

OASIS CHURCH  
29.5.22  
DISCERNMENT-  
The most needed gift?

Looking Inwards



# Man- Crechié

Leave your man  
in our comfy &  
Safe surroundings  
& shop in peace!

- REAL ALES
- SAME GREAT TEAM





A wooden sign with yellow text is mounted on a stone pillar. The sign is rectangular with rounded corners and is held in place by four screws. The text is in all caps and is arranged in two lines. The background shows a river with rocks and lush greenery under an overcast sky.

PROHIBIDO SUBIRSE A  
LAS BARANDAS  
IT IS PROHIBITED TO RISE  
THE RAILINGS



NÃO ULTRAPASSE  
O GUARDA-CORPO

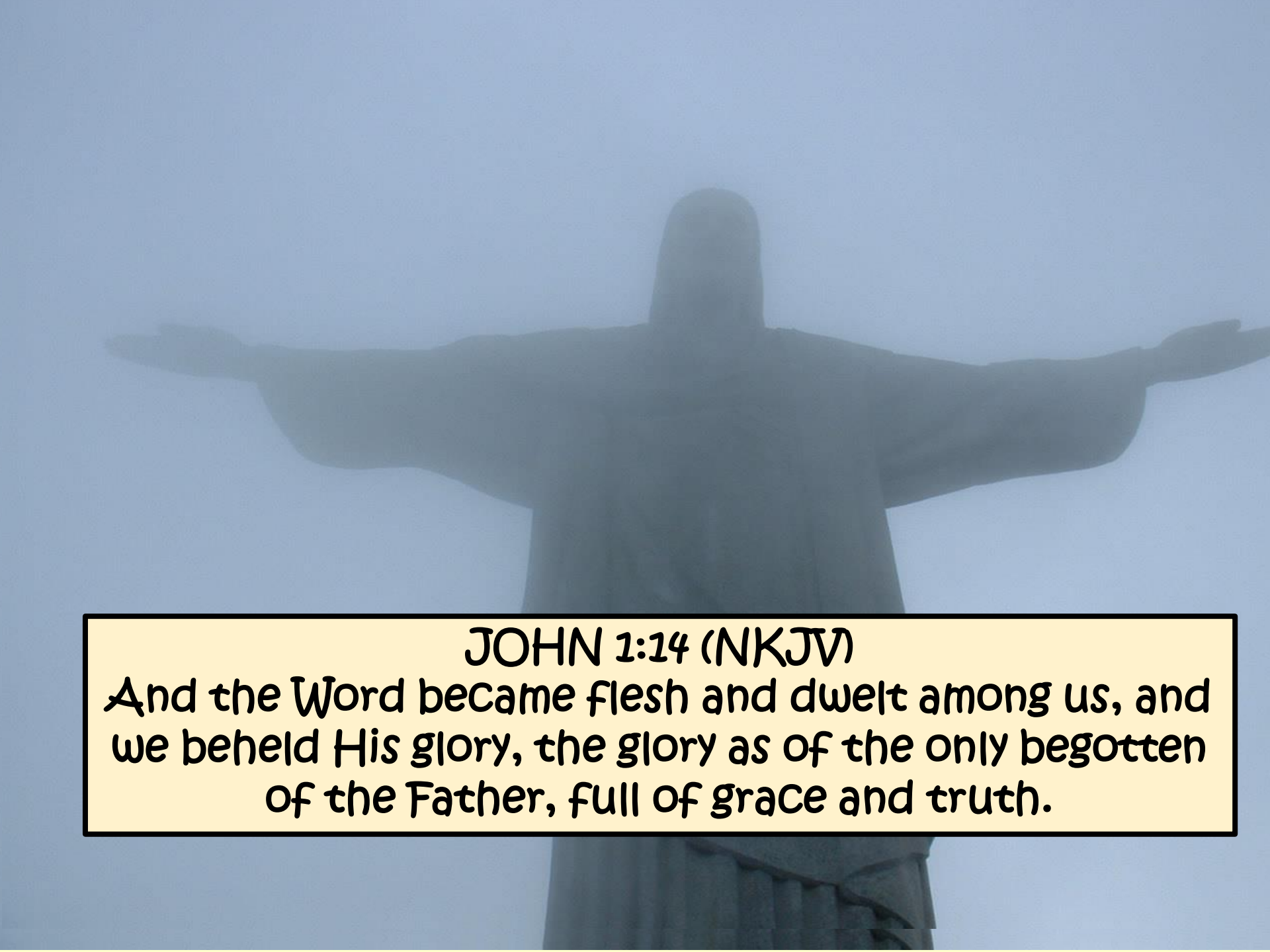
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*DON'T OVERTAKE  
THE BANISTERS*

