

Emotionally Healthy Spirituality Church-wide Initiative

Know Yourself that You May Know God:

Part 2 — Samuel 17

Intro: 8 weeks series EHS.... Emotional health and contemplative spirituality, when interwoven together, offer nothing short of a spiritual revolution, transforming the hidden places deep beneath the surface of our lives. (For this week - Read Chapter 4!)

1. The Problem of Emotionally Unhealthy Spirituality
2. **Know Yourself that You May Know God**
3. Going Back in Order to Go Forward
4. Journey Through the Wall
5. Enlarge Your Soul Through Grief and Loss
6. Discover the Rhythms of the Daily Office and Sabbath
7. Grow into an Emotionally Mature Adult
8. Go the Next Step to Develop a “Rule of Life.”

Today – David. Reason this is the first of the seven pathways to EHS.

Awareness of yourself and your relationship with God are closely related

e.g. Lets say you are an introvert but live as extrovert – or you feel shame and deny it “It is bad” – and you live extroverted life with a friend they are not getting the real you but an imposter.

e.g. You are asked to go somewhere or do something. You do it but you are not there mentally. You do it over and over again. You are not sure why. Whoever you are saying “yes” to is not getting the real you.

e.g You have anger and disappointments, but you feel guilty about your anger and disappointment. So when with friends, you are nice, syrupy but inside you are miserable. They are getting an imposter, false you – not getting the real you. Bad thing is not your angry (they are trying to tell you something) but imposter.

Same thing with relationship with God. If I don’t know myself, how can I give each of my parts to God. You have it with God to degree you have it with yourself.

e.g. Limited awareness of myself limits me with God –

When Adam and Eve together. They were totally unified inside themselves and between themselves. Same person inside and outside.

After Fall/Sin – they were not integrated, But compartmentalized/divided.

This rebellion resulted in a cut off in their relationship with God, with one another and within themselves. Their true, authentic self was now shattered. They began the construction of a false self and to live apart from God’s original intention for their lives.

We too reflect our first parents – divided within ourselves, unsure of who we are, covering our authentic selves with layers of fig leaves. PART OF SIN

Symptoms of a False Self

1. I say “yes” when I really mean “no.”
2. I get depressed when people are upset with me.
3. I have a need to be approved by others to feel good about myself.
4. I act nice on the outside, but inside “I can’t stand you!”
5. I often remain silent in order to “keep the peace”.
6. I believe that if I make mistakes, I myself am a failure.
7. I criticize others in order to feel better about myself.
8. I avoid looking weak or foolish for not having the answer.
9. I have to be doing something exceptional to feel alive.
10. I have to be needed to feel alive.
11. I am fearful and can’t take risks.
12. I do what others want so they don’t get mad at me
13. I use knowledge and competence to cover my feelings of inadequacy.
14. I want my children to behave well so others will think I am a good parent.
15. I compare myself a lot to other people.

David

Context: Valley –1 mile sloping ½ mile each side w/ armies.

Goliath- 9 ft. tall!! Very large man. Coat of armor weighing 125 lbs. I can’t bench press!

Tip of his spear weighs 15 lbs. Think of doing curls.

Javelin – he can kill me from a distance. Armor bearer precedes him with large rectangular shield.

Years of experience, ridiculing Israel _

Tell story– Read verse 11 Israel “dismayed and terrified”

80x in a row (for 40 days) – every morning and evening.

3 Obstacles David cuts through to be his authentic self in God.

We must cut through them as well.

Read 1 Samuel 17:23-24, 26.

As he was talking with them, Goliath, the Philistine champion from Gath, stepped out from his lines and shouted his usual defiance, and David heard it. When the Israelites saw the man, they all ran from him in great fear.

David asked the men standing near him, "What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?"

David true to himself and God.

1. His Family (vv.28-31)

He is the youngest of 8 boys. Eliab oldest, probably 10-15 yrs older.

So great deal of authority with him. 3 oldest brothers in army.

No support from father, 7 older brothers (mother absent), unsupportive family

Judges him – conceited, wicked – receiving very intense anger!!!

Misunderstood, slandered He is ignored and disregarded. Put Down

Message to David, “You’re a nobody. Evil. Useless.” Go home.

Our families, even the best of them, add to these layers of false self that smother our true selves.

We grow up in families and cultures where certain true parts of ourselves are not “acceptable.”

They are cut off, surrendered and hidden so we could survive.

Many people describe to me they felt “invisible” in their families growing up.

“Don’t think or express certain thoughts.”

“Don’t feel certain feelings.”

“Don’t make mistakes.”

“Don’t be weak or vulnerable.”

Then as we grew into young adulthood, we found that that our culture and caregivers (doing best they could what they had) loved us not for who we were uniquely crafted by God, but for who they wanted us to be.

We were loveable and good enough if we got married, went to college, had children, attained a certain level in your job or career, fulfilled your parents dreams for your life, were productive, made a lot of money.

David is ignored/disregarded.

Some of you were born and nobody noticed. GOD DID

2. Significant Others With Authority and Experience (Saul) vv. 32-33

David said to Saul, *“Let no one lose heart on account of this Philistine; your servant will go and fight him.”* Saul replied, *“You are not able to go out against this Philistine and fight him; you are only a boy, and he has been a fighting man from his youth.”*

Saul had led an army of 330,000 men (1 Sam. 11:6-8). Famous. Experienced.

“You are not able to do it... you are only a boy.”

