

Study Guide: 10-5–25 Adjustments - 3 Selves

Overview

This message from Freedom Church emphasizes making internal adjustments to fulfill God's vision. It highlights the importance of truth over feelings (John 8:32), balancing truth with grace, and overcoming personal roadblocks. The core focus is on three "self" adjustments: self-awareness, self-correction, and self-actualization, all empowered by the Holy Spirit and community.

Reflection Questions on Truth and Freedom

1. What does "truth" mean to you? (God's truth vs. personal opinion)
2. What does "freedom" look like? (e.g., from habitual sin, insecurity)
3. How do you handle the "turbulence" between desiring freedom and the process?

Main Adjustments

1. Self-Awareness

- **Definition:** Recognizing blind spots and stumbling blocks that hinder potential; requires humility and introspection.
- **Why It Matters:** We don't know what we don't know; blame often falls on external factors, but issues are internal (separation from God).
- **How to Develop It:**
 - Surround yourself with godly people (Ecclesiastes 4:9-10; Galatians 6:1-3).
 - Trust select individuals who know/love God and you, with your best interest in mind.
 - Introspect like the Prodigal Son (Luke 15:14-18): Compare your situation to "Father's house" and take responsibility.
- **Key Verse:** Psalm 139:23-24 – "Search me, O God... Point out anything in me that offends you."
- **Reflection Questions:**
 - What blind spots might you have? Would you get angry or act if trusted friends pointed them out?
 - Are you excusing flaws (e.g., "That's just who I am") or addressing them?

2. Self-Correction

- **Definition:** Accepting and applying correction to stay on God's path; everyone needs it, but it feels painful.
- **Why It Matters:** Refusing correction creates stumbling blocks; it's proof of God's love.
- **Process (7 Steps):**
 1. Follow God's Word to prevent issues (Psalm 119:105).
 2. Let believers sharpen you (Proverbs 27:17).
 3. Renew your mind (Romans 12:2).
 4. Respond to people/situations God sends (e.g., Jonah 1; 2 Samuel 11).
 5. Confess and be forgiven (1 John 1:9).
 6. Accept rock-bottom if needed (Psalm 51:10, 17).
 7. If unrepentant, God allows consequences (Romans 1:28-29).
- **Example:** Interview anecdote – Teach reliance on Holy Spirit, not external policing.
- **Reflection Questions:**
 1. Is something (sin, pride, past) keeping you from God's best? Are you willing to correct it?

2. How do you respond to correction: Reject, embrace, or self-correct before circumstances force it?

3. Self-Actualization

- **Definition:** Becoming everything God created you to be; realizing full potential through the Holy Spirit and community (not solo).
- **Why It Matters:** Involves embracing the process, despite ups/downs; like Peter's journey from impulsive doubter to bold leader.
- **Three Quick Adjustments:**
 1. **Deny Your Flesh:** Crucify sinful desires (Romans 7:18; Galatians 5:24).
 2. **Shift Your Motivation:** Focus on Kingdom over world for fulfillment/security (Matthew 6:33; Matthew 7 – sand vs. rock).
 3. **Embrace the Process:** Sanctification takes time; God completes His work (Philippians 1:6). Focus on grace, not failures.
- **Example:** Peter's good traits (bold, leader, quick to repent) vs. bad (impulsive, disloyal, doubter).
- **Reflection Questions:**
 1. What are your three good/bad disciple traits? How willing are you to face fears and abandon "safety"?
 2. How can you deny flesh, seek the Kingdom, and trust the process daily?

Application/Wrap-Up

- **Self-Awareness:** Know strengths/weaknesses; submit to others for help.
- **Self-Correction:** Study the Word; correct before God intervenes.
- **Self-Actualization:** Believe in your worth; deny flesh, shift focus, embrace sanctification.
- **Response Steps:** Repent of hindrances, give life fully to Jesus, stop doubting, step into God's plan. Pray for forgiveness and willingness.

Group Discussion Prompts

- Share a "Prodigal Son" moment of realization in your life.
- How can the church better balance truth/grace without judgment?
- Discuss: "We long for success but groan at the process." How to change this mindset?