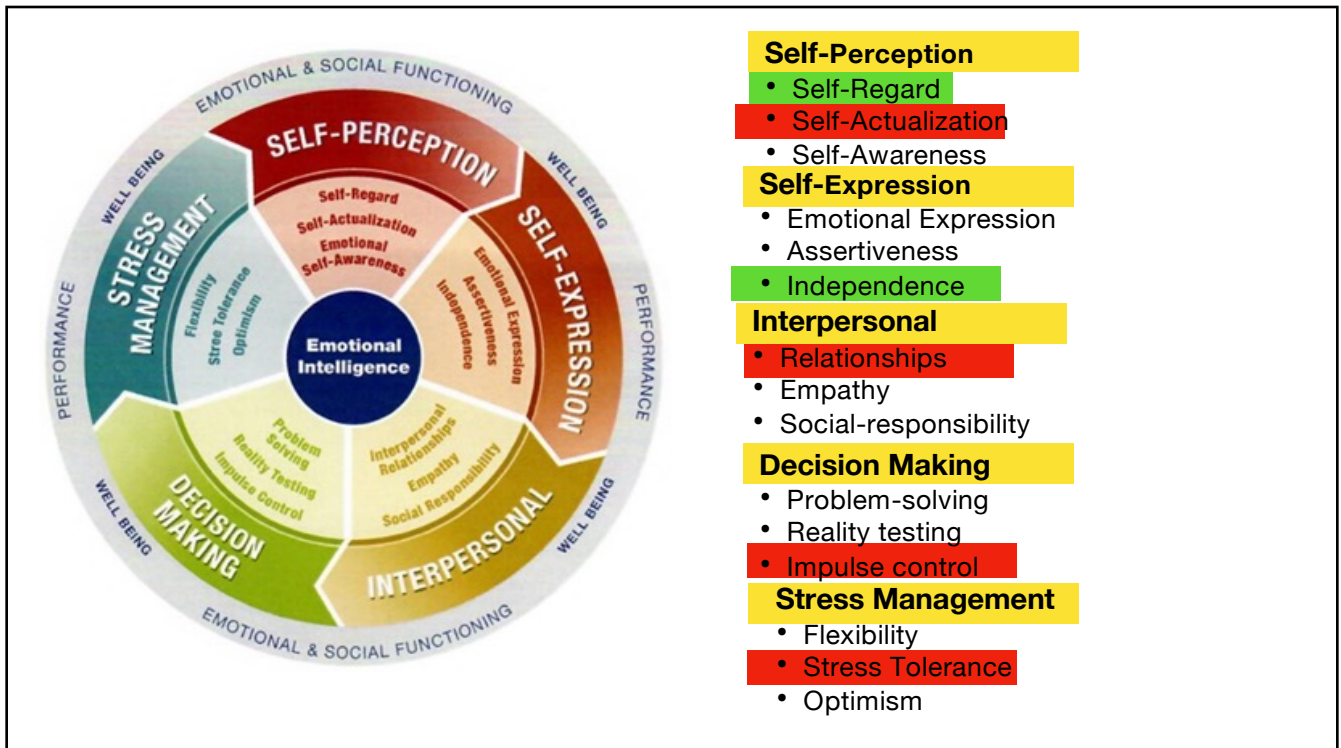




2



Self-Perception

- Self-Regard
- Self-Actualization
- Self-Awareness

Self-Expression

- Emotional Expression
- Assertiveness
- Independence

Interpersonal

- Relationships
- Empathy
- Social-responsibility

Decision Making

- Problem-solving
- Reality testing
- Impulse control

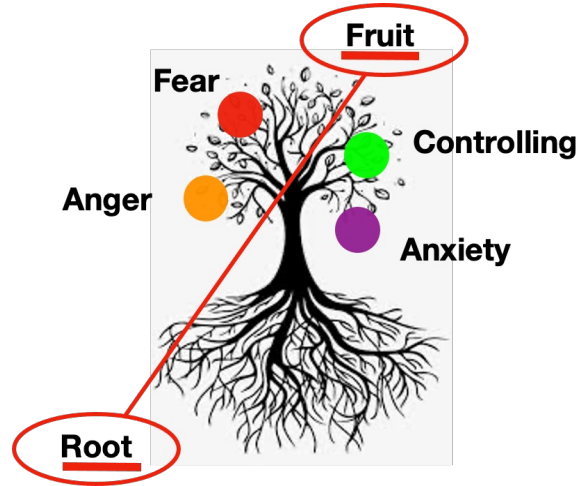
Stress Management

- Flexibility
- Stress Tolerance
- Optimism

3

Using our differentiating questions

4. What am I doing/experiencing?
3. Who am I believing I am?
2. What am I believing about God?
1. Who am I believing God to be?



