



Sunday, February 15, 2015

**Know Yourself That You May Know God  
1 Samuel 17**

**FALSE SELF SYMPTOMS**

1. I say "yes" when I really mean "no."
2. I get depressed when people are upset with me.
3. I have a need to be approved by others to feel good about myself.
4. I act nice on the outside, but inside "I can't stand you!"
5. I often remain silent in order to "keep the peace."
6. I believe that if I make mistakes, I myself am a failure.
7. I avoid looking weak or foolish for not having the answer.
8. I criticize others in order to feel better about myself.
9. I have to be doing something exceptional to feel alive.
10. I have to be needed to feel alive.
11. I am fearful and can't take risks.
12. I do what others want so they don't get mad at me.
13. I use knowledge and competence to cover my feelings of inadequacy.
14. I want my children to behave well, so others will think I am a good parent.
15. I compare myself a lot to other people.

### Three obstacles through which David cuts:

#### 1. His family (vv.28-31)

<sup>28</sup> When Eliab, David's oldest brother, heard him speaking with the men, he burned with anger at him and asked, "Why have you come down here? And with whom did you leave those few sheep in the desert? I know how conceited you are and how wicked your heart is; you came down only to watch the battle." <sup>29</sup> "Now what have I done?" said David. "Can't I even speak?" <sup>30</sup> He then turned away to someone else and brought up the same matter, and the men answered him as before. <sup>31</sup> What David said was overheard and reported to Saul, and Saul sent for him.

#### 2. Significant others with authority and experience (vv. 32-33)

<sup>32</sup> David said to Saul, "Let no one lose heart on account of this Philistine; your servant will go and fight him." <sup>33</sup> Saul replied, "You are not able to go out against this Philistine and fight him; you are only a boy, and he has been a fighting man from his youth."

#### 3. Goliath (vv.41-44)

<sup>41</sup> Meanwhile, the Philistine, with his shield bearer in front of him, kept coming closer to David. <sup>42</sup> He looked David over and saw that he was only a boy, ruddy and handsome, and he despised him. <sup>43</sup> He said to David, "Am I a dog, that you come at me with sticks?" And the Philistine cursed David by his gods. <sup>44</sup> "Come here," he said, "and I'll give your flesh to the birds of the air and the beasts of the field!"

### Four practical principles to begin making the radical transition to living faithful to our true self in Christ:

1. Pay attention to your interior in silence and solitude
2. Find trusted companions
3. Move out of your comfort zone
4. Pray for courage

*He guides me in paths of righteousness for his name's sake.*

*Psalm 23:3*