



Free to Be Me

"Be careful! When you do good things, don't do them in front of people to be seen by them." Matthew 6:1(NCV)

"Yo, listen up! Don't go flauntin' your good deeds in front of everyone just to get attention. If you do that, you won't get any props from your heavenly Father." Matthew 6:1(Gen Z Bible)

"...when you pray, go into your room, close the door and pray to your Father, who is unseen." Matthew 6:6

"For where your treasure is, there your heart will be also."
Matthew 6:21

"Just calling me 'Lord' won't get you into heaven. It's all about whether you're actually doing what God wants. On Judgment Day, a lot of people will be like, 'Lord, didn't we do a ton of epic stuff in your name, like prophesying, kicking out demons, and pulling off miracles?' But I'll have to say straight up, 'I don't **know** you. Get

away from me, **you're on the wrong track!**" Matthew
7:21-23(Gen Z Bible)

"First clean the inside of the cup and dish, and then the outside..."
Matthew 23:26

First WHO, then DO!

77% of a leader's effectiveness is tied to WHO they are, not
WHAT they do.

Devarim = Words

"Listen/Shema (give your **SUSTAINED ATTENTION**)"
Deuteronomy 6:4

"Take with you words and return to the Lord." Hosea 14:2(ESV)

Words Can Change Your Brain by Andrew Newberg

Without words we would live in chaos

A single word has the power to regulate your physical and
emotional stress

Words shape your behaviors

Sustained attention to the right words can reduce feelings of
anxiety, addiction, irritability, and discontent, while enhancing
happiness, meaning, and purpose, helping you become the
person you aspire to be.

With sustained attention to the right words, I become the me I was created to be

"you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse." Philippians 4:8(MSG)

"The Holy Spirit produces a different kind of fruit: *unconditional* love, joy, peace, patience, kindheartedness, goodness, faithfulness, 23 gentleness, and self-control."
Galatians 5:22,23(Voice)