



**Series:** Overwhelmed

**Sermon:** Part 7: Spilling Out

**Date:** Sunday, March 26th, 2023

**Reasons We Don't Deal With What's Inside of Us**

**1. We don't have \_\_\_\_\_ to deal with it**

**2. We don't want to deal with it because things are too \_\_\_\_\_**

**3. We think \_\_\_\_\_ will just heal us**

**4. We don't know \_\_\_\_\_ to deal with it**

**When we slow down and take time to listen to what is happening in us, we begin to develop:**

**a. An awareness of ourselves**

*"Blessed are those who mourn, for they will be comforted." (Matthew 5:4)*

We need others, whom we can trust, who can be our \_\_\_\_\_ and lovingly point out our blind spots.

*"Blessed are the poor in spirit, for theirs is the Kingdom of Heaven." (Matthew 5:3)*

**b. An awareness of God**

**c. An awareness of others**

*"Blessed are those who hunger and thirst for righteousness, for they will be filled." (Matthew 5:6)*

*"Let us examine our ways and test them, and let us return to the Lord." (Lamentations 3:40)*



## **The Daily Examen**

### **Step 1: Silence and presence**

*“God, please make Your presence known to me as I examine my day with You. Let me see what You want me to see.”*

### **Step 2: Give thanks**

### **Step 3: Examine and confession**

- a. Have I compromised my integrity in any way today?*
- b. Has my thought life been pure today?*
- c. How have I been tempted today? How did I respond?*
- d. What one sin plagued my walk with God today?*
- e. Did I treat my family members, peers, and coworkers as people loved by God?*
- f. What was my biggest disappointment? How did I decide to handle it?*
- g. Did I take time to show compassion for others in need?*
- h. Did I control my tongue?*
- i. What did I do this week to enhance my relationships with others?*
- j. Is the "visible" me and the "real" me consistent?*

### **Step 4: Surrender**

### **Step 5: Repent**

### **Step 6: Look forward to the day to come**

**Bottom Line:** *When we slow down and take time to listen to what is happening in us, we can start to develop an awareness of ourselves, an awareness of God, and an awareness of others.*

### **Questions to reflect on this week or with others:**

1. Based on how I am functioning, do I like who I am becoming?
2. What has been spilling out of you onto those around you lately?
3. How can you begin to take time during your day to practice The Daily Examen?

*Songs used in service: House of the Lord (Phil Wickham), Too Good To Not Believe (Cody Carnes & Brandon Lake), The Change In Me (Casting Crowns), Who I Am (Ben Fuller)*

-----Tear Here -----

**Any prayer requests?**

**Name:** \_\_\_\_\_ **Email (so we can follow up):** \_\_\_\_\_

**What can we be praying for you about?**