

Title: Know Yourself

Text: 1 Timothy 4:15-16

Target: In order to lead others, you must be able to lead yourself, but you can't lead yourself, if you don't know yourself.

- I. **The Recognition of Self-Awareness:** *"Practice these things, immerse yourself in them"* (Vs. 15)
 - A. **Meaning:** Ability to understand in the moment the impact of your words and actions towards other people both the positive and the negative.
 - B. **Mindful:** Admitting and Addressing the "Blind Spots"
 - C. **Misleading:** (Self Awareness > Self Focused)
 1. Not Self-Consciousness
 2. Not Self-Centeredness
- II. **The Revelation of Self-Awareness:** *"Keep a close watch on yourself and on the teaching."* (Vs. 16)
 - A. **Conscience Understanding:**
 1. Defining Moments (Past)
 2. Discouraging Mistakes (Pains)
 3. Driving Motives (Passions)
 - B. **Clear Understanding:**
 1. Strengths
 2. Weakness
 - C. **Careful Understanding**
 1. **Impression:** (Communication 101)
 - a) Tone
 - b) Tact
 2. **Impact:** (Managing Emotions)
 - a) Triggers
 - b) Temperament
- III. **The Realization of Self Awareness:** *"That all may see your progress...by so doing you will save both yourself and your hearers."* (Vs. 15,16)
 - A. **Assess your Personality:** (Respond Vs. React)
 - B. **Accept constant Feedback:** (Proverbs 27:6)
 1. **Learn from Mistakes:**
 - a) Not Defensive
 - b) Not Dismissive
 2. **Lean into your Motives:** (Why vs. What)
 - C. **Address the Obvious:** (Strengths/Weakness)
 1. Creates Empowerment
 2. Causes Endearment
 - D. **Aspire towards the Vision:** (Better never Stops)

Take Away: To become better Self-Aware is to become more Spiritually-Aware.