
EMOTIONALLY HEALTHY SPIRITUALITY

WK 3 – KNOW YOURSELF/KNOW GOD

1 Samuel 17, Ephesians 4:22-24

A _____ is the _____ we
_____ to God and others to _____ them.

We need knowledge of _____ AND of
_____, if we're going to live lives of _____
_____.

3 _____ **in David's life:**

1. _____ from his _____.

2. _____ from _____.

3. _____ from the _____.

_____: the ability to know who you _____
and who you _____.