

# “Self” Centered

## 1. Three basic emotional programs for happiness

- ❖ Survival / Security
- ❖ Affection / Esteem
- ❖ Power / Control

## 2. Characteristics of the kingdom of God (Romans 14:17)

- ❖ Righteousness
- ❖ Peace
- ❖ Joy

## 3. Afflictive emotions

### ❖ **Anger**

- Hostility
- Revenge
- Bitterness

### ❖ **Apathy**

- Withdrawal
- Boredom
- Sloth

### ❖ **Lust**

- Greed
- Envy

❖ **Jealousy**

Competitiveness

Loneliness

❖ **Grief**

Refusal to let go

Self-pity

❖ **Pride**

Feelings of rejection

Feelings of self-justification

**4.** King self is upset

❖ Afflictive emotions can be a defense of his camp

❖ Afflictive emotions can be spies in his camp

**5.** To be centered in the self is not to be centered in the Center

**6.** God uses desert times to confront the play king

**7.** Losing our way allows us to find The Way

**8.** *Thy Kingdom come* means my kingdom go

**9.** The fear of being meaningless

## Exercise: Denying Self

1. Which of the afflictive emotions do you experience most regularly?
2. By observing your most prevalent afflictive emotions, identify which emotional programs for happiness are most dominant in your life.
3. Which of the characteristics of the Kingdom (righteousness, peace, and joy) is most fully developed in your life?

❖ Why do you think so?

4. Which characteristic of the Kingdom do you need most at this time in your life?

❖ Why?

5. What do you need to let go of to obtain it?