

THE SALVATION ARMY

# Positive Lifestyle Program

– DISCIPLESHIP JOURNEY



## *Session 1*

SELF-AWARENESS

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## SESSION ONE: Self-Awareness

The aim of this session is to explore self-awareness and discover ways to grow and develop our strengths.

Self-awareness is about getting in touch with our thoughts, emotions and behaviours. It is also about identifying some of the things that make us angry, happy, sad or anxious. Developing our self-awareness will help us to explore who we are and how we respond in different situations.

*Advice comes from the deep  
waters of the heart; those with  
understanding can draw it out.*

– Proverbs 20:5 (CEB)

This proverb showcases that people who are self-aware will be led to wisdom in knowing who they are and how they influence the world around them. Developing self-awareness can start with understanding what we like and don't like.



## Invest in yourself

It is important to look after ourselves. Just like the light from a torch becomes less and less bright as the battery depletes, so do we. If we don't charge up our own emotional batteries, we can find it more difficult to function as our 'light' becomes dim. It is important for us to find ways to invest in our lives.

Mark 6:30-31 (CEB) says,

*<sup>30</sup> The apostles returned to Jesus and told him everything they had done and taught. <sup>31</sup> Many people were coming and going, so there was no time to eat. He said to the apostles, "Come by yourselves to a secluded place and rest for a while." There were so many people coming and going that Jesus and his apostles didn't even have time to eat.*

Jesus saw the need to rest and recharge. Rest is important and a biblical principle. There are many ways that people can rest and recharge their emotional batteries.

Choose one or two things you could do in the coming weeks.

- ☐ Find a mentor or support person
- ☐ Spend some time with family and loved ones
- ☐ Include exercise in your life
- ☐ Build friendships
- ☐ Think of five things or people for which you are thankful
- ☐ Keep a journal of daily / weekly activities
- ☐ Eat healthier food
- ☐ Listen to your favourite music
- ☐ Read a great book or see a great movie
- ☐ Discover your strengths



Write down when and how you will do this in the coming week.

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## **How long since?** (adapted from *Write Through Grief: A Guide to Recovery through Grief* by Evie Hodge, 1998)

Choose the activities you enjoy and indicate when you last did each activity:

- ☐ Stopped and played with a baby animal .....
- ☐ Really enjoyed any sort of activity .....
- ☐ Slept in .....
- ☐ Gave yourself a bunch of flowers .....
- ☐ Did something for your physical fitness .....
- ☐ Prayed or meditated .....
- ☐ Felt really alive or excited .....
- ☐ Listened to worship music and meditated .....
- ☐ Sat in the sunshine and enjoyed doing nothing .....
- ☐ Went on holiday or had a night away from home and responsibility .....
- ☐ Treated yourself to the same care that you give others .....
- ☐ Said 'no' and really meant it .....

- ☐ Sat in silence with God .....
- ☐ Went out with a friend for a meal .....
- ☐ Developed your creativity .....
- ☐ Read a book or saw a movie .....
- ☐ Discussed spiritual matters .....
- ☐ Listened to music of your choice .....
- ☐ Celebrated a job well done .....
- ☐ Played any game of sport .....
- ☐ Read Scripture and allowed it to speak to you .....
- ☐ Asked someone to help you with something .....
- ☐ Enjoyed a coffee without planning the next job. ....
- ☐ Bought yourself tickets to something you wanted to see .....
- ☐ Enjoyed some simple pleasures in the outdoors .....
- ☐ Had a Sabbath day where you did no chores or 'to dos' .....

Read the passage below and underline what stands out to you in reference to developing self-awareness.

### **Growing in Faith**

*By his divine power the Lord has given us everything we need for life and godliness through the knowledge of the one who called us by his own honor and glory. Through his honor and glory he has given us his precious and wonderful promises, that you may share the divine nature and escape from the world's immorality that sinful craving produces.*

*This is why you must make every effort to add moral excellence to your faith; and to moral excellence, knowledge; and to knowledge, self-control; and to self-control, endurance; and to endurance, godliness; and to godliness, affection for others; and to affection for others, love. If all these are yours and they are growing in you, they'll keep you from becoming inactive and unfruitful in the knowledge of our Lord Jesus Christ.*

– 2 Peter 1:3-8 (CEB)



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## Self-awareness agreement: an agreement with myself

Before you begin this exercise go back to pages 10 and 11 and choose an activity you would like to do. Once you have selected an activity, complete the agreement.

I, .....

agree to complete the following activity .....

.....

.....in the next week.

I am aware that I need to nurture and look after myself in order to function as a healthy and happy individual.

I need to be aware of things that have an impact on my life and the things that affect my wellbeing as part of my own self-awareness.

I will strive to do my best to look after myself, including doing things for my mind, body, values and spiritual beliefs.

I am aware of how important it is to nurture myself and to be in touch with my feelings and emotions.

ACTIVITY DATE / TIME: .....

PARTICIPANT'S SIGNATURE: .....

### **Prayer**

Thank you, Lord, that you love us so much you sent your Spirit to help us live like Jesus. We pray that you help us become more aware of who you are and the work you are doing within us. Bring to mind the areas we can improve on and the areas we are doing well in. Encourage us as we move through this life you've called us to.

In your loving name,

Amen.