4

Using our differentiating questions

4. What am I doing/experiencing?
3. Who am I believing I am?
2. What am I believing about God?
1. Who am I believing God to be?

Confession
of sin



5

Confession
of faith



Using our differentiating questions

4. What can I expect to experience?
3. Who does he say I am?
2. What has God done?
1. Who is God?

Engage - the gospel (Repent/Believe)

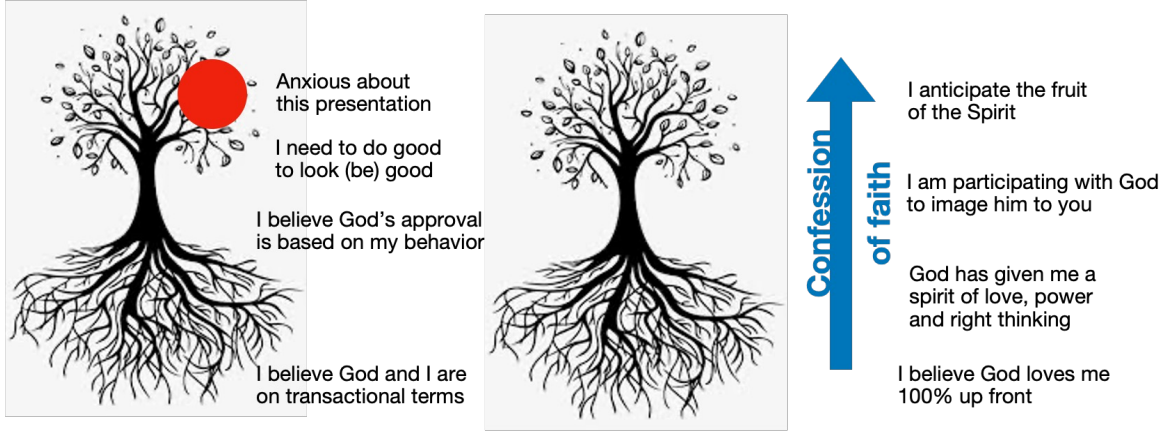
Confession
of sin



Confession
of faith

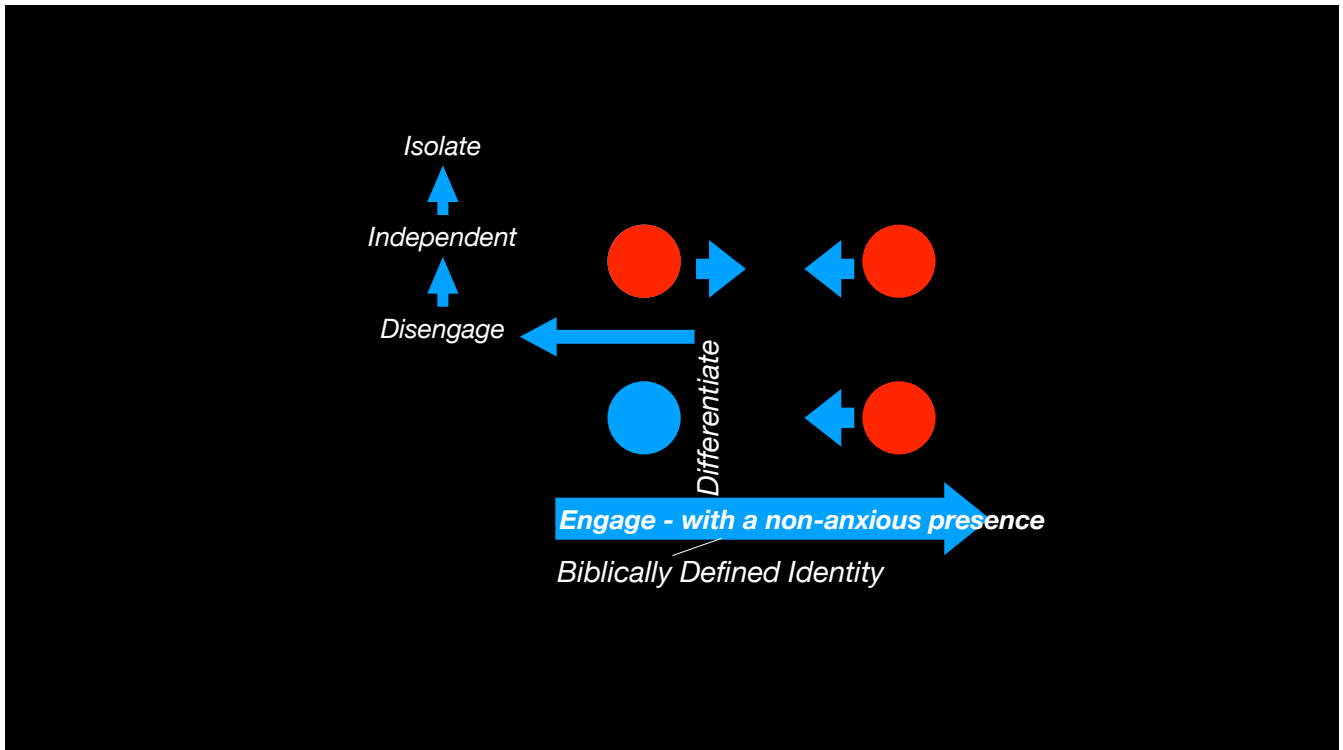
This is the Gospel practice of repentance

