

Know Yourself That You May Know God

1 Samuel 17:26-45

(v. 26-29) David's first obstacle: family (and close friends)

(v. 30-33) David's second obstacle: Saul (authority, experience, famous) Saul only looked at the outward, not the spiritual dimensions of this battle.

(v. 38-39) David's confidence was rooted in his identity in God:

(v. 40) DAVID KNEW WHO HE WAS, WHO HE WAS NOT and WAS CONFIDENT IN THAT

(v.41-45) DAVID'S THIRD OBSTACLE: GOLIATH (culture) You can't defeat me like that...

(v. 45-47) "all the earth may know..." GOD IS GLORIFIED AND WE REFLECT HIM TO OTHERS WHEN WE LIVE AS OUR TRUE SELF
LIVING AS YOUR TRUE SELF REQUIRES US TO FOLLOW GOD INTO THE UNKNOWN:

Silence and Solitude:

Name Your Emotions:

Scripture and the Psalms:

The Daily Examen:

Safe Community:

Healing and growth happen when we share honestly with trusted believers.

When you allow yourself to feel your emotions, you make space for God to heal and lead your heart.

HOPE SHOT: The more you know yourself, the more you'll discover the God who made you. THERE IS IMMENSE FREEDOM IN THAT.