



# GET OVER YOURSELF

THINGS I'VE LEARNED... USUALLY, THE HARD WAY.

My name is Sarah Guldalian. Nice to meet you. ☺

Before I start...

**DON'T BE OFFENDED.  
I DIDN'T KNOW YOU'D  
BE HERE.**

But I knew I would.

#ThingsIveLearned

#strongwilled

#surrender



# LET'S NOT CONFUSE IT. WE ALL COME TO JESUS WITH NOTHING.



"We love because he first loved us." - 1 John 4:19

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." - John 15:5

#ThingsIveLearned

# EGO IS OUR ENEMY.

self-sabotage



**PRIDE USUALLY COMES  
FROM INSECURITY.**

**BUT WE CAN GET SET FREE FROM INSECURITY &  
REJECTION TO THRIVE AS HUMANS & LEADERS.**



~~I MUST INCREASE NOTORIETY, FAME, FOLLOWERS...~~

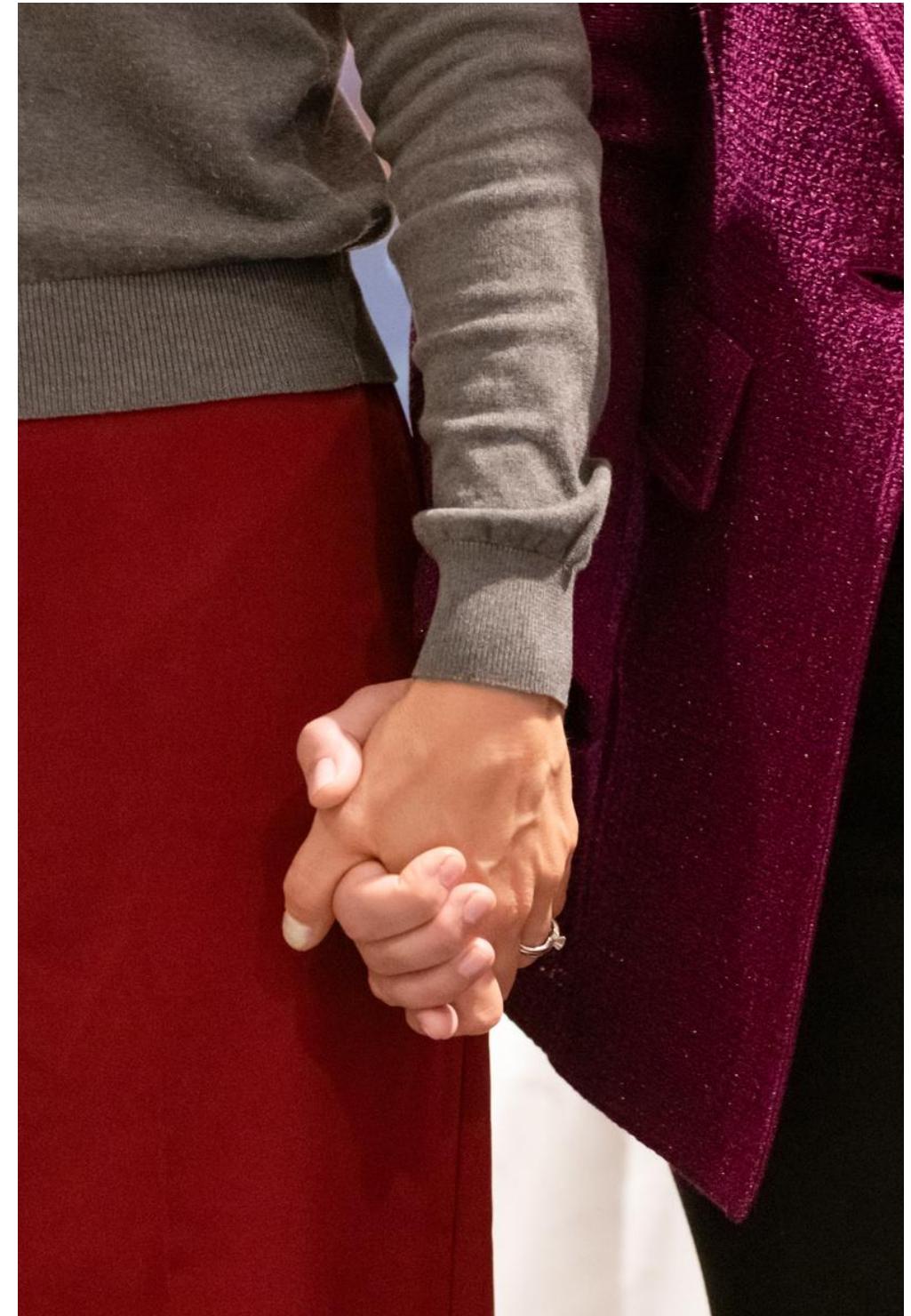
**“He MUST BECOME  
GREATER; I MUST  
BECOME LESS”**