**JOHN 10:27 (NKJV)**

**Jesus said My sheep hear my voice and I know them  
and they follow me.**





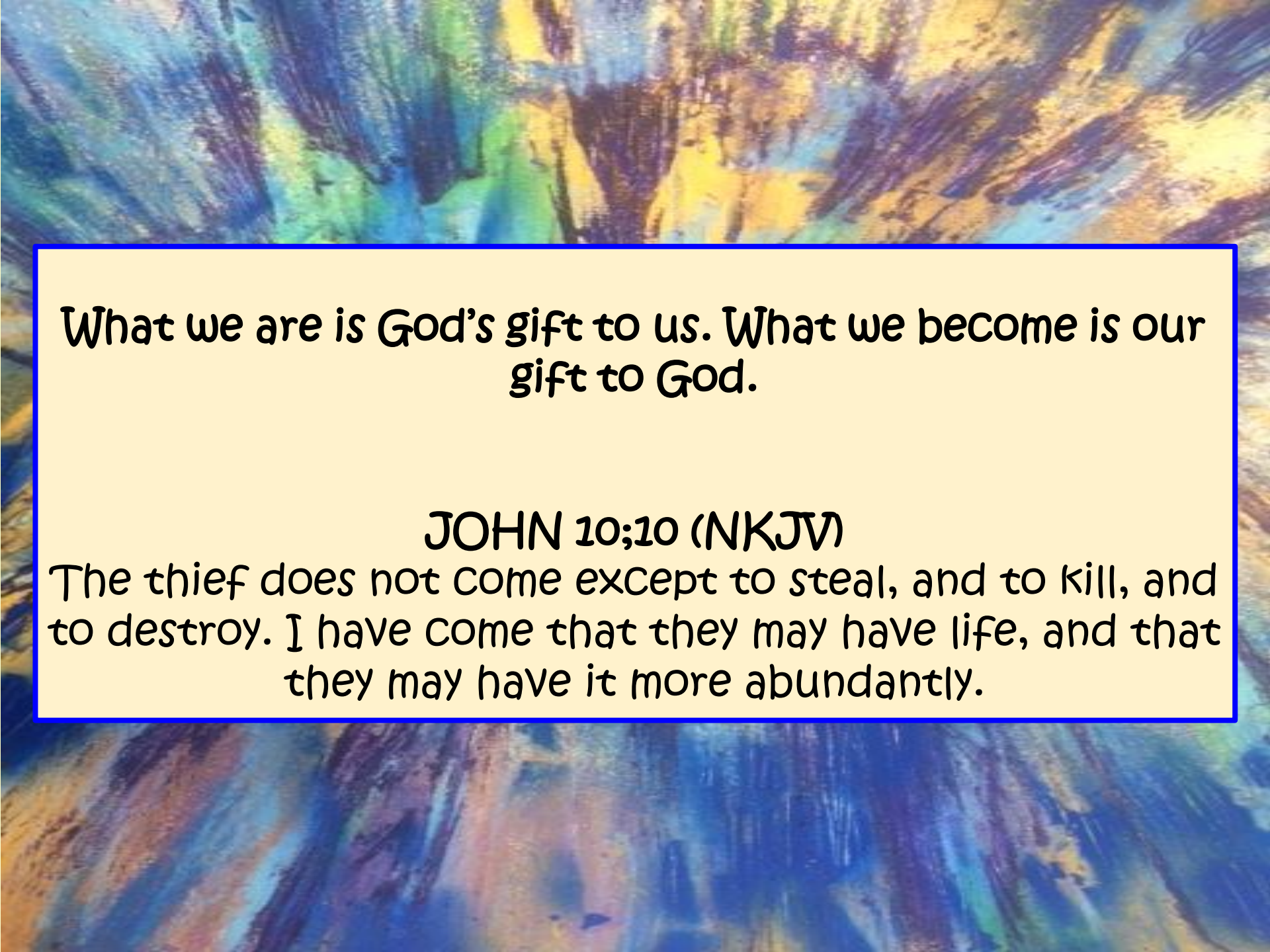
**JOHN 1:14 (NKJV)**

**And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.**

## COLOSSIANS 1:27-28 (NKJV).

To them God willed to make known what are the riches of the glory of this mystery among the Gentiles: which is Christ in you, the hope of glory. Him we preach, warning every man and teaching every man in all wisdom, that we may present every man perfect in Christ Jesus.



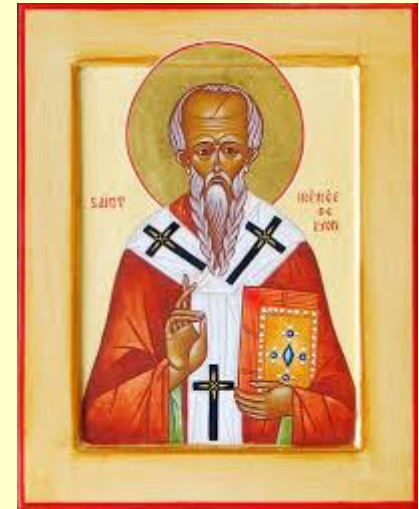


What we are is God's gift to us. What we become is our gift to God.

