PEOPLE STRAIGHT

Respect each person’s journey and trust the Holy Spirit to prompt and lead each person differently and at a different pace. Focus on providing support and acceptance rather than instruction, accountability, or correction. This applies at all times—within the meeting and beyond the meeting.