John 3:30



**PEOPLE LOOK TO US.  
WE NEED TO POINT  
THEM TO JESUS.**

WE ARE NOT THEIR SOLUTION. JESUS IS.



EVACUATING MY HUMAN MOTIVES

**“MAY THESE WORDS OF MY  
MOUTH AND THIS MEDITATION  
OF MY HEART BE PLEASING IN  
YOUR SIGHT, LORD, MY ROCK  
AND MY REDEEMER.”**

PSALM 19:14

## MY PRAYER

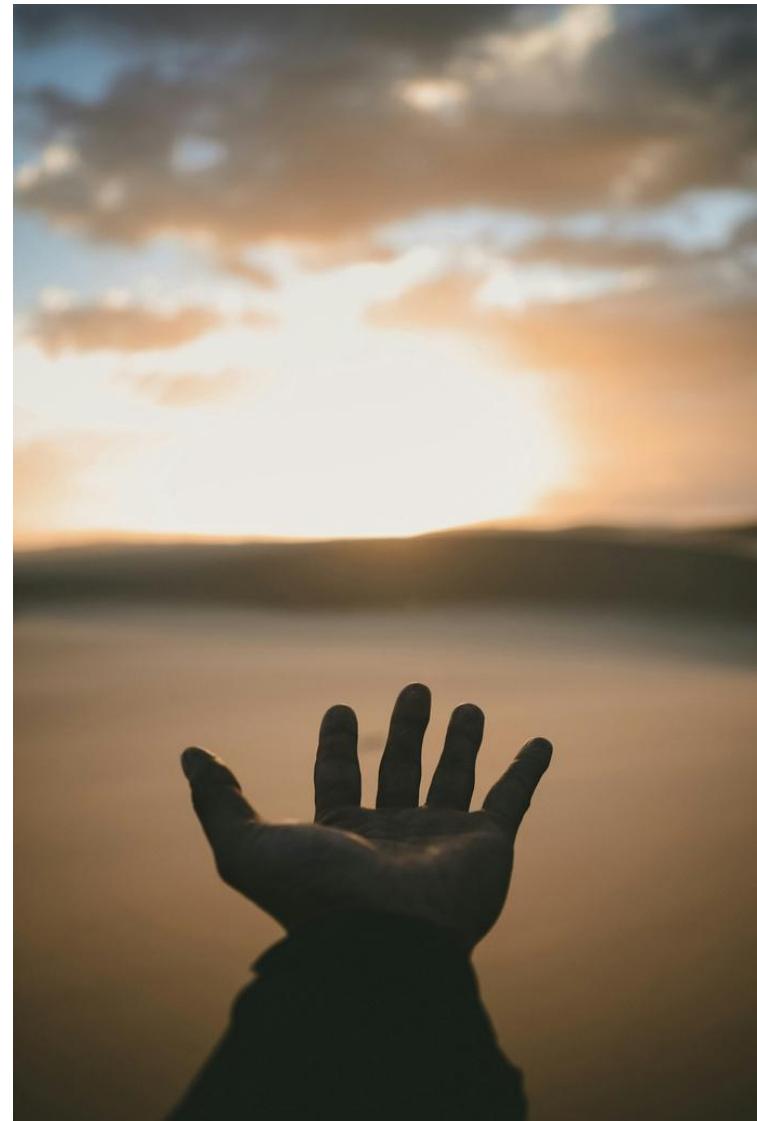
**“DEAR HEAVENLY FATHER,  
I ASK YOU, IN THE NAME OF JESUS,  
TO FILL ME. HOLY SPIRIT, SPEAK  
THROUGH ME. HELP ME GET OUT  
OF THE WAY. IN JESUS’ NAME.”**