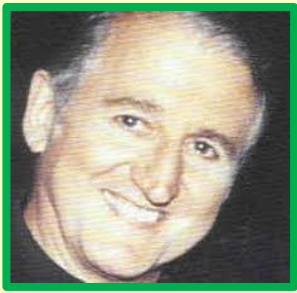
**JOHN 10:10 (NKJV)**

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

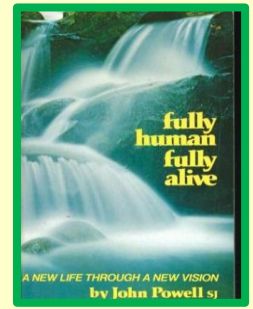
ST IRANEUS (early 2nd century till  
AD 202) Bishop of Lugdunum in  
Gaul, part of The Roman Empire now  
Lyon, France.



The glory of God is a human being fully alive.



## JOHN POWELL Fully Human, Fully Alive



Fully alive people are using all their human faculties, powers and talents to the full. They are alive to all their external and internal senses. They are comfortable with the whole range of human expression of emotions. They are vibrantly alive in mind, heart and will. His or her life is one of harmony and peace. They see beauty, hear poetry, music, fragrance and enjoy each moment. They struggle like us to climb mountains of difficulties but they spend time enjoying the view when they reach the top. Fully alive people are thoughtful and reflective, they are glad to be alive. In a sensitive and thoughtful way, they love others. They are committed and faithful to others they love. For such people their lives are a celebration of joy, not a daily funeral event. They have a sense of humour and laugh a lot. They are open to pain and failure and they cry. However, they say a strong yes to life and to change.

## ROMANS 7:18-25 (NLT)

I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it.

I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. I love God's law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. So, you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin.

## ROMANS 8:1 (NLT)

So now there is no condemnation for those who belong to Christ Jesus.

LOVE YOUR NEIGHBOUR AS YOURSELF!

MATTHEW 5:43, 19:19, 22:39.

MARK 12:31, 12:33

LUKE 10:27

ROMANS 13:8-10

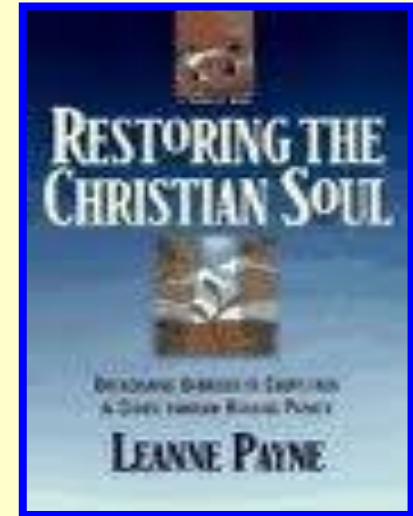
GALATIANS 5:14

JAMES 2:8&9.





**LEANNE PAYNE**  
**1932-2015.**  
Restoring the  
Christian Soul.



The first great barrier to wholeness in Christ is the failure to accept myself. I can be a Christian filled with the Spirit of God but if I hate, loathe or dismiss myself the light of God is going to emanate through me in distorted ways. I will not be seeing myself through the eyes of God. I will not be listening for and hearing the affirming as well as the correcting words of God. If I fail to accept myself I will be dependant on others. I will be seeking their affirmation and will walk alongside myself criticizing and condemning myself.

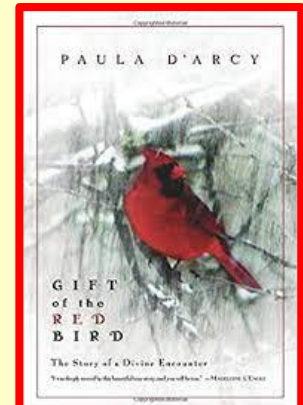
I will have no solid centre. I will know little of the walk in The Spirit. My spirit unable to soar in the sunlight of all God has done for me, flutters against the prison bars.

## If I fail to accept myself there are often five patterns that result:

- A judgemental spirit that is harsh & demanding on self and others.
- A strong perfectionist attitude demanding the impossible from self & others.
- A strong pattern of fearing future events.
- A sense of aloneness and abandonment in times of decision.
- A preoccupation with my own guilt and a compulsion to compete for position & success.



