

Ministries of Brotherly Understanding

Est. 2024

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Welcome members, supporters, sponsors and followers of the Ministries of Brotherly Understanding. This sermon will be about finding yourself.

Finding yourself is a process of self-discovery and self-reflection that can help you understand who you are and what you want.

A journey of self-discovery refers to a travel, pilgrimage or series of events whereby you attempt to determine how you feel, personally, about spiritual issues or priorities, rather than following the opinion of family, friends, neighbors or peer pressure. This has been associated with Zen.

Keep in mind this principal when starting on your journey to finding yourself

- Understand where you came from
 - Your past doesn't have to define your future, but it can help you understand yourself.
 - Uncovering your story is a crucial stepping stone on your journey to finding yourself.
 - The things that happened to you and in your life mold your
 - Character
 - Mannerisms
 - Tendencies
 - Fears
 - Intricacies
 - Emotions
 - How much sense you make of those things that happened to you, will shape who you will become.
 - If you had trauma in your past that's unresolved, it's likely you still carry that energy with you today. That can control how you may act in particular situations.
 - Face your past life experiences, good and bad, to help you understand more about yourself.

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- If you push these experiences off to the side, it's easy to feel lost and like you don't have a clue of who you really are.
- With time, patience and openness, you can step into your most authentic self, regardless of what situations shaped you into the person you are in this moment.

Tips for finding yourself:

- Journaling
 - Write down your thoughts and feelings, then review them regularly.
- Meditate
 - Mindfulness and meditation can help you calm your mind and let go of negative thoughts.
- Identify your values
 - Consider what's important to you and how you can live in alignment with those values.
 - Live a life that allows you to make choices that perfectly aligns with who you are and who you want to become.
- Explore and follow your passions and interests
 - Focus on what makes you feel excited and satisfied.
 - Trust your gut and follow your interests, this is your quest and it's time to step into your power.
 - Your interests will guide you to the best version of yourself and help you find your passions.
- Reflect on your relationships
 - Consider how you can attract and cultivate meaningful relationships.
- Set goals
 - Figure out what you really want, whether that's love, freedom or mastery.
- Take risks
 - Expand outside your comfort zone and use failure as an opportunity to grow.

Benefits of finding yourself:

- You feel in control of your life

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- When you understand who you are and who you want to become, you restore control in your life.
- You can put purpose behind your actions and make decisions that align with your beliefs, values and goals.
- You can make choices that reflect what's most important to you.
 - Reflection is a key component of decision making, as it allows you to take a step back and view your decisions from an objective perspective.
 - Reflection enables you to evaluate potential risks, rewards and consequences before taking action.
- You can attract people who appreciate and accept you for who you are.
 - As you seek acceptance, remember to be true to your genuine self.
 - While still being genuine, you can also practice kindness with others by being present with them, actively listening and being empathetic.
- You can have a deeper and more fulfilling connection with others.
 - By actively working on your relationships, you can develop closer, more meaningful bonds with people, creating a greater sense of understanding, support and shared experiences with them, leading to a richer and more satisfying connection.
 - Aspects to deeper connections:
 - Active listening
 - Paying full attention to what someone is saying and trying to understand their perspective.
 - Empathy
 - Being able to see things from another person's point of view and share their emotions.
 - Vulnerability
 - Sharing your true self, including flaws and insecurities to build trust.
 - Open communication
 - Expressing your thoughts and feelings honestly and openly.
 - Quality time
 - Spending focused and meaningful time together.
 - Shared experiences

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- Engaging in activities that create shared memories and understanding.
- Mutual respect and appreciation
 - Valuing the other person and acknowledging their positive qualities.
- Achieving deeper connections:
 - Ask open-ended questions
 - Encourage deeper conversation by asking questions that require more than a yes or no answer.
 - Show genuine interest
 - Actively listen and demonstrate that you care about what the other person is saying.
 - Be present
 - Give your full attention when interacting with someone, avoiding distractions.
 - Share your own experiences
 - Be willing to open up and share your own thoughts and feelings.
 - Offer support
 - Be there for others when they need you and provide encouragement.
 - Practice gratitude
 - Express appreciation for the people in your life.

Challenges of finding yourself

- It can seem tough at first
 - Finding yourself may be a challenge in the beginning, but with time and patience, the work you do to get deeper into your soul will be worth the effort.
 - Don't give up, give it sometime and let it manifest.
- People may question your identity
 - There are going to be people who judge you in life, that's inevitable.
 - When you choose to go against the grain and find yourself, some people will question who you are becoming.
 - Remember, live for yourself and not others.

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- It's a never-ending journey
 - The journey of finding yourself has no destination.
 - There will always be more for you to tap into, even after you found your most authentic self.
 - You will always be able to learn more about whom you are meant to be, and your journey will change as you live your life and travel your journey.

I hope this sermon helps you start your journey to finding your true self, and I hope you enjoy your journey to self-enlightenment.

In conclusion, I look forward to many more sermons in the future. If there is a specific sermon topic you would like to hear about, you can make suggestions on our website at mobu.church under the left tab labeled Sermon Topics. If you have a story about your life that you need assistance with or it could be used in a sermon, you can submit this on the site as well under the left tab labeled Your Story.

You can also find and download the PDF of this and other Sermons on the site under the top tab labeled Sermons, as well as becoming a member of Ministries of Brotherly Understanding, make donations and find affirmations.