**YOU ARE NOT ABOVE ANYONE &  
YOU ARE NOT BELOW ANYONE.**

**“THERE IS NEITHER JEW NOR GREEK, THERE IS NEITHER  
SLAVE NOR FREE, THERE IS NO MALE AND FEMALE, FOR  
YOU ARE ALL ONE IN CHRIST JESUS” (GALATIANS 3:28).**



**GET PAST THE TEMPORAL  
& FIX YOUR EYES ON THE ETERNAL.**



In the end, only Jesus will be standing.

REMEMBER

**YOU ARE MORE THAN A NUMBER,  
MORE THAN A WEIGHT, AN AGE,  
A SIZE, A SALARY, A ZIP CODE,  
OR SALES GOAL.**

**DON'T LOVE SOMETHING  
THAT CAN'T LOVE YOU BACK.**

"Keep your lives free from the love of money and be content with what you have, because God has said, 'Never will I leave you; never will I forsake you.'" - Hebrews 13:5

REMEMBER

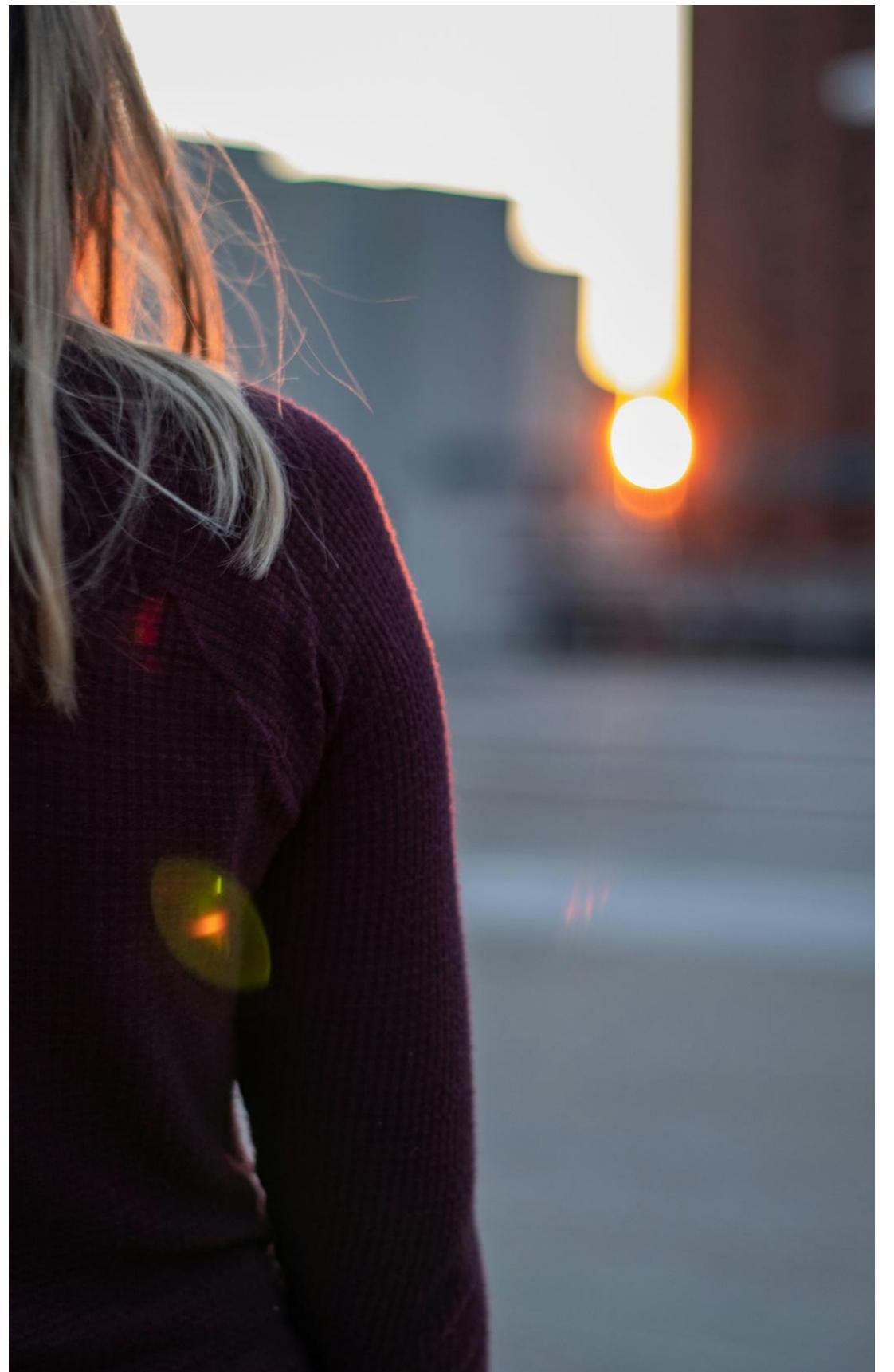
**YOU ARE A CHILD OF GOD,  
CREATED WITH DEEP PURPOSE  
& UNCHANGING VALUE.**

**SO DON'T LET THE VICTORIES OR  
FAILURES STICK AROUND TOO LONG.**

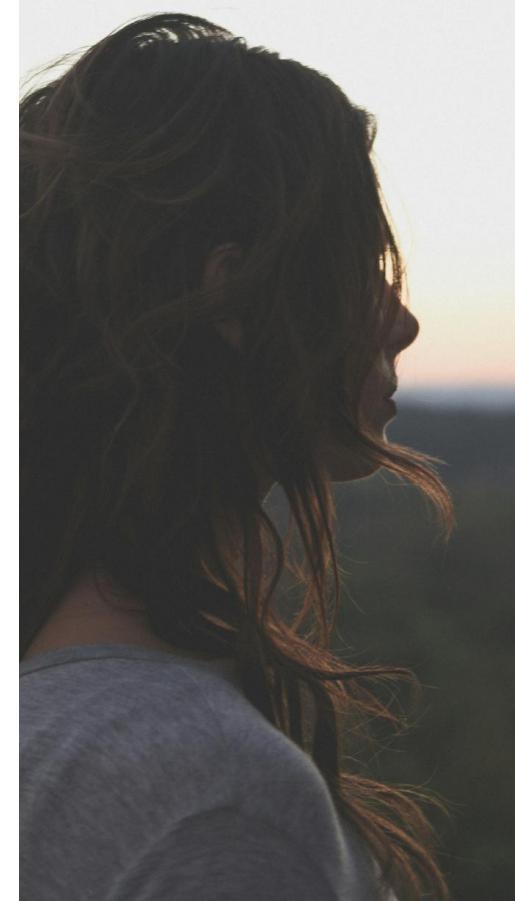