## PAULA D'ARCY- The Red Bird

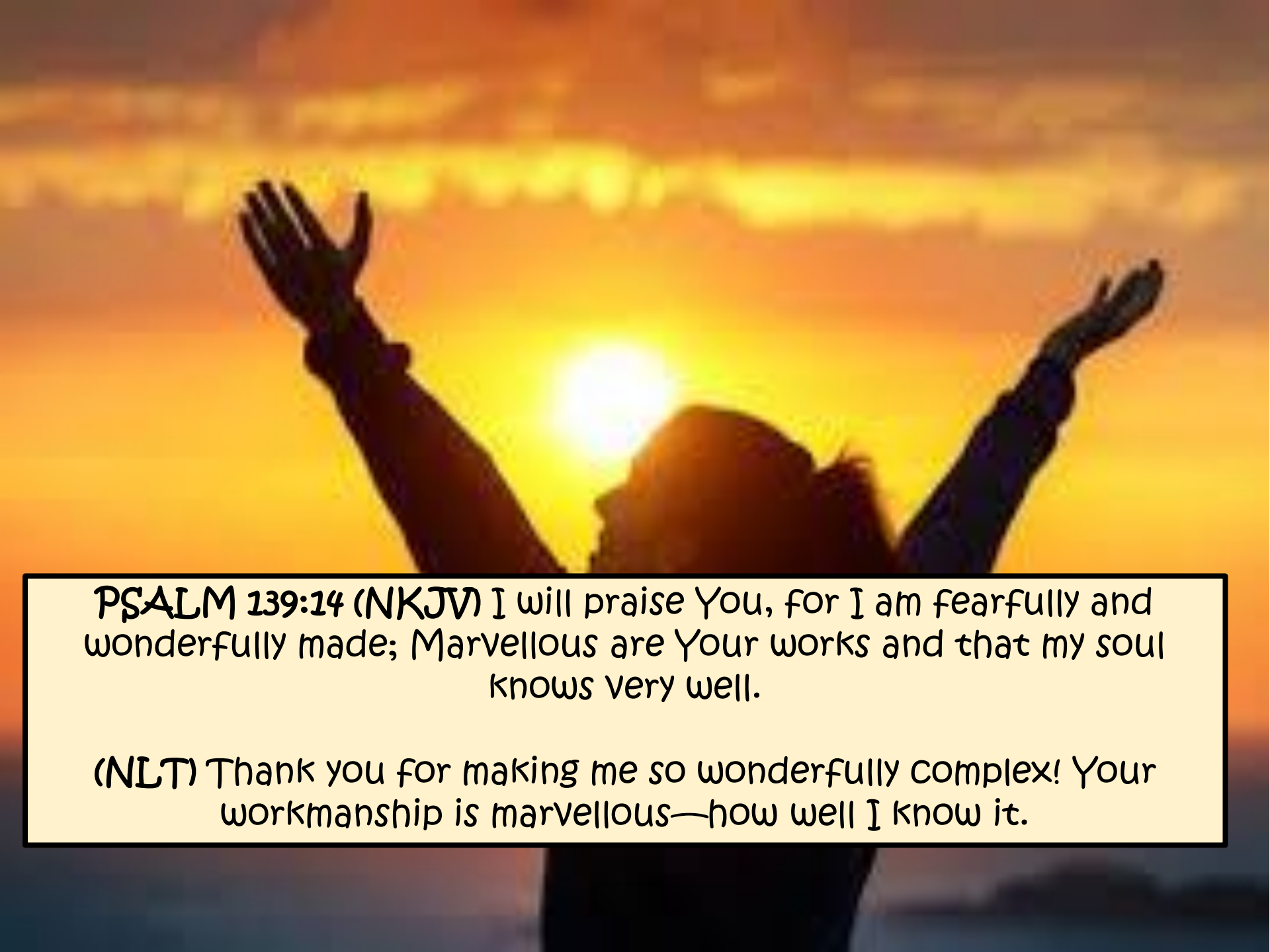


In the introduction she says: I first asked myself why we are able to master great technology, but do not understand our own hearts. Why after centuries are we still so far from understanding the nature of love? And why are we willing to make endless outer journeys, but we are loath to make the significant one: the journey within. The inward journey may frighten us, yet it is this journey which holds the real treasure. There God's Spirit waits to reveal mysteries and beauty beyond our imagination: the secrets of what is holy, and the encounters with truth that change everything. It is the journey that opens the eye of the heart.



