



## Facing Your Shadow

June 7, 2020

This week Pastor Mark Woof speaks about “Facing Your Shadow”, a stand-alone message about those parts of us that tangle us up and keep us from running the race marked out for us.

What’s a shadow? According to Pete Scazzero, pastor and author of *Emotionally Healthy Spirituality*:

“Everyone has a shadow.

Shadows are those untamed emotions and behaviors. They may be sinful; they may simply be weaknesses. Most importantly, they lie concealed just beneath the surface of our more proper selves. They may erupt in judgmental perfectionism, outbursts of anger, jealousy, resentments, lusts, greed, or murderous tendencies. At other times, they emerge through our need to rescue people, our seemingly endless need to be noticed, our inability to stop working, our isolation, or our rigidity.

Our shadows are the damaged versions of who we are. They are the behaviors we use to protect ourselves from actually changing. We keep them hidden because they make us feel so vulnerable.”

### Example: David’s Shadow

Read 1 Samuel 25:1–22 and make some observations.

[Q] What favor did David ask of Nabal through his representatives? (v. 6-8)

[Q] What answer, and excuse did Nabal send back to David (v. 10-11)?

[Q] How did David react to the message from Nabal (v. 13)? What did David resolve to do in verse 22?

Read the rest of the story in 1 Samuel 25:23-42.

[Q] What was David’s response to Nabal’s death (v. 39)?

*Beloved, never avenge yourselves, but leave it to the wrath of God,  
for it is written, “Vengeance is mine, I will repay, says the Lord.”*  
Romans 12:19 (ESV)

[Q] What is the likely outcome when we allow anger to dictate our actions?

David had killed Goliath, been anointed king by Samuel, spared the current king Saul and had done other amazing things, yet his immediate reaction to the refusal and insult from Nabal was to take vengeance and kill Nabal. He was prevented by Abigail, not by facing his “shadow”.

It is not just anger.

## Shadow List from Galatians 5

### Read Galatians 5:16–26.

[Q] From verses 19-21, and 26, make a list of other “shadow” attitudes or behaviors that may surface, even as believers. From verses 22-23, list the opposites of the fruit of the Spirit (for example, for patience, list impatience). What others can you think of? Discontentment? Constant worry or fear? Unforgiveness?

### Solution: Walk by the Spirit

Christ-followers are empowered by the indwelling Holy Spirit to become more and more like Jesus. This includes dying to sin and leaving behind old ways of thinking and acting. It often continues to be a battle because, we don't really want to surrender to the Spirit of God. But He is willing and able to help us.

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## W.A.L.K.

Pastor Mark describes four actions to help us walk by the Spirit.

### Wake Up

*And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. Mark 1:35*

Like Jesus, we need to take time to turn down the noise, talk to our Heavenly Father, and listen to His Word. What better way to start your day?

[Q] When is a good time of day for you to steal some quiet? How can you make it a priority?

### Acknowledge Your Shadow

- Write down 3 things you are thankful for and 3 problem attitudes/thoughts to confess.
- Name your feelings.
- Identify the “negative scripts” – the internal messages we rehearse that shape our reactions and behaviors.
- Consider negative patterns in your family of origin that with God's help, you can break.

[Q] Read Romans 12:2.

### Long for the Spirit's Power and Wisdom

Pray Ephesians 3:14-21 for yourself.  
Fuel that longing by reading the Bible.

[Q] Read Joshua 1:8. What promise of God's wisdom and power can you lean on this week?

### Komply (comply) - Obey! Don't just listen what the Spirit says – obey Him and the fruit in your life grow.

[Q] Read John 14:21 and James 1:22-25. What blessings come from obeying God?

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[Q] What steps will you take this week to face your shadow? What help might you need?