

Behind Your Mask

SELF
Awareness



We don't see things as they are,
we see things as we are.

Anais Nin

Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met. Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

Matt. 6.33

HOMEWORK...self awareness

NEUTRAL OBSERVATION

- 1. WHAT happened?**
- 2. How did I FEEL?**
- 3. What MEANING did I give it?**
- 4. What is the TRUTH about me?**

MORE TIME IN MEDITATION