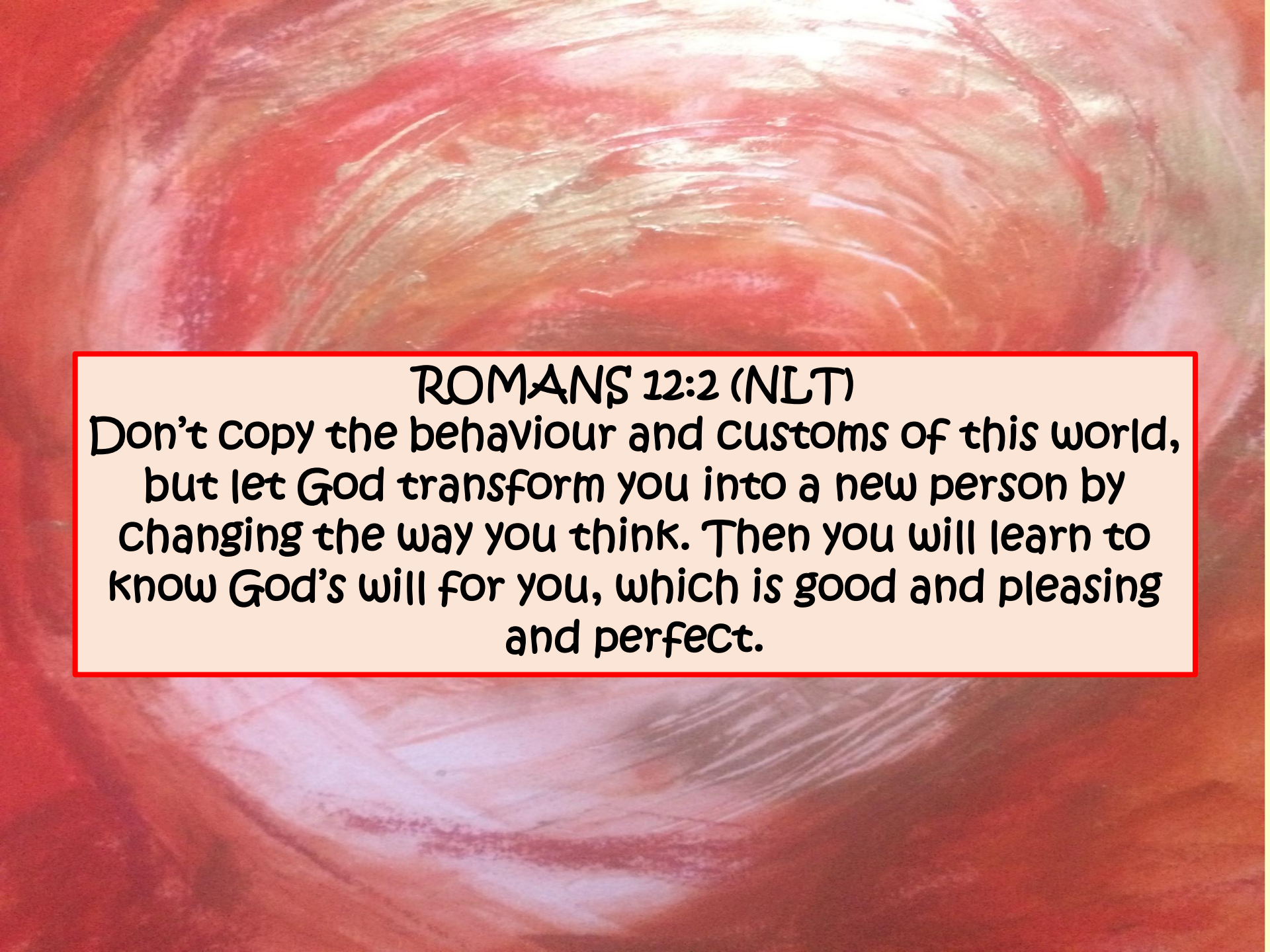


Following an inner call is not an easy task. It is contrary to all our conditioning and especially to our culture's belief that logic is supreme. I had always admired those who were learned and wise and was convinced that those attributes of the mind would reveal the truth I sought. How unexpected to discover that the mind only supplied knowledge about God. Knowing God was different, and its sole requirement was to be open like a child. That is the great step of faith to become open and innocent in spirit.

A person is silhouetted against a bright, golden sunset sky. Their arms are raised high in a gesture of praise or worship. The sun is a large, glowing orb in the center of the frame, casting a warm, orange glow across the entire scene. The person's head is tilted back, and their hands are open, palms facing forward.

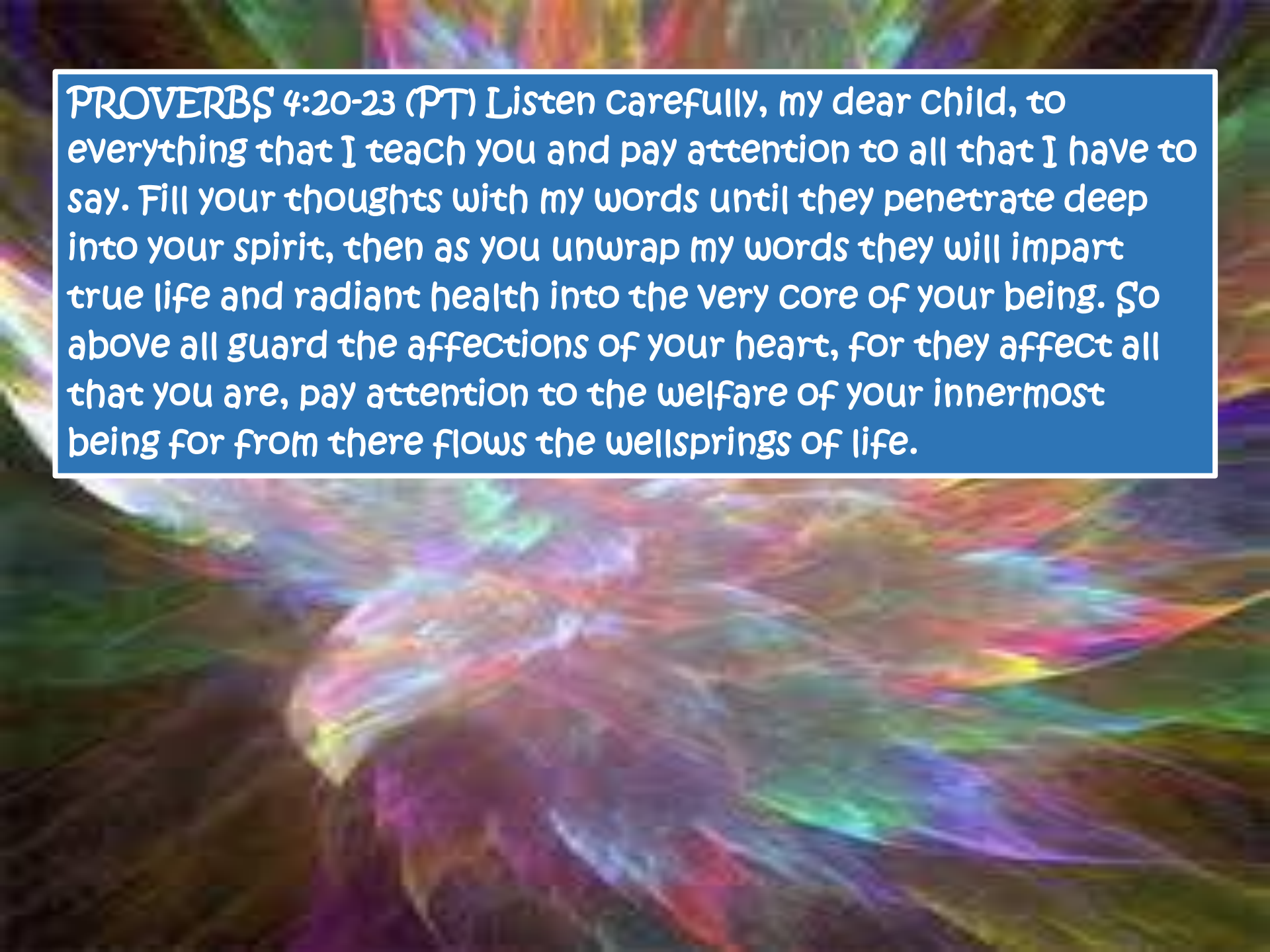
**PSALM 139:14 (NKJV)** I will praise You, for I am fearfully and wonderfully made; Marvellous are Your works and that my soul knows very well.

