

EDGE GOD IN

EdgeGodIn.com: Championing Human Potential in Christ

*32 Ways to Edge God into Your Daily Life: Personally & Professionally:
Edge God In Podcast Bible Study Guide: Coming Soon*

Lesson Title: *Want to Be Happy? Stop Being Selfish.*

Listen to Edge God In Podcast 27: *Want to Be Happy? Stop Being Selfish*

Desired Learning Outcomes:

- Understand what selfishness looks like in the form of behavior.
- Learn how to recognize it in your own life and shift your behavior into the solution of charity, humility and generosity for more inner peace and happiness.
- Reflect on specific scriptures that speak to selfish behavior and ramifications.
- Reflect and memorize 1-2 scriptures that offer an anchor for selfless behavior in your life.

Dear Lord, I am so guilty of being selfish...help me to STOP IT! To get over myself and let you take the wheel in all situations. Happiness returns when I think of you and ways in which I can help other people. Help me to forget about the things that don't work out for me, or go my way and shift my focus on being present to you and your will in my life. More of you less of me. Happiness is my way when humility and generosity drive my behaviors, this is a divine joy for you Jesus, make me more like you today than yesterday.

Learn:

Selfishness: Lacking consideration of others. Self-absorbed, concerned chiefly with one's own personal profit or pleasure.

Jesus spoke to his followers about finding life to the fullest, streams of living water, complete joy, peace that passes all human understanding.

He spoke against selfishness. Particularly greed (Podcast 28); carrying for your own needs over others. Weighing people down with burdens they can't bare (having higher expectations than reality). Pridefully coming before God expecting to be forgiven.

Throughout the Gospels we continually witness Jesus standing in the gap for selfless living and giving (widow who put her last two coins in the offering).

Jesus encouraged his followers to give without knowing what your left hand is doing (humility). To pray in a selfless manner behind closed doors so that God sees you over mankind.

Self-care is different than selfishness. Self-care is taking care of own's own basic needs for optimal wellness. For you cannot give out what you have not nurtured within. Jesus summed this up in one of the greatest commandments: Love your neighbor as you love yourself. Not in a prideful way yet in a wise manner.

Perhaps he knew that over care behavior leads to burnout and illness?

Reflect:

Look up and reflect on the following verses on selfishness.

Invite the Holy Spirit into your experience with the lessons contained within the following Holy Scriptures that speak to selfishness and the ramifications:

- Philippians 2:3
- Philippians 2:4-8
- 2 Timothy 3:2
- James 3:14-16
- Romans 8:5

Questions for Reflection:

How does selfishness show up for me in behavior?

What verse do I most identify with when it comes to selfish motives and behavior within my own life? What is that about?

Reflect on the following solutions to selfishness: Charity, Generosity and Humility.

Charity: Kindness and tolerance. Love of humankind. The voluntary giving of help: time, talent or treasure.

Generosity: showing kindness towards others, a readiness to give more of something than is necessary or expected.

Humility: a modest view of one's own importance; humbleness. "I must become less, He must become more (John 3:30).

Look up the following verses. Invite the Holy Spirit into your reflection. Ask which one is for you to make you more like Jesus today than yesterday. Memorize the verses that help you make the shift from selfish thinking into selfless thinking:

- Proverbs 14:21, 28:27, 19:17, 11:25, 22:9, 22:19
- Luke 6:30, 6:38, 14:13-14
- Matthew 10:42, 25:40
- 2 Corinthians 9:6

Identify & Adjust:

Identify and commit to adjust the specific behavior that you want to prune away from your life in order to make more room for the springs of living water Jesus spoke to the woman at the well about (John 4).

Write down 3 specific selfish behaviors that the Holy Spirit brings up for you when you reflected on the verses on selfishness.

For example: when I am selfish, I will get stubborn and insist on my own way over considering the needs of others around me.

- What do you look like, feel like and sound like when you are self-absorbed?

List 3 behaviors that you recognize in your life that reflect charity, generosity and humility.

Integrate/Take Action:

- What do I feel like when I give to another person: time, talent, energy, presence, money?
- What Scripture reading convicts my heart to change my self-centered behavior?
- What action step will I take this week to think less of myself and more of God and His will for my life?

Use a tool from Sherpa Executive Coaching called Weakness Mountain to help you step away from selfish behavior into charity, generosity and humility. Get specific and choose the selfish behavior that has the biggest negative impact on your relationships and ability to make Jesus recognizable to others:

- Acknowledge: the specific selfish behavior that shows up for you: impatience when people do not work as quickly as you do? Anger when you don't get your way?
- Observe: Who, what, when, where does the selfish behavior shows up?
- Change: Offer a change behavior when the selfish behavior shows up. Great time to use the memory verses on charity, generosity and humility. Get specific: "When I notice this selfish behavior I am going to commit to this selfless behavior." For example, *when I notice someone in my family would like to talk to*

me, I will put down my phone, look them in the eye and give them the gift of my full attention.

- Evaluate: After implementing the change behavior (including declaring the memory scripture you choose to memorize to help you shift out of selfishness), evaluate if it is working to draw you closer to the Lord...do more of that each day.

Surround yourself with people who make you a better person in life