

Introduction

As Jesus followers, we want to be the type of people others can go to in their time of need. People who can be trusted, counted on, loving, helpful, and full of integrity. In week two of the *Becoming the Person Others Turn To* series, Pastor Chip taught that to be looked to and depended on, we must consistently grow in self-awareness in three unique dimensions: internal, external, and eternal.

Discussion

1. The paradox of growing in self-awareness as a Christian is that you can't do it yourself. It takes an intimate relationship with God and others. How would you describe your vulnerability and honesty about your life in these relationships right now? Are you in a position where they could speak into your life in a way that's encouraging, challenging, and accurate? Why or why not?
2. **Internal Self-Awareness** – awareness of how God has uniquely wired, gifted, and shaped me
 - How well do you understand your strengths, weaknesses, and blind spots? Share some details about your unique wiring and how you learned about yourself.
 - Would you say you're "comfortable in your own shoes"? Why or why not?
3. **External Self-Awareness** – awareness of how others think about and perceive me
 - Are you comfortable identifying and navigating your own emotions? Why or why not? How might where you're at right now be impacting your relationships with others and their expectations of interacting with you?
 - **Revisit and read John 11:32-37 and Matthew 26:36-38.** Jesus empathized with others' feelings and shared where He actually was with his friends. Share a time when embracing empathy and vulnerability deepened a relationship for you.
4. **Eternal Self-Awareness** – awareness of my identity in Christ and what God is doing in my heart and life
 - It is incredibly easy to forget the truth of what God says about us – that we are holy and blameless because of God's goodness and Jesus' sacrifice for us. Are you placing yourself in consistent places to be reminded of God's truths in your life? If you are, share how. If not, what might be keeping you from this?
 - When you're confidently grounded in your identity in Jesus first, how does this foundation impact and shape your approach to challenges and interactions with others? Can you compare times when you've felt really solid or distant and identify a difference? Share these comparisons with your group.

Application

Remember, the goal here is not to become perfectly self-aware. It's to consistently engage in this journey to grow in empathy, vulnerability, and our ability to engage thoughtfully and intentionally with others while keeping God at the center. We're always going to have another opportunity to grow in a dimension of our self-awareness. This week:

- Identify the one dimension you would benefit from growing in the most.
- Carve out time, and maybe ask for help from friends or professionals you trust, to start taking some practical steps by engaging in the practices Pastor Chip provided.

Internal Self-Awareness

- Personality & Spiritual Gift Inventories and Tests (such as [Enneagram](#) and [Myers-Briggs](#)).
- Allowing God to redeem your past trauma and wounds
- Counseling

External Self-Awareness

- Journaling
- Counseling
- Inviting feedback

Eternal Self-Awareness

- Prayer
- Time in the Bible
- Engage in a small group