Engage (example) - the gospel (Repent/Believe)



This is the Gospel practice of repentance

8



9

WHO AM I IN CHRIST?

- ✦ I am a child of God. John 1:12
- ✦ I am Christ's friend. John 15:15
- ✦ I am an heir with Christ, inheriting His glory. Rom 8:17
- ✦ I am a dwelling place for God. His Spirit and Life live in me. 1 Cor 3:16
- ✦ I am a new person in Christ Jesus. My past is forgiven and everything is new. 2 Cor 5:17

10

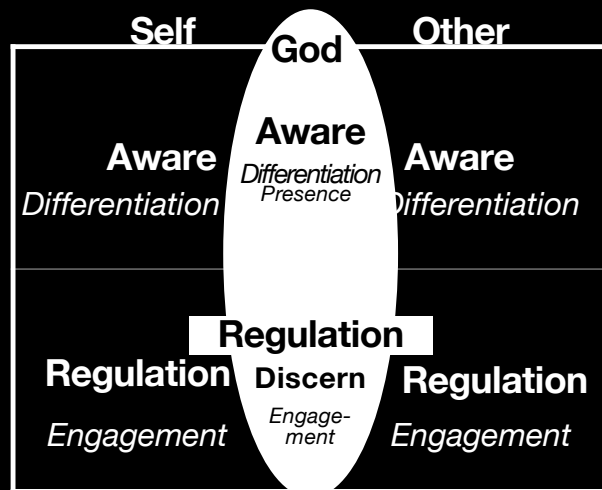
WHO AM I IN CHRIST?

- ✦ I am at peace with God and he has given me the work of helping others find peace with Him. 2 Cor 5:18, 19
- ✦ I am righteous and holy Eph 4:24
- ✦ I am God's building project, His handiwork, created in Christ to do His work. Eph 2:10
- ✦ I am a member of the chosen people, a royal priesthood, a people belonging to God. 1 Pet 2:9, 10
- ✦ I am now acceptable to God and completely forgiven. I live at peace with Him Rom 5:1

