

EXPRESSING SELF/EXPRESSING YOU

SESSION EXCERPT

A Quote from Warren buffet, was on how everyone needs to invest. ***“One investment that beats all other is investing in yourself”*** this is because, ***your gain can never be TAXED or taken away by INFLATION or GOVERNMENT, you get to keep it for a Life time. Knowledge would sustain your relevance, that’s why investing in yourself is key.***

1. There is a leadership concept that makes leadership define everything (remember leadership is primarily influence). When you walk into an organization, what you see is leadership, the acts and decisions of the management is expressed by whatever you see. If you see a scattered room, its leadership, if you walk into the reception of an organization, and you see excellence its leadership. Anything one sees in a system, is linked to the expression of the leadership of that system. Whatever becomes of any system or thing under you is an expression of leadership. Therefore, ***expressing you*** is fundamental to your influence, this is because it is the pathway to your identity. Stand for something and be known for something. Therefore, you must be able to express, Impose, Impart and ultimately influence oneself on any system

What you are ultimately doing is expressing yourself within the system. Thus, don’t take nonsense, because if you do, it would tamper with your assignment.

2. ***Expression therefore, is the act of showing forth your thoughts, feelings and ability.*** The act of making, your thoughts and feelings known by any means. Expressing you is the revealing and the releasing of you. Be intentional in all your actions, else when you become a leader, the pressure below would overwhelm you. Be an intentional person. There are little things you need to discipline yourself about, let your **NO** be **NO** over a matter. You can say, ***“I am intentional, I am devoted to the Word”***.

3. ***The best of you is in your expressions***, you don’t know how good you are until you express what is in you. The *you* that isn’t expressed would end up frustrated. There is a *you* longing for expression. There is a *you* waiting for recognition, everyone is waiting to express.

HOW TO EXPRESS YOURSELF

1. **Get these out of your head:** your past failure, your regrets, your limitation, abuse, pains because the pain you don’t control would control you. May you not realize at an old age that you have a lot of you left *unexpressed*. Joshua 13:1,2 (KJV) Joshua’s generation didn’t finish at the end. Pray that you die empty. There’s so much you

can do; ensure you die empty. The biggest and the greatest poison in you is regret, you can't express yourself in pain. That's why you can't be a bitter person. Past successes also is an enemy of today's success. Success is like a chewing gum, extract all the juice, spit it out and then begin to desire and hunger for another fresh one.

2. **Be yourself:** I have come to discover that of all the greatest personalities that lived on earth and in contemporary times were original versions of themselves. You would be angry with yourself if you aren't yourself. We live in a world of counterfeits, *but don't be a fake person*. Be yourself, it's key, it's crucial. Stop giving false impressions of yourself.
3. **Step out of you and your situation:** start by asking yourself, *could this be me?* Or am I being manipulated? Ask yourself *"what does God want?" "Whose decision am I taking?" "Is this vetoed on who I am or other?" "Does this reflect who I am, who I want to be, who I want people to see me as?" "Is this right or good for where am going to?"* Always check yourself, because we have a tendency of losing track. *"Is this how I want the future to be?"*
4. **Always make the right choice:** Deuteronomy 32:19- Make the right choices now. One of the greatest choices you can make, is your ability to say **no**. There are some things you should just say no to, learn to say no. My mum used to say, people are very interesting, but they are very difficult. One thing you would learn in life is this. ***Even if you tell people things, they would still do what they want to do.***
5. Never lie, because lying reveals the false you and the false expression of who you are. Any time you lie,
 - a. You damage yourself
 - b. You counter yourself
 - c. You alter your personality
 - d. You cancel your influence.

"Anytime you lie, something great dies within you"- T.L Osborne

"Say the truth always and you would never need to remember what you said before"- Oral Roberts

Truth can't be advanced or upgraded. Truth is truth!

It is said that ***when you eliminate falsehood from yourself, 50% of you is ready to be expressed.***

Terrible things about lies

1. It's self-deceitful.
2. It's self-inflicting: you inflict pain on yourself, you become a shadow of yourself.

3. **Lie is self-reducing** Psalms 49: 12,20.
4. **Lie is self-abusive:** when you lie, you say you can never be better than this. Lie causes cancer or you that can be expressed.
5. **Lie is self-bondage** because you'd never be free from the person you lied to.
6. **Lie is self-damaging**, it's a gradual damage on a person.
7. **Lying leads to loss of self-value**
8. **Lying leads to loss of self-trust** Luke 16:10 (TLB)
9. **Lying leads to loss of self-confidence**
10. **Lying leads to self-condemnation**

Anything you get by with lies will have to be maintained by lying. Psalms 101:7 (KJV, EE, MSG, TPT, T4T, NIV, NLT), no liar can stay in His presence. What you choose to cover now would be exposed tomorrow. If you know where you are going to, you won't tell a lie!

Live an upright life!

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God's best to you!

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