



BUSINESS FAITH GROUPS

Self-Awareness

Mark 8:22-26

I. SESSION OVERVIEW

- Mark 8:22-26
- Discovery | Blindness to Sight
- Business Application | Self-Awareness

II. REVIEW (30m)

- Personal Catchup
- Review last month's outcomes
- Open in Prayer

III. DISCOVERY

- Read Mark 8:22-26 (shared reading)

Set up/ This story is only found in Mark. Jesus performed 37 miracles but this is the only one that required 2 touches. Jesus could not heal him in one attempt it took two... or did it?!?

What jumps out at you?

- Give each an opportunity to share what they discovered as you keep it a conversation integrating your insights and their discoveries.

IV. AREA CHAIR INSIGHTS (30M)

1. Outside the Village

As in most cultures, blindness intensifies poverty and increases insecurities and social isolation. In Jesus day, to be blind was considered to be a curse from God. That's why Jesus' disciples asked Him in John's gospel, chap 9, while looking at a blind man, Who sinned? This man or his parents? (John 9:1-2).

The question was real. To be blind was right up there with those that had leprosy—untouchable and cursed.

I don't think the town folk brought him to Jesus for healing out of concern, since a blind man would have been more of an outcast than part of the community. It would be more likely that they brought him for healing because they wanted Jesus to put on a show and fail. They heard stories about Jesus so I think they wanted to Either to mock him or see him fail in not being able to heal this man.

Jesus is always one step ahead. So the First thing Jesus does is go outside of the village. He led the blind man outside of Bethsaida.

What do you know about Bethsaida?

Turn to Matt 11: 20-21. Jesus said Bethsaida was a horrible negative city of unbelief. He performed miracles but the people just didn't believe, they didn't get Him. A bad spirit hovered over that city.

Your village effects your vision. When you are blind, you have to rely on voices as truth. Jesus took him personally out of the environment to isolate the voices that had been speaking into him.

Q- What about you-- Who do you let speak into you?? Who has your ear?

David McClelland, a professor at Harvard Business School conducted this study. He found out the staggering truth about successful people.

99% of your life's success is dictated by what he calls the "Reference Group". A Reference Group is the top 5 people you spend the most time with. BUT that's not the most important part.

Out of the 5 people, the 1 person that you spend the most time with has more impact on your success compared to the other 4 combined. That is generally your spouse, partner, boyfriend, girlfriend, life partner, etc. Basically the person you are romantically engaged with.

I can attest to this. Once I chose the right person (my spouse), my life exploded (in the best way possible). **Pay attention to who you spend the most time with.**

Q- Who is sitting in Bethsaida today?

Q-Or maybe, What are you known for? I hope not negativity.

2. Touched Twice

When my kids were little, I would tell them to drink some water when they got hurt. They began believing that water has the power to heal when actually it was to serve as a distraction or re-setting of their focus.

Once my son, wasn't getting better after going to see a doctor and he said "some doctor dad—he never gave me water!" Hey I never said I was a perfect dad! :)

This I do know-- Jesus never did anything randomly. He is always very intentional. So the question arises, why did He spit on the man's eyes?

I'm not exactly sure but probably to enter this blind man's world. The belief in that day that spit had some kind of healing power to symbolizing to the blind man that healing was coming.

Isn't that how Jesus works?

Jesus always meets us where we are at to make it easier for us to risk that step of faith to believe. If our starting place is this but not ready to let go of that vice like our music, language, friendships, its OK. This gets our attention and sets our heart for belief.

We are quick to see other people's faults or have a desire to change the world but slow to change ourselves. Let the holy spirit do the heavylifting on someone not your shaming or words.

Let the spit do the prep work!

3. Blurry Vision

The man says "People look like Trees" v24.

It's not a story of born blind but he became blind. He can see trees so he had his sight restored.

Turn to Luke 4:18-19; Jesus reads from Isaiah 59, 61- set captives free, blind to see—in the temple, proclaiming He is the fulfillment of the scriptures.

Or Turn with me to Matthew 11:1-6. King Herod had John the Baptist put into prison. According to Matthew's account, during his imprisonment he began to question if Jesus' really was the Messiah. John the Baptist sends his disciples to ask Jesus directly--**Are You the Expected One, or shall we look for someone else?"** So Jesus answered, "Go 'back' and report to John what you hear and see: **v5, the blind receive sight.**

Jesus said to John's disciples and to you & me today, that one of the great marks of His identity is rooted in the fact that **the blind will see.**

This was a fresh point for me!