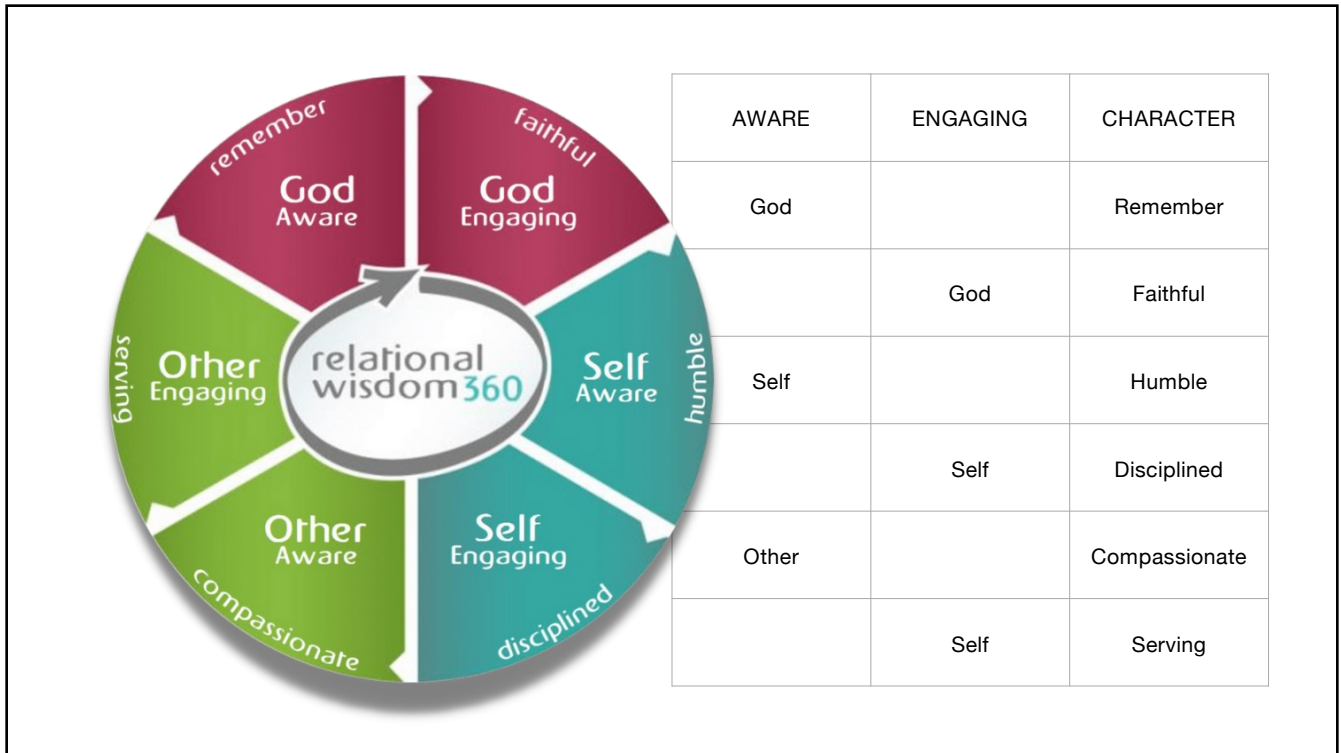
11

**What “inner speak” did you hear
as you read these truths?**

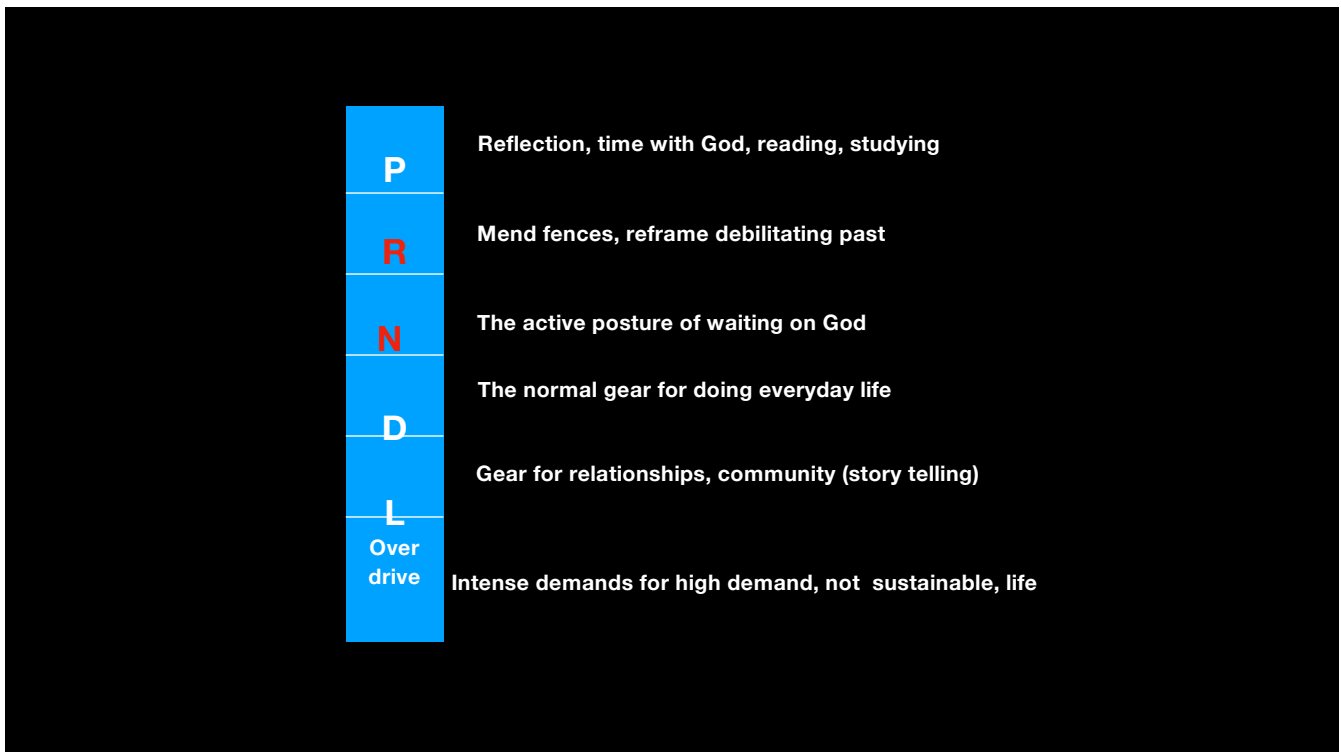
12



13



14



15

Resources, References

Pete Scazzero - Emotionally Healthy Spirituality

James K.A. Smith - You are what you love

Chip Dodd - The Voice of the Heart

Ken Sande - Relational Wisdom

Jeff Vanderstelt - Saturate, Gospel Fluency

EQ2 - Emotional Intelligence Assessment tool