**(NLT)** Thank you for making me so wonderfully complex! Your workmanship is marvellous—how well I know it.



## ROMANS 12:2 (NLT)

Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.




PROVERBS 4:20-23 (PT) Listen carefully, my dear child, to everything that I teach you and pay attention to all that I have to say. Fill your thoughts with my words until they penetrate deep into your spirit, then as you unwrap my words they will impart true life and radiant health into the very core of your being. So above all guard the affections of your heart, for they affect all that you are, pay attention to the welfare of your innermost being for from there flows the wellsprings of life.

The most common Hebrew word for heart is 'lehev' it includes our thoughts, our will, our discernment and our affections. It is vitally important to know what is going on inside of ourselves. Understanding what happens inside ourselves needs thoughtfulness and careful inward listening.

### PSALM 92:6 (TPT)

Those with no discernment can never really discover the deep and glorious secrets hidden in your ways.



**INWARD DISCERNMENT OF SPIRITS** is often called the “motions of the soul.” These interior movements consist of thoughts, imaginings, emotions, inclinations, desires, feelings, repulsions, and attractions. Spiritual discernment of spirits involves becoming sensitive to these movements, reflecting on them, and understanding where they come from and where they lead us.

## MATTHEW 16:16-21 (NKJV)

When Jesus came into the region of Caesarea Philippi, He asked His disciples, saying, "Who do men say that I, the Son of Man, am?" So they said, "Some say John the Baptist, some Elijah, and others Jeremiah or one of the prophets." He said to them, "But who do you say that I am?" Simon Peter answered and said, "You are the Christ, the Son of the living God." Jesus answered and said to him, "Blessed are you, Simon Bar-Jonah, for flesh and blood has not revealed this to you, but My Father who is in heaven.



## MATTHEW 16:21-23 (NKJV)

From that time Jesus began to show to His disciples that He must go to Jerusalem, and suffer many things from the elders and chief priests and scribes, and be killed, and be raised the third day. Then Peter took Him aside and began to rebuke Him, saying, "Far be it from You, Lord; this shall not happen to You!" But He turned and said to Peter, "Get behind Me, Satan! You are an offense to Me, for you are not mindful of the things of God, but the things of men."





# OUR OWN VOICES!



**THE ADULT VOICE**  
Communicates facts,  
feelings & thoughts  
Clearly & objectively.



**THE INNER CRITIC**  
Intolerant, impatient,  
Sarcastic, diminishing,  
Hostile, cruel, abusive

## THE SEVEN STYLES OF OUR INNER CRITIC!

**THE PERFECTIONIST**- tries to get you to do everything perfectly. When you don't he attacks you.



**THE INNER CONTROLLER**-shames you if you react badly or fail in some way.

**THE TASKMASTER**-pushes you to work harder to be successful it tells you that you are lazy, stupid or incompetent.



**THE UNDERMINER** -tries to undermine your self confidence & self esteem so that you won't take risks tells you that you are worthless and inadequate.



