



Can You Relate?

Week 3

Breaking Through Your Own Reflection
Filled Sermon Notes

Sometimes I isolate myself by being too mindful of myself.

1 Samuel 9:2 (ESV)

1 Samuel 13:6-12 (ESV)

Jealousy of others is a very subtle form of hatred that is born out of a need to make others see us the way we want to be seen.

1 Samuel 16:7 (ESV)

The key to stop staring at our own reflection is the unicorn of all the good character traits we know we should have: humility.

True humility doesn't consist of thinking ill of yourself but of not thinking of yourself much differently from the way you'd be apt to think of anybody else. It is the capacity for being no more and no less pleased when you play your own hand well than when your opponents do.
- Frederick Buechner

3 practices for getting over yourself:

1. Desire to think more about God and others than you think about yourself.
2. Pray and ask God to help you think more about him and others than you think about yourself.
3. Whenever you are with others, seek to know them, understand them, and bless them in those moments.

Breaking through loneliness often starts with getting out of our own way and being more mindful of others than of ourselves.