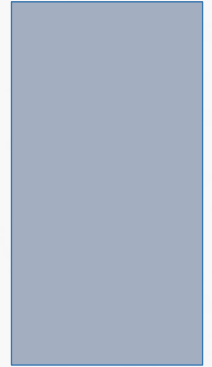


# QUIT DYING TO THE WRONG THINGS

OR FEED YOUR SOUL!









## **Misconceptions of a Good Loving Christian**

- 1. Never Saying No**
- 2. They're Always Busy**
- 3. Putting Others Needs Before Their Own**

**J**esus First

**O**thers Second

**Y**ourself Third

**“For a very long time I considered low self esteem to be some kind of virtue. I had been warned so often against pride and conceit that I came to consider it a good thing to deprecate myself. But now I realise that the real sin is to deny God’s first love for me, to ignore my original goodness. Because without claiming that first love and that original goodness for myself, I lose touch with my true self and embark on the destructive search among the wrong people and in the wrong places for what can only be found in the house of my Father”**

*Henri Nouwen*

Dying to the Wrong Things:

Is not being selfish – big difference between selfishness and self-care.

Selfishness comes from a place of fear

Self-care is valuing the image of God within us.



*If anyone wants to  
come with Me, he  
must deny himself,  
take up his cross, and*  
***Follow Me.***

- MATTHEW 16:24 HCSB -

S H E R E A D S T R U T H . C O M



“We have become adept at exploring outer space but we have not developed similar skills in exploring our own personal inner space. In fact the longest journey is the journey inwards”

Dag Hammersjold

## Our Inner Self – the way we think and feel



# HOW TO CARE FOR INTROVERTS

- 1 RESPECT**  
THEIR NEED FOR PRIVACY
- 2 NEVER EMBARRASS**  
THEM IN PUBLIC
- 3 LET THEM OBSERVE**  
FIRST IN NEW SITUATIONS
- 4 GIVE THEM TIME TO THINK**  
DON'T DEMAND INSTANT ANSWERS
- 5 DON'T INTERRUPT THEM**
- 6 GIVE THEM ADVANCE NOTICE**  
OF EXPECTED CHANGES IN THEIR LIVES
- 7 GIVE THEM 15 MINUTE WARNINGS**  
TO FINISH WHATEVER THEY ARE DOING
- 8 REPRIMAND THEM PRIVATELY**
- 9 TEACH THEM NEW SKILLS PRIVATELY**
- 10 ENABLE THEM TO FIND ONE BEST FRIEND**  
WHO HAS SIMILAR INTERESTS & ABILITIES
- 11 DON'T PUSH THEM TO MAKE LOTS OF FRIENDS**
- 12 RESPECT THEIR INTROVERSION**  
DON'T TRY TO REMAKE THEM INTO EXTROVERTS

# HOW TO CARE FOR EXTROVERTS

- 1 DON'T IGNORE THEM**
- 2 FEED THEIR EGOS**
- 3 LET THEM BE THE CENTER OF ATTENTION**
- 4 DON'T TEASE THEM FOR HAVING A LOT OF FRIENDS**
- 5 TAKE THEM TO PARTIES**
- 6 INTRODUCE THEM TO NEW PEOPLE OFTEN**
- 7 LET THEM HUG YOU**
- 8 LEARN THAT SOMETIMES THEY WILL TALK LOUDLY**
- 9 KEEP EYE CONTACT**
- 10 DON'T FORCE THEM TO BE QUIET**
- 11 DON'T BE STARTLED WHEN THEY SUDDENLY START A CONVERSATION**
- 12 LET THEM BE FRIENDS WITH YOU**

Three Questions to Consider:

- What is the source of your value and self worth?
- What do you rely on for significance and well-being?
- What core fears motivate your behaviour?

Check out the (free) Enneagram test:

<https://www.eclecticenergies.com/enneagram/test.php>

## Enneagram Personality Types:

Type 1 – The Perfectionist – the need to be right

Type 2 – The Giver – the need to be needed

Type 3 – The Achiever – the need to succeed

Type 4 – The Romantic – the need to be special

Type 5 – The Observer – the need to know

Type 6 – The Dutiful – the need for security / certainty

Type 7 – The Adventurer – the need to enjoy life

Type 8 – The Asserter – the need to be against

Type 9 – The Peacemaker – the need to avoid





*Music*  
is the voice of the soul

Feed Your Soul

What Gives YOU Life?



"When I eat with my friends, it is a moment of real pleasure, when I really enjoy my life."

QUOTEHD.COM

Monica Bellucci  
Italian Actress

Imagine Yourself  
Doing what you LOVE  
And Loving what you do.  
Being happy from the inside out,  
EXPERIENCING your dreams  
Wide Awake,  
Being CREATIVE,  
Being UNIQUE,  
Being YOU-  
changing things to the way  
you know THEY can BE-  
Living the LIFE  
you ALWAYS imagined.



Ask yourself these questions?

Where do I fit in?

What energises me?

What delights me?

What haven't I given time to, that I love to do?

What changes can I make to address this?