

Called Challenged Chosen

How are you, really?

What's the difference between "How are you" and "How are you doing?"

- **How would you answer this question? How are you?**
- **How are you doing?** is a general inquiry. It can ask about what's going on in someone's environment (questions like, "How's your day been so far?") or in some contexts can mean "How are you faring?" or "Do you need anything?"
- **How are you?** makes a slightly more personal inquiry about someone's health or mood. It focuses on the person's condition. It's also a bit more formal than "How

Authentically Responding

- In a society littered with clichés it is easy to forsake an authentic response for one that is more digestible for others to handle or the one that quickly moves the conversation away from us. Because if I really told you what was going on, we would be here for a while.
 - Instead we try to tell everyone what's going right in our life to seem as though all is well.
- Embracing your weaknesses and your quirks is just as much a part of being authentic as embracing your strengths.
- **God can't bless who you pretend to be! It's like buying a product from Amazon for yourself and never receiving because you keep putting down someone else's address. All the while spending money repeatedly trying to get this product**

Called

- It's important to understand the manufacturer to truly see the beauty in the product.
- Called: In the Greek language of the New Testament, the word for "called" is *kletos*. It is related to the noun *klesis*, which means "a calling" and is used "especially of God's invitation to man to accept the benefits of salvation" Paul wrote: "God is faithful, by whom you were called into the fellowship of His Son, Jesus Christ our Lord" (1 Corinthians 1:9).
- Not only is a Christian to be called into the "fellowship of His Son," which indicates a relationship with Him, but there is a calling "out of darkness into His marvelous light" (1 Peter 2:9).
- Recognize you were called for more, created for more, chosen for

Relationship with your calling

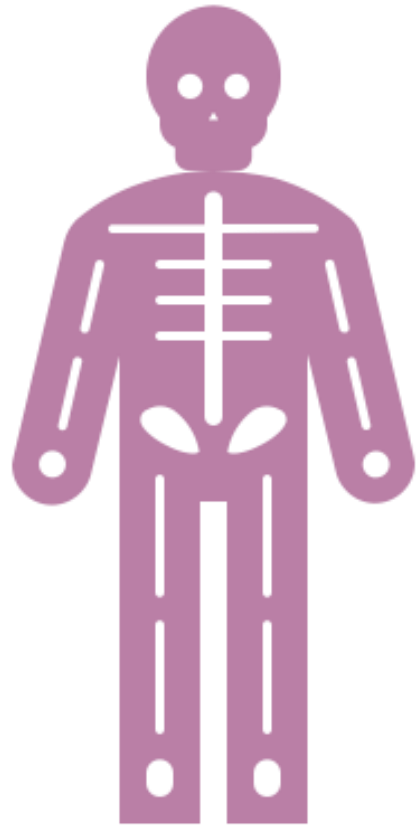
- To have identity, you must have realization of self.
- To have realization of self, takes understanding and intimacy with God.
- So in turn, when you have a deep and intimate relationship with God, you know who you are; you have identity in him.
- Understand that intimacy with God is really IN-TO-ME-I-SEE.
 - The relationship with God is a window into realizing who you are,

What are you calling yourself?

- Our language can be a great representation of who we are. How someone speaks tells us a lot about how they think. Not only of us but themselves as well.
- Whatever follows I am will attach itself to you! Your words can be an invitation to welcome whatever you're speaking into your life.
 - Proverbs 18:21 puts it this way: "The tongue has the power of life and death." The stakes are high.
 - Your words can either speak life, or your words can speak death. Our

I
AM

- I am Brandon Frazier
- I am Pansexual
- I am healed.
- I am whole.
- I am courageous.
- I am a son of God.
- I am the manifestation of Gods word.
- I am loved.
- I am identified.
- I belong. (I felt that one).



How Do We
Get There?

