



Jan 6 & 10 | I'm Not Myself | Rev. Brian Cook

### Matthew 7:13-14

<sup>13</sup>Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. <sup>14</sup>For the gate is narrow and the way is hard that leads to life, and those who find it are few.

### 1 John 1:5-10

<sup>5</sup>This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. <sup>6</sup>If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. <sup>7</sup>But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. <sup>8</sup>If we say we have no sin, we deceive ourselves, and the truth is not in us. <sup>9</sup>If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. <sup>10</sup>If we say we have not sinned, we make him a liar, and his word is not in us.

How to experience peace:

1. Be brutally honest with YOURSELF.
2. Be receptive to INPUT.
3. Be the better YOU.

Living by what you BELIEVE, instead of what you FEEL isn't hypocrisy, it's INTEGRITY.

You'll never find peace with YOURSELF, until you find peace with GOD.

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