I would be overwhelmed. I would say: *“You are right. I can’t. What should we do?”*

Everyone is fearful, saying they believe in God but acting like atheists

Whole army is frightened, in the trenches, not living by faith

Those who go before David (and us) has way to do life (vv. 38-9)

Saul’s armor. That is the way everyone fights war – lives life. He tries walking around in it.

Can’t! “like all the other nations”

Everyone giving him advice. Saul and generals –splendid and powerful.

David admired King Saul. “get more training”

Saul tried to give him his armor and weapons (who wouldn't want them?)

David realizes "I cannot go in these"

Apply – maybe coaches/ teachers/ friends/experts in your field – now or when growing up

These people did have a lot of experience. And you do want to listen to counsel of others.

Proverbs 15:20 is clear! *"A wise son brings joy to his father, but a foolish man despises his mother."*

What is key here is not that you are to throw out counsel. Key here is that David knew himself so well. He was such an expert on himself. Able to say "No, I can do this!"

This is dangerous passage if not emotionally healthy!!!!

3. Goliath (vv.41-43)

Curses of Goliath – "You will die"

Despised and cursed. Mocked. I hate that! Threatened with consequences!!!!

If you try to change –come out, be your authentic self – I could die. DISASTER!!!

Goliath is utterly sure of himself. God is irrelevant to Goliath.

We always talk about odds. Odds not overwhelming because David knew his strengths so well!!

And he knew God.

David – as young man!! Knows Himself and God – POWERFUL COMBINATION

Gets through obstacles. Is His Authentic Self in the Living God.

RADICAL ALTERNATIVE

vv.39-40 Read. Takes off Saul's armor, goes out 5 stones/slingshot.

His guidance comes from inside, from his relationship with God (not external authority).

God Holy Spirit inside of his unique person

His life is not divided – Life has integrity. Lives true to who he is in God.

David is not dependent on doing it the right way to be accepted or loved.

David is not doing it out of guilt or sorrow for nation of Israel.

David is not doing it to keep the peace. So I will sacrifice myself.

David not saying I must succeed so people will think well of me and say “What an incredible person!”

David not saying this is my chance to make an impact on history/the world. I’ve got to finally achieve something (vs. stupid job with sheep)

The time between taking off Saul’s armor – he is pondering.

“God didn’t make me this way. How am I going to do this that fits me???”

God gave us the gift of common sense. It is common sense not to fight Goliath if David had to use a sword. To go up vs. physical strength would have been fatal!

It is an even match because he has sling shot skills. v.45

e.g. Today, Christians give our common sense away!

say, “I am going out IN THE NAME OF JESUS and wrestle him down.”

This is one of God’s gifts to us!

David gets counsel – goes vs it. They not see what David sees –LIVING GOD

It was right because David was relying on the right parts of himself.

Realizes: “I have a part of myself given by God that can defeat this Goliath!”

This was not only a SIZE war but differentiation.

David has strengths that he is bringing to the battle. He knows what they are.

He is looking at GOD and looking at himself.

Result – Whole nation is richly blessed, victorious. GOD IS GLORIFIED.

Be yourself “that the world might know!!”

When we are not true to ourselves, not true to God.

In the long run – we hurt those we love and others when not true to ourselves.

“Trees, rocks, mountains, unlike humans for example, are their true selves. We have a choice... God leaves us free to be whatever we like. We can be ourselves or not, as we please. We are liberty to be real, or to be unreal. We may be true or false, the choice is ours..” P.31-2- Seeds

I give four practical principles to begin making the radical transition to living faithful to our true self in Christ

1. Pay Attention to Your Interior in Silence and Solitude
2. Find Trusted Companions
3. Move Out of Your Comfort Zone
4. Pray for Courage

David HAS A MASSIVE RESOURCE BEYOND HIS OWN POWER THAT OPERATES FOR HIM – the powerful living God of Israel v. 50

Today – Look at the list of 15 symptoms of false self ...

Which one rings most true for you? DO YOU WANT TO LIVE LIKE THIS THE REST OF YOUR LIFE?

Issue here is courage – THERE WILL BE SABATOGUE. Frightening

You have to weigh the importance of the approval of person(s) vs. the life/death of your own soul.

YOU ARE IN THE MIDDLE. David kneeling at the brook – unhurried/calm Another option – LIVING GOD. How easily we lose sight of this!!

It is a critical moment for Israel, David, YOU.

DAVID POINTS TO JESUS – the ultimate Savior/Deliverer/Warrior/Anointed One

Real Goliath – Satan. Christ comes in weakness, the cross, dies for us

1 John 3:8

Jesus goes out as an army of one –fought the real giants (SIN, DEATH)

Wins pardon, gift of salvation, conquers evil in us.

This enables me to fight giants in life. His victory is mine!

Because David defeated Goliath, then the armies followed as part of solution
Christ defeated the powers of darkness, now God invites us to fight alongside Jesus!

We are meant to exercise courage and faith like David

Not to make us right with God but because we are right with God (grace)

Obstacles through Which You Must Cut REVIEW 3 POINTS

Exercise: Meditation on Scripture. Experiencing God through Scripture.

Way of praying by meditating on a short text. We come to the words of the Bible as if they are words from a lover. Let words wash over you

He guides me in paths of righteousness for his name's sake. Psalm 23:3

There is a massive resource beyond his own power operating for David – the powerful, faithful living God of Israel.

SO TO FOR YOU!!!!