**Series: Freeway**

**Today: Awareness – The Gift of Slowness**

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Videos

1. Are You Self Aware?

*Galatians 6:7*

*Do not be deceived: God is not mocked, for whatever one sows, that will he also reap.*

*2 Corinthians 13:5*

*Examine yourselves, to see whether you are in the faith. Test yourselves.*

*Galatians 6:4*

*But let each one test his own work.*

*Lamentations 3:40*

*Let us test and examine our ways, and return to the LORD!*

*Luke 15*

*“He came to his senses.”*

2. Barriers to Self-Awareness

A. Hidden strengths

*Romans 12:3*

*For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.*

B. Blind spots

*Matthew 7:3-5*

***3****“Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye?* ***4****How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye?* ***5****You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.*

C. Heritage & History

3. How to Increase Self-Awareness?

A. Outside input

*Proverbs 27:6*

*Wounds from a friend can be trusted, but an enemy multiplies kisses.*

B. Inside reflection

*Psalm 139*

***23****Search me, God, and know my heart;**test me and know my anxious thoughts.*

***24****See if there is any offensive way in me,**and lead me in the way everlasting.*

C. Godly Rhythms

*Mark 1:35-38*

***35****Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.* ***36****Simon and his companions went to look for him,* ***37****and when they found him, they exclaimed: “Everyone is looking for you!”*

***38****Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.”*

4. Stop Saying “I’m Busy” And Start Saying “I’m Ready.”