

EDGE GOD IN

EdgeGodIn.com:

Holy Spirit, grant me wisdom. Show me who you have created me to be to in this world. Help me to see myself as God sees me rather than how I judge myself. I give you permission to remove everything within me that is not of God, that does not glorify Him or make Him recognizable in my life: my judgments...towards self and others...my conclusions about life that are based in story verses reality, including assuming and mind reading. I am nothing without you Lord, and with you I am everything and feel complete, significant and valued. Refresh me Lord so that I remain in you. Have your way with me in spite of myself.

Edge God In Podcast Week 13: Leadership: Self-Awareness EQ

Self-Awareness => Self-Management

Social Awareness => Relationship Management

Focus for the study is on the first essential component of emotional intelligence: self-awareness. We cannot give out effectively what we have not given attention to within ourselves. Our ability to effectively manage our relationships with those around us is in direct proportion to our ability to manage our own perceptions and emotions. What does God say?

Learn:

3 Questions to reflect upon when considering self-awareness:

- Who Am I?
- Why am I here?
- What will it matter?

Who Am I? Scripture:

- John 1:12: "To those who believe in His name are given the right to become the children of God.
- Romans 8:15-16: I have received a Spirit of sonship...Abba Father, this spirit testifies that I am a child of the living God.

- 1 Peter 2:9: I am part of a royal priesthood, a Holy Nation, a people belonging to God.

Why am I here? Scripture:

- 2 Corinthians 5:20-21: To make God recognizable in this world. I am Christ's ambassador as if God were making His appeal through me. For our sake He made Him to be sin who did not sin that I might become the righteousness (the excellence) of God.
- 1 Peter 2:9: As a part of God's child and a Holy Nation I am here to declare the praises of Him who called me out of darkness into light.
- Galatians 2:20: I have been put to death with Christ on the cross so it's no longer I who live but Christ who lives within me this life I live by faith alone in Him who died for me. I am here to live by faith and allow Jesus to live within and through me.

What will it matter? ...When I prayed on this one I got: "why will it matter? It will matter in all of eternity for the sake of salvation of souls, your choice to live for me will end in life."

Reflect:

Who are you? What are your strongest drivers in life? Those things that move you to engage?

Why do you think you are gifted with another day of life?

As you reflect upon who you are in Christ and why you are here on earth, take your curiosity a little further and explore the amount of time you spend worrying about what other people think along with other achievements. What emotions hold you back from your identity in Christ? Self-awareness is the first step in emotional intelligence. What knocks your lights out during the day? The opinions of other people? Not completing your "to-do" list? Do you focus more on identifying yourself with your struggle instead of declaring your victory over it in Christ? John 15: Remain, remain, remain in Christ so much so that your perception of YOU flows directly from Christ's perception of you.

Identify:

Identify and write down those aspects of your reactive behavior to life that do not make God recognizable in this world. Commit to adjusting your perceptions around you to include your most valuable possession: your own will to choose your identity in Christ and your ability to identify and adjust those behaviors which do not align with the person

you are committed to being in Christ. With Jesus you lack nothing and your awareness of self gets lost in His love and purpose for you.

Integrate:

Fold a piece of paper in half-length wise. In the 1st column write down your response to this question: I feel most loved when_____. In the second column write down: I feel most accepted when_____.

This information will offer you the opportunity to integrate those activities that re-fuel your sense of identity as well as offer you the opportunity to release those methods of feeling loved and accepted which do not give glory to God or are based in selfish ambition or vain conceits. For example: I feel most accepted when people tell me that I have done an awesome job. Affirmations in and of themselves are beautiful and when they start to replace our identity in God we render ourselves vulnerable to rising and falling depending upon how the world judges us at that time. Self-awareness is the first step in emotional intelligence in that it is the gateway through which we become capable of allowing God to make Himself recognizable in or life or not. You can not give out to the world around you what you do not take time to nurture within your own interior world with God.

Maintain:

For three weeks take 3 minutes before you fall asleep to do an examination of consciousness. Pause and notice how aware you made God recognizable. Was your identity (your sense of worth, value and capability) in what you did or in who you are in Christ? This is a time of high noticing around how you show up in life. What worked for you in terms of your personal responses, assumptions and conclusions about your daily events? What didn't work for you? Withhold judgment and simply observe and commit to expand those self-reflections that are working out for you and supporting your desire to making God recognizable in your life and relationships: Edge God In.

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