

Spiritual self awareness

1. A sentient being has consciousness and can have subjective experiences, making them aware of feelings and knowledge.
 2. Shakespear said "to thine own self be true", which implies that we need to learn who we are.
 3. In AA, the first step is to admit we are powerless over something that has control
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4. A dead person or flesh without spirit is not self aware. **Rom 6:11**
 5. Both positive and negative attributes must be honestly applied. **Dan 5:27**
 6. In Christianity the first step is to agree with God that we have all sinned. **Rom 3:23**
 7. If we say we have no sin (*no weakness, no issues, no struggles*), we call God a liar. **1 John 1:10**
 8. Jesus said to love your neighbor as you love yourself. So how do you love or loath your self (flesh)? **Matt 22:39**
 9. Only Christ can make us born again and our spirit comes alive at that point. **John 3:3**
 10. We must crucify our flesh daily. **Matt 16:24**
 11. Our flesh will flatter our fragile ego, but scripture says don't think too highly of yourself. **Rom 12:3**
 12. Our self esteem should come from Gods empowerment and His spiritual gifts. **Isa 40:29, 1 Cor 12:4-6**
 13. Humility is self awareness, Pride is arrogant, NOT aware, NOT teachable, and NOT serving others or building them up. **Prov 11:2,**
 14. Search for and discover your faults **James 1:23,24**
 15. Confess your faults to each other **James 5:16kjb**
 16. Every person in the Bible had a certain personality type (except Jesus who was perfectly balanced). With that personality comes imperfections, however they still were able to fulfill their calling and purpose. Even Jesus grew and learned. **Luke 2:52**. This process is a lifelong journey!