

1.

2. Self-awareness

3. Bigger concern:

Lack of awareness about God's awareness of your heart

4. Toxins in the soul

5. King David

6. Hindering our awareness:

Think too highly of ourselves

Think too lowly of soul-toxins

Think too little of spiritual health and its impact

Become too familiar and comfortable with them

We feel too stretched to give this our attention ✓

7. Defensiveness is a symptom of lack of awareness

Peter in Matthew 26:31, 33-35

8. You have searched me, LORD,  
and you know me.

Psalm 139:1

9. You know when I sit and when I rise;  
you perceive my thoughts from afar.

Psalm 139:2

10. You discern my going out and my lying down;  
you are familiar with all my ways.

Psalm 139:3

11. Before a word is on my tongue  
you, LORD, know it completely.

Psalm 139:4

12. Where can I go from your Spirit?  
Where can I flee from your presence?

Psalm 139:7

*The Greek word toxon means "bow" or "arrow." From this came the Greek toxikon, meaning "a poison in which arrows are dipped."*

13.If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.  
Psalm 139:8

14.If I rise on the wings of the dawn,  
if I settle on the far side of the sea,  
Psalm 139:9

15.even there your hand will guide me,  
your right hand will hold me fast.  
Psalm 139:10

16.If I say, "Surely the darkness will hide me  
and the light become night around me,"  
Psalm 139:11

17.even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.  
Psalm 139:12

18.Anger, bitterness, resentment  
Fear, anxiety, insecurity, worry  
Critical talk, language, tongue  
Toxic spirituality: performance, laziness, pride  
Lifestyle: materialism, greed, self-absorption, lust

19.Search me, God, and know my heart;  
test me and know my anxious thoughts.  
See if there is any offensive way in me,  
and lead me in the way everlasting.  
Psalm 139:23-24

20.When toxins flow freely in our hearts, they are free to ruin our hearts

When God's transforming grace flows freely in our hearts, it is free to redeem our hearts