Challenged

- The process of going from called to chosen involves challenges. Whether we are seeking something for ourselves or we feel called to something it comes with challenges. Even when we don't understand what we're being prepared for there are challenges.
 - Look at that last point, even when you don't know what it's all for there will come a time where everything will make sense.
- As soon as you communicate a desire or state this is what you want, I feel life's immediate rebuttal is how bad do you want it? Are you willing to fight for it? Are you willing to change for it? Are you willing to search deeper for it? Are you willing to be challenged for it?
 - In order to attain the blessings you must be willing to endure the challenges.



Wellness Check

The 6 Areas of Individual Wellness



SPIRITUAL



SOCIAL



ENVIRONMENTAL



EMOTIONAL



INTELLECTUAL



PHYSICAL

Joseph

Genesis 37: 2-8

- ² This is the account of Jacob and his family. When Joseph was seventeen years old, he often tended his father's flocks. He worked for his half brothers, the sons of his father's wives Bilhah and Zilpah. But Joseph reported to his father some of the bad things his brothers were doing.
- ³ Jacob^[a] loved Joseph more than any of his other children because Joseph had been born to him in his old age. So one day Jacob had a special gift made for Joseph—a beautiful robe.^[b] ⁴ But his brothers hated Joseph because their father loved him more than the rest of them. They couldn't say a kind word to him.
- ⁵ One-night Joseph had a dream, and when he told his brothers about it, they hated him more than ever. ⁶ "Listen to this dream," he said. ⁷ "We were out in the field, tying up bundles of grain. Suddenly my bundle stood up, and your bundles all gathered around and bowed low before mine!"

Spiritual

- Spiritual wellness acknowledges our search for deeper meaning in life and is reflected when our actions become more consistent with our beliefs and values. Spiritual wellness is a process of understanding your beliefs, values, and ethics that guide your life. You must spend time asking and exploring your spiritual life.
- You inherit religion, but you form relationship. Are you bound by your religion or are you invested in a relationship?

Social

times. Social wellness involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you. Conscious actions are important in learning how to balance your social life with your academic and professional lives. Social wellness also includes balancing the unique needs of romantic relationships with other parts of your life.

- Social wellness enables you to create boundaries that encourage communication, trust and conflict management. Having good social

Emotional

and negative feelings and be able to understand how to handle these emotions. Emotional wellness also includes the ability to learn and grow from experiences. Emotional well-being encourages autonomy and proper decision-making skills. It is an important part of overall wellness.

- Emotional wellness allows you to accept how you are feeling. Once you accept your feelings, you can begin to understand why you are feeling that way and decide how you would like to act in response to those feelings. Being emotionally well grants you the power to express feelings without any constraints. In turn, you will be able to enjoy

Environmental

- Environmental wellness means taking care of your personal surroundings and your global environment. De-cluttering, changing locations, and cleaning up your life can improve your health.
- What do you do when you know you are destined for so much more, but where you are doesn't represent where you are trying to go.
 - You must change your environment.

Intellectual

- Intellectual wellness means staying curious and engaged in learning new things and pursuing more out of your life. As intellectual wellness develops, you can develop personal resources that work together with the other realms of wellness in order to be achieve a more balanced life.

Physical

- Physical wellness involves taking care of your temple. Moving your body, eating well, managing stress, SLEEPING, RESTING, etc.
- Having optimal levels of physical activity and maintaining proper nutrition is key to improving your overall emotional wellness. Not only will you sharpen your thinking and learning abilities, you will also enhance your sense of self-esteem and self-control.

Joseph

Genesis 45: 4-8

- ⁴ “Come over here,” he said. So they came closer. And he said again, “I am Joseph, your brother whom you sold into Egypt! ⁵ But don’t be angry with yourselves that you did this to me, for God did it! He sent me here ahead of you to preserve your lives.
- ⁶ These two years of famine will grow to seven, during which there will be neither plowing nor harvest. ⁷ God has sent me here to keep you and your families alive, so that you will become a great nation. ⁸ Yes, it was God who sent me here, not you! And he has made me a counselor to Pharaoh, and manager of this entire nation, ruler of all the land of Egypt.