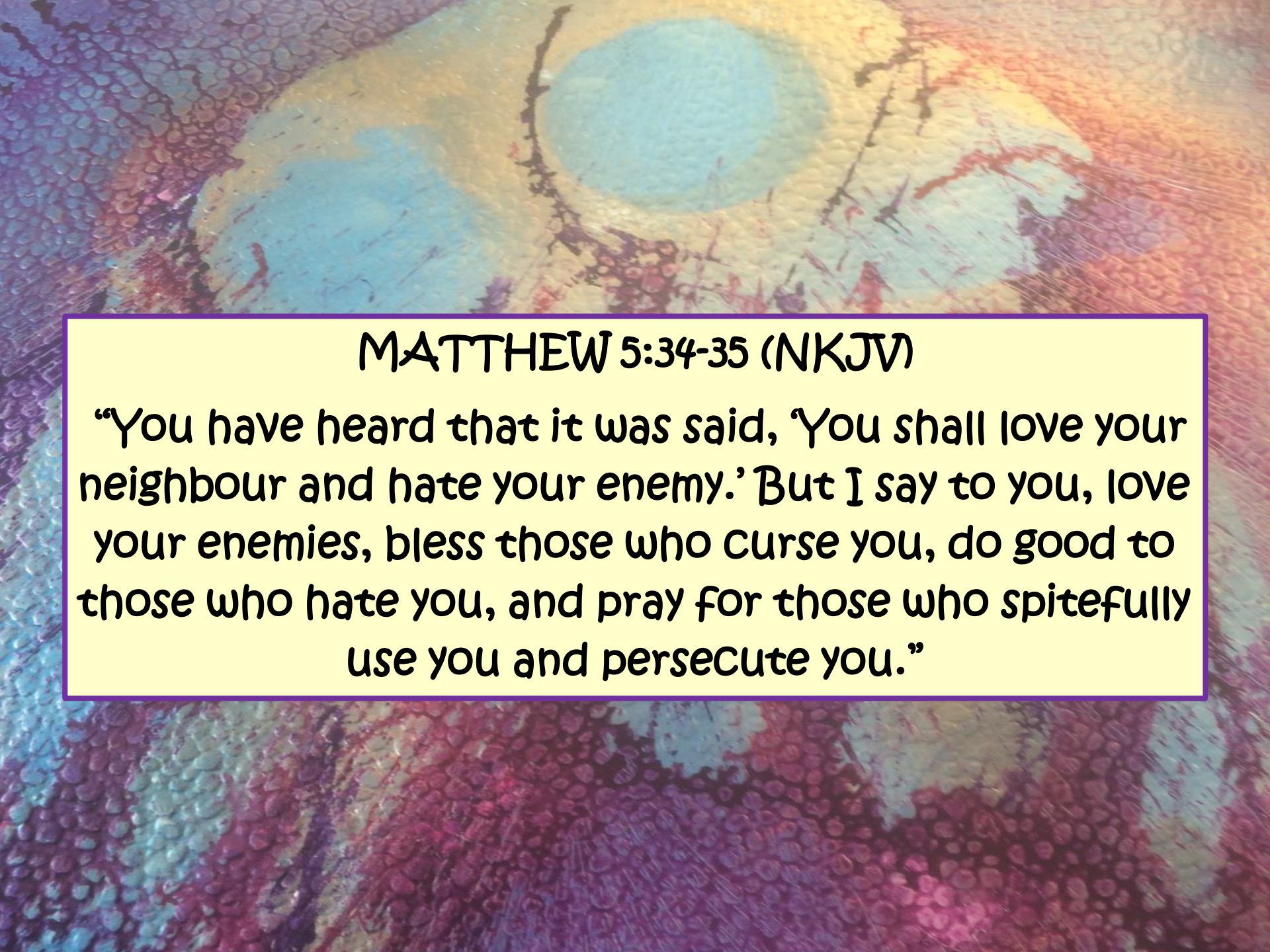
**THE DESTROYER** attacks your fundamental self worth-shames you and tells you that you shouldn't exist.

**THE GUILT TRIPPER**-attacks you for a past action you did or didn't take. It constantly reminds you of your failings and will never forgive you.



**THE MOLDER** tries to get you to fit into a certain pattern or act in a certain way to fit in with other people's values.





**MATTHEW 5:34-35 (NKJV)**

**“You have heard that it was said, ‘You shall love your neighbour and hate your enemy.’ But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you.”**

**ADAPTED CHILD**  
The world is not safe.  
I must protect myself .  
I must either fight, flight, fix  
or freeze



## EPHESIANS 4:15 (NASB)

but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ.







### **NURTURING PARENT**

You're doing well,  
You're brave,  
You've come a long way,  
believe in yourself.  
Well done!



### **FREE CHILD**

Lighten up and have fun!  
God made me to be free!  
I'm OK -  
you let me be me!  
Anything is possible.

**MATTHEW 18:3 (MSG)** Jesus called over a child, whom he stood in the middle of the room, and said, "I'm telling you, once and for all, that unless you return to square one and start over like children, you're not even going to get a look at the kingdom, let alone get in. Whoever becomes simple and elemental again, like this child, will rank high in God's kingdom. What's more, when you receive the childlike on my account, it's the same as receiving me."



**MARIANNE WILLIAMSON**  
(quoted by Nelson Mandela in his inaugural speech  
1994.)

Our deepest fear is not that we are inadequate

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, "Who am I to be brilliant, gorgeous,  
talented, fabulous?"

Actually who are you not to be? You are a child of God.



Your playing small does not serve the world.

There's nothing enlightened about shrinking so that others people won't feel insecure around you.

We are all meant to shine, as children do.

