

REMAINING IN JESUS: Self-check: What are some of the things that stop me remaining and resting in Jesus?

| Causes of inner unrest and how they might show up in my experience | Over what particular issue is this applying to me? | What is this saying about my attitude to God? What needs to change in me, to enter his rest? |
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| Rebellion against God - unconfessed, harboured sin | | |
| Independence and misplaced self sufficiency - relying on my own ideas and strength to do it all | | |
| Striving for recognition by others - my sense of self worth and identity depends on the approval of others and how successful I see myself | | |
| Consuming anxieties - I'm constantly fretting over my problems, often going over the details and arguments time and time again | | |
| Covering up needs and vulnerabilities - I wear a mask before others; I don't acknowledge my needs to myself; I rush around doing lots of things to keep my mind occupied | | |
| Seeking answers - I always want to know "Why, God?" and feel insecure if I don't know why. | | |
| Dwelling in the past - I feel better days are behind me; I often dwell on lost opportunities or what I see as past failures, that hold me back | | |
| Destructive thoughts and emotions (These dominate our thinking and feelings and affect our attitude to ourselves, others and God) e.g. anger, resentment, unforgiveness, guilt, shame, low self esteem, self pity (victim), abandonment, isolation, criticism, fears (be specific) others | Towards whom/what? Can you identify a cause? | |