- at least 3 people He healed who were physically blind from birth. And that is how I always read that text in Matt 11.
- In this story here, **this man didn't go Blind-to-Blurry-to-Sight but went from Sight-to-Blind-to-Blurry-to- Restored Sight.**

I think it's common to go from sight-to blind-to blurry but we don't always reach "restored sight". For example, Climbing my corporate ladder I let performance blurry my identity. But not all people seek to restore their sight. They keep climbing and life keeps getting more stressful and less clear.

Q- Who is sitting in blurry right now?

career, relationship, future, money—things were great, blinded to some poor choices, they are fragile like blurry and Jesus I need you to restore the health of my it?

This is a process that Jesus wants you to lean into Him today. The first step is becoming aware. The blind shall receive their sight.

4. Peter's Revelation & Sight

But I think he is speaking to me and us today as the people who physically can see but are blind spiritually.

Jesus is a God of order. This story follows the Yeast & Feeding of 4K stories in chapter 8. The disciples participated in the feeding of 5k with 2 loaves; then the feeding of 4k with a couple of loaves. Then they take a boat ride and argue about if 1 loaf of bread is enough to feed them. Jesus is about to kill them. They still didn't see who Jesus was in their midst. ??

V16-21 DO YOU STILL NOT UNDERSTAND?

DON'T YOU SEE WHO I AM? I AM THE BREAD OF LIFE Jesus says.

The sequence of stories in Mark's Gospel are intentional. If you watch the Chosen you see how Matthew & John are writing everything down as it is lived out but Mark wasn't a disciple. So how did Mark write this gospel? Well Mark's source of information, the majority, came from Peter. Which might explain why Mark is a doing gospel and why this story is only in Mark.

I think as Peter reflects of the healing of the Bethsaida blind man, this becomes the impetus of Peter's bold declaration in v29 "You are the Messiah". The point is, this was not just another miracle. This was a set up.

Jesus uses this blind man to symbolize the disciples' spiritual tension and transformation. It appears to have opened the spiritual eyes of the disciples in the way the 4k miracle didn't. It's often the everyday, not event, that I miss as well. Jesus was indeed the promised Messiah.

V. WRAP

We go through the motions, check off our devotional reading, feel good that we are as bad as so-n-so.... we drift or go blind to the fact that our spiritual love for Christ isn't first in our lives. Intimacy with Him isn't at the top of our agenda.

The 2 touches were intentional and I think they were not for this man but for me and perhaps you!

v25 says "Once More"The patience and second chance of Christ that He says to me... once more. Our faith is a process. It's a process for your co-workers, neighbors, etc. too!

Q- How many of you today need a 2nd chance? A recommitment?

Q- Do you see him as "Your Messiah!" like Peter? Let's pray.

BUSINESS APPLICATION

I. SESSION OVERVIEW

- Business Application | Self-Awareness
- Tool
- Outcome/ There is freedom in going from Blindness to Sight.

II. CONTEXT

The most important part of any leadership journey is the ongoing, never-ending process of self-awareness. It has the power to set you free when you notice who you are, your intentions, your behaviors, and how those impact yourself & others.

The Core of who you are as a leader encompasses your skill set, emotional intelligence, and understanding of your own disposition. It's important to constantly reflect and ask yourself, "Do I truly know how others perceive me?" Most of us are unaware of our blind spots and shortcomings. We all have metaphorical "broccoli in our teeth," visible to everyone else but ourselves. This tool helps us gain a deeper understanding of ourselves so that we can lead ourselves more effectively.

Self-awareness can be boiled down to two simple commitments;

- A commitment to understand how you're wired, the tendencies that result from such wiring, and the impact those tendencies have on others.
- A commitment to change your negative patterns in order to become the best person and leader you can be.

III. TOOL/ Know Yourself (Infinity Loop)

The infinity symbol in the diagram below represents the need for constant, continuous reflection on the components of behavior and consequence that shape our reality.