**GIVE IT TO GOD, AND MOVE ON.**



# WHAT IS OUR MOTIVATION?



**POPULARITY IS AN  
OBLIGATION THAT  
CHAINS YOU TO  
COUNTLESS MASTERS.**



**CARING FOR OTHERS AND  
CARING WHAT OTHERS THINK  
ARE OPPOSITE.**

**ONE IS ABOUT  
OTHERS.**

**ONE IS ALL ABOUT  
YOU.**



**THINKING LOWLY OF YOURSELF  
CAN STILL BE A WHOLE LOT OF  
THINKING ABOUT YOURSELF.**

Get over yourself.  
Go help someone else.



**DON'T FORM AN  
ATTACHMENT TO THE  
OPINIONS OF CRITICS.**

“For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.” – Galatians 1:10



**DON'T TAKE THAT  
COMPLIMENT  
PERSONALLY.**



You heard me right.

Give God the glory. Honor those who helped.



**P.S. I DON'T NEED  
TO HAVE AN OPINION  
ABOUT EVERYTHING  
EITHER.**

# GET OVER YOURSELF.

In other words...

COME TO THE END OF YOURSELF.

SURRENDER YOUR PRIDE & REPUTATION TO JESUS.



# FIX YOUR EYES UPON JESUS.



**HUMBLE YOURSELF,  
OR GOD WILL DO IT FOR YOU.**

**"THE LORD MAKES POOR AND MAKES RICH; HE BRINGS LOW AND HE EXALTS."**

