

# MONSTER DEVO

WEEK  
3



# MONSTER

## Self-Awareness Guide

**Intro:** This week we will be considering how we can begin to starve the Monsters that grow inside us when we are not the best version of ourselves. The monster will only grow if we feed it. What are the things that make the monster grow and what are the things that make it shrink?

When we let God speak truth to us from His word through the Holy Spirit it usually is messy, difficult, and challenging. So we will want to enter into this inner life conversation with good support from God and other healthy people.

At the core of this experience will need to be your love relationship with Jesus and the Father with the Holy Spirit as your guide.

**Begin each day with prayer.**

**Daily Prayer:** Lord Jesus I believe You love me and want to bring healing in my life deeper than anything I could imagine. Will You give me wisdom and courage this week to grow in establishing new patterns that will keep the monster in me in check and let the best version of myself grow. Once again Heavenly Father, will You fill me with an assurance that my identity is set in You as my Father, and I am Your beloved Child. Holy Spirit will You fill me, and will You be my guide as I begin to establish new ways of thinking and living my life. Father help me see Your Invitation for me in this season. Amen.

**Work on this at your own pace.** Read Scripture and answer a question or two every day. Keep a journal and share with a friend or with your group.

### Part 3: Taming the Monster

**In what ways do you feed the monster inside?**

- Denial of patterns that control me
- Blaming others for my struggles
- Entitlement
- Ingratitude
- Isolation
- Busyness
- Emphasizing the good I do as a rationalization to ignore the bad
- Neglect of inner life

## READ 2 SAMUEL 12:1-5

- What false narratives did David create in this story?
- What false narratives do we create to keep us from dealing with our monsters?
- In what ways do we starve the Monster inside?

## CONFESSION

Read I John 1:5-10; James 5:16, John 8:32

- What do you think of this definition of confession?  
"Confession is aligning your narrative with the truth and reality that God has shown us."
- What is healing about confessing our sins to each other?

## SABBATH & INNER LIFE

Read Matthew 11:28-30

- Why is rest so important to your wellbeing?
- How is Rest an act of faith and worship?
- What kind of rest do you most deeply desire in this season?  
Physical, Emotional, Mental or Spiritual?
- What could you do to add more rest to your life?

## FRIENDSHIP

Read Ephesians 4:15

- Who are the people who speak truth to you in a loving and wise way?

## Daily Scripture Reading

Find this reading plan on the Dwell App also!

- Day 15 – 2 Samuel 12:1-15
- Day 16 – Psalm 37:5-9
- Day 17 – I Timothy 6:6-10
- Day 18 - James 1:19
- Day 19 – I Corinthians 13:1-13
- Day 20 – Galatians 5:16-26
- Day 21 – 2 Corinthians 12:7-1

## For Small Groups

- Read the Discussion Guidelines for the Group from [emotionallyhealthy.org](http://emotionallyhealthy.org) (if you were not able to last week).
- Ask the questions from Part Three: Taming the Monster
- You may not have time to do them all so choose the one or two that seem most relevant to your group.
- Take time for prayer requests and pray!



# Discussion Guidelines for Your Group

*from emotionallyhealthy.org*

## **COME PREPARED**

To get the most out of our time together, complete the reading assignment prior to our meeting. Also bring your book with you to each meeting.

## **CREATE SAFETY AND MAINTAIN CONFIDENTIALITY**

- Sharing is optional, not required.
- Devote your full attention to each person who speaks. Be sensitive, kind, and generous to one another with your comments.
- Honor one another by maintaining confidentiality. Anything shared within the group should not be repeated outside the group.

## **SPEAK FOR YOURSELF**

Limit your sharing to your own experiences by using “I” statements. For example, “I feel angry when he does that,” rather than, “He makes me angry.” Making “I” statements is a way to take responsibility for thoughts and emotions rather than attributing them to someone else.

## **REFRAIN FROM DOMINATING DISCUSSIONS**

Be brief in your sharing so that everyone has an opportunity to speak.

## **TURN TO WONDER**

If you feel judgmental or defensive when someone else is sharing, turn those feelings to wonder instead. Ask yourself, “I wonder what brought her to this belief. I wonder what he is feeling right now.” “I wonder what my reaction teaches me about myself.”

## **WELCOME SILENCE**

- Attentive listening includes silence. If that happens, refrain from rushing in with comments.
- Use any silence as an opportunity to continue listening—to what was just said, to your own heart, and to the Holy Spirit.

## **JUST SAY NO TO FIXING, SAVING, AND SETTING OTHER PEOPLE STRAIGHT**

Respect each person’s journey and trust the Holy Spirit to prompt and lead each person differently and at a different pace. Focus on providing support and acceptance rather than instruction, accountability, or correction. This applies at all times—within the meeting and beyond the meeting.