

MONSTER

DEVO

WEEK 2



MONSTER

Self~Awareness Guide

Intro: This week we will be considering what we are like when we are not in a healthy place spiritually, mentally, emotionally, and relationally. We will be evaluating, "What patterns bring me to a place where I am not healthy?" 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 identify patterns that lead me to an unhealthy place and how I can choose to walk a different path when I am vulnerable? Once again 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. Father help me see your Invitation for me in this season. Amen.

Work on this at your own pace. Keep a journal and share with a friend or your group.

Part Two: H.A.L.T.

In this series we have shared that we become vulnerable of unhealthy behaviors and the need to slow down when we are hungry, angry lonely or tired. When we are experiencing these things deeply it may be time to H.A.L.T.?

Am I Hungry

- What needs or desires are not being met in your life?
- Are there deeper needs such as security, love, acceptance that feel unmet?
- Are there some things you have set our attention on that are not God's best for you?

Am I Angry

- What is making you angry?
- Where do you place your anger? Where does it come out? Is that where the anger belongs?
- What is the relationship between anger and fear?
- What are your core fears?
 - Rejection – I am not worthy of Love
 - Failure – I am not enough
 - Death & Pain – I will get hurt

Am I Lonely

- Am I isolated?
- Do I ever just want to withdraw or hide? In what ways do you hide?
- Who are the people who speak life into you?
- Who are the people in your life who love you and can say difficult things to you in a helpful way?

Am I Tired

- What tires you?
- Make of list of the major stressors in your life.
- Make a list of major change, struggle trauma in the last year.
- After looking at your list of stressors and challenges does it make sense that you are tired?

- How do you rest? Are you committed to building rest into your life as an act of worship?
- What do you do that is truly life giving and refreshing?

What is God's Invitation for this season of your life?

What is My Pattern?

- When I am H.A.L.T. I cope by...?
- When I am H.A.L.T. I relationally become...?
- Where did I learn my pattern of behavior?
- Where is My Pain?
 - Is there disappointment from your past that has not been resolved?
 - Is there trauma from your past that has not been redeemed?
 - What kind of trauma did David experience in his earlier life?

Daily Scripture Reading

Find this reading plan on the Dwell App also! Visit jacobsowellchurch.church/dwell to join FREE.

- Day 1 – Isaiah 26:
- Day 2 – Psalms 51:1-11
- Day 3 – James 4:7-10
- Day 4 – Matthew 11:28
- Day 5 – Isaiah 55:1-3
- Day 6 – I Kings 19:1-8
- Day 7 – I Kings 19:9-13

For Small Groups

Read the Discussion Guidelines for your Group from emotionallyhealthy.org if you were not able to last week.

Read I Samuel 17:28-29, 1 Samuel 18:17-25, 2 Samuel 11:14-1

Read to group: In David's early life he was bullied by his father, brother, Goliath, and King Saul. Because of his emotional immaturity and fear Saul spent ten years trying to kill David.

- Ask: What unhealthy patterns did David learn from those who were in his early life?
- Ask: How do you think the pain and trauma of ten years on the run impacted David?

H.A.L.T. – Review the questions from the section in the devo above about when we are Hungry, Angry, Lonely or Tired. Which questions do you find most helpful? Which questions do you find most challenging?

Ask: As you think about the things you faced in the last year does it make sense that you are tired? After looking at your list of stressors and challenges does it make sense that you are tired?

Ask: How do you rest? Are you committed to building rest into your life?

Ask: How is rest an act of worship?

Ask: What do you do that is truly life giving and refreshing?

Ask: What is God's Invitation for you this week?

Take time for prayer request 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.