We were born to make manifest the glory of God that is within us. It's not just in some of us; it is in every one.

And as we let our own light shine, we unconsciously give others the permission to do the same.

As we are liberated from our fear, our presence automatically liberates others.



**PSALM 103:1-5**

Bless the LORD, O my soul,  
And all that is within me, bless His  
holy name.

Bless the LORD, O my soul, and  
forget none of His benefits; who  
pardons all your iniquities, who heals  
all your diseases; who redeems your  
life from the pit, who crowns you  
with loving kindness and compassion;  
who satisfies your years with good  
things, so that your youth is renewed  
like the eagle.



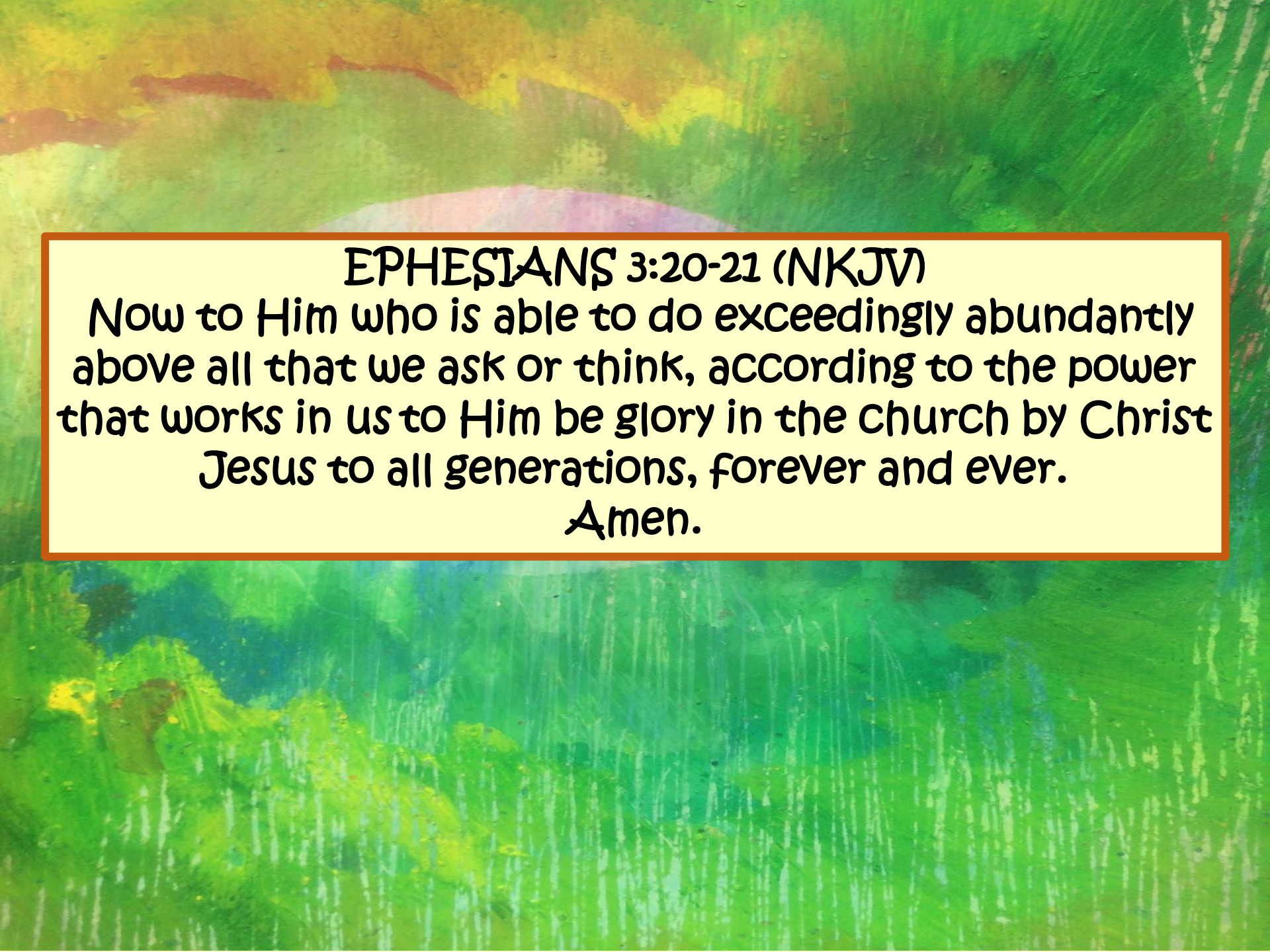


**Saint Catherine of Genoa ( 1447 – 1510)**  
an Italian Roman Catholic saint and mystic,  
admired for her work among the sick and the poor  
and remembered for various writings  
describing both her work & mystical experiences.

shouted as she ran through the streets of town,  
“My deepest me is God!”

Paul had shouted to the Colossians  
“The mystery is Christ within you—your  
hope of Glory!” **COLOSSIANS 1:27**





**EPHESIANS 3:20-21 (NKJV)**

**Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us to Him be glory in the church by Christ Jesus to all generations, forever and ever.  
Amen.**