

## **Becoming the Person God Made You to Be: Part 2**

*Matthew 4:1-11*

### **I. Break Free From What People Have Made You to Be**

A. Admit Your Emotional Brokenness: Ten Symptoms of Emotionally Unhealthy Spirituality

B. Identify the Reasons for Your Lack of Emotional Health

1. Believing Messages Received About You that Contradict the Truth

2. Giving in to the Expectations of Others

3. Unresolved Hurts and Failures

C. Listening to Your Emotions and Your Relational Tensions

### **II. Learn to View Emotions Biblically**

A. Our \_\_\_\_\_ Feels

B. \_\_\_\_\_ feels

C. You Must be \_\_\_\_\_ to Feel Also

### **III. Perceiving the Ways Satan Lies to You (i.e. the lies beneath the \_\_\_\_\_ lies)**

1. I Am What I \_\_\_\_\_

2. I Am What \_\_\_\_\_

3. I Am What I \_\_\_\_\_

### **IV. Becoming Who God Has Made You to Be**

A. Pay Attention to Your \_\_\_\_\_ in Time Alone With \_\_\_\_\_ God

B. Find Trusted \_\_\_\_\_

C. Move Out of Your \_\_\_\_\_