Overcoming Self-Focus

I. Manifestations of Self-focus
   A. Exalting Self
   B. Self-Debasement
      • Selfishness, smugness, scornful, critical
      • Being negative about self
      • Being ____________________________
      • Always stating my intentions

II. Self-focus - Not being in ___________________________ with God’s thoughts of myself
   A. I need to understand the heart of God toward me.
   B. Jesus invites me to ____________________________His thoughts toward me.
      RECEIVING from Jesus is ENJOYING what He has to offer me.

III. Self-focus compares and comparison _____________________. II Cor. 10:12
      • When we look at others’ abilities or belongings to determine our worth, we cannot
        receive God’s blessings for ourselves!
      • Comparison robs me of living the journey for which God created me.

IV. Difference between legitimate longings and self-focus
   Longings are ____________________________, but can’t be demanded.
   Ways to DEMAND
      • The “You owe me” mentality
      • Puts _____________________ on a person
      • Includes control in voice, action, or demeanor

V. Causes of self-focus
   A. Disagreements - need to make sure I’m understood
   B. Inconveniences - things don’t go the way I planned
   C. False accusations causing _________________________
   D. Situations outside of my control
VI. Results of self-focus
   A. Inability to see others hurts
   B. Not open to seeing our blind-spots
   C. __________________________
   D. Devaluing
   E. Rejection
   F. Self-pity
   G. Focusing only on myself and demanding that others agree with me
   H. Depressive outlook, negativity

VII. Overcoming self-focus (Matthew 11:28-30)
   A. Admit I have been hurt
   B. Be honest with Jesus about my ________________________
   C. Ask Him for His words about His thoughts toward me.
   D. Choose to agree with Him about me.
   E. Loosen my hold on other person and release them to Jesus
      • They do not need to change for my heart to be comforted
      • Jesus decides whether or not they need grace or justice, not me
Understanding Criticism

I. Reasons for Criticism
Criticism: “The act of passing judgment; faultfinding”
A. My needs haven’t been met by important people in my life
B. Disappointment from important people
C. I need to _____________________ something about myself
D. I am right in my own eyes
E. I feel the need to compare

II. Results of Criticism
A. Criticism reveals my thoughts about my ________________
B. We focus on the wrong thing
   • We tend to get accustomed to our own smoke
   • We think the other person’s smoke is worse
   • We focus on getting rid of the “______________”
   • We criticize them because they have “smoke”

III. Overcoming Criticism:
A. Requires looking at what triggers me from the past
B. I ask Jesus to provide comfort for my past hurts.
C. I embrace Jesus and _____________________ the people who hurt me to Jesus.
D. I choose to continue talking with Jesus about my heart and accepting it in agreement with Him!
E. I ask Him what their heart looks like and what my responsibility is to them.