Tendencies/

Each of us has ingrained tendencies that are hardwired into our characters and personalities. These tendencies often result in behavioral patterns, which may become deeply rooted over time without our conscious awareness of whether they are beneficial or detrimental. However, these tendencies significantly influence our actions, decision-making processes, and ultimately shape our reality within the leadership environment.

Becoming more aware of these tendencies increases our emotional intelligence and self-awareness. It empowers us to make deliberate choices about our actions rather than being driven solely by ingrained patterns.

We all have tendencies that create patterns of actions and behavior, which generate consequences that ultimately shape our current reality.

Our tendencies are formed 3 ways;

- Nature- what God gave you born with
- Nature- your family environment how you were raised
- Choices- your formed values & beliefs drive decisions

So tendencies is where you start to become more self-aware.

Patterns/

- How do you react under stress?
- What do you do when you get frustrated?
- What is your pattern when you have not received the credit or honor you think you deserve?
- How do you handle incompetence in others?

Now think about the kinds of patterns those repeated reactions begin to create as a result of how you are wired.

A pattern is something you do over and over again thinking it produces results, but rarely does.

For instance, I talk excessively and believe that my ideas are superior to others in the room. Recognizing this about myself has made me consider how it feels to be on the receiving end of my behavior. I often catch myself on the verge of criticizing someone else's idea or pushing forward with my own. In those moments, I consciously decide to break the pattern and actively listen to what others have to say. This may come as a surprise to many, but I intentionally choose to be quiet at times and give space for others' voices.

By knowing and leading myself, I have witnessed the positive consequences of these actions. It sets me free knowing my reality and the context in which I lead have become healthier, and my influence and ability to shape the world around me for the better have grown.

Understanding yourself, leading yourself, and actively managing your tendencies contribute to a more constructive leadership style. It fosters a positive impact on the environment and those you lead. By continuously examining and improving yourself, you create opportunities for growth, influence, and positive transformation in the world.

Actions/

Each action we perform based on our patterns creates a consequence, which can be viewed as a reaction to our actions. The unintentional or accidental person, then, causes reactions all day long because they are unaware that their actions cause

consistent drama with those in their life. This lack of awareness can be quite frustrating as these types of people tend to blame everyone else instead of seeing the obvious acts that caused the entire drama.

Remember, your actions come from your tendencies and patterns and they lead to consequences that shape your reality. If you want to change your reality then you must change your patterns and actions.

Consequences/

Of course, those patterns of action will always come with a price tag: the consequences of our words, deeds, retorts, and responses.

Realities/

Our realities are the results of tendencies becoming patterns with actions that produced consequences that we now get to live with.

Most people complain about their realities without comprehending that they were a part of the actions that caused the reality that they don't want.

I believe the lack of self-awareness is the biggest leadership problem in the world but also the greatest opportunity. This issue causes a lack of trust that derails organizations, teams and causes people to lose sleep because of the crippling stress that comes from unawareness.

Without taking the time to fully identify our tendencies and evaluate negative impact in our lives and on the people around us, we can never truly gain control of our own reality. We lose the ability to change our outcomes, and instead, remain captive to our tendencies & patterns and the paths they dictate for us.

Self-awareness is choosing to commit to diving deep into your own wiring, learning to understand the knee-jerk reactions you have been conditioned to exhibit over the years, and choosing to know yourself so that you can lead yourself in the effort to create the reality you desire.

It's not easy, but it is doable. And it has the power to set you free.

IV. WRAP

There is a sense of freedom when you better understand how you are wired and what is like to be on the other side of you.

When we understand our patterns and how these patterns drive our actions, consequences and ultimately your reality, there is a sense of control and to use this to fight for other's highest good.

Action Steps |

- What do you need from the group to be intentional and put these tips into practice?
- This month focus on improving your own self-awareness by understanding your tendencies and patterns that drive your behaviors.

GOALS |

- Ask each for their goals from this meeting to the next.
- Commit to prayer & supporting each other.

Name	Business	Personal	Faith
First Name		Strength training	Integration
First Name	LT/Culture	Running (alarms)	Listening to Him
Jon	Culture	Intentionality	Consistency
Kevin	Culture	Intentionality	Consistency
Brad	Culture	Leading the Family	Intentionality
First Name	Culture	Strength thru surgery; leverage time	Trusting Him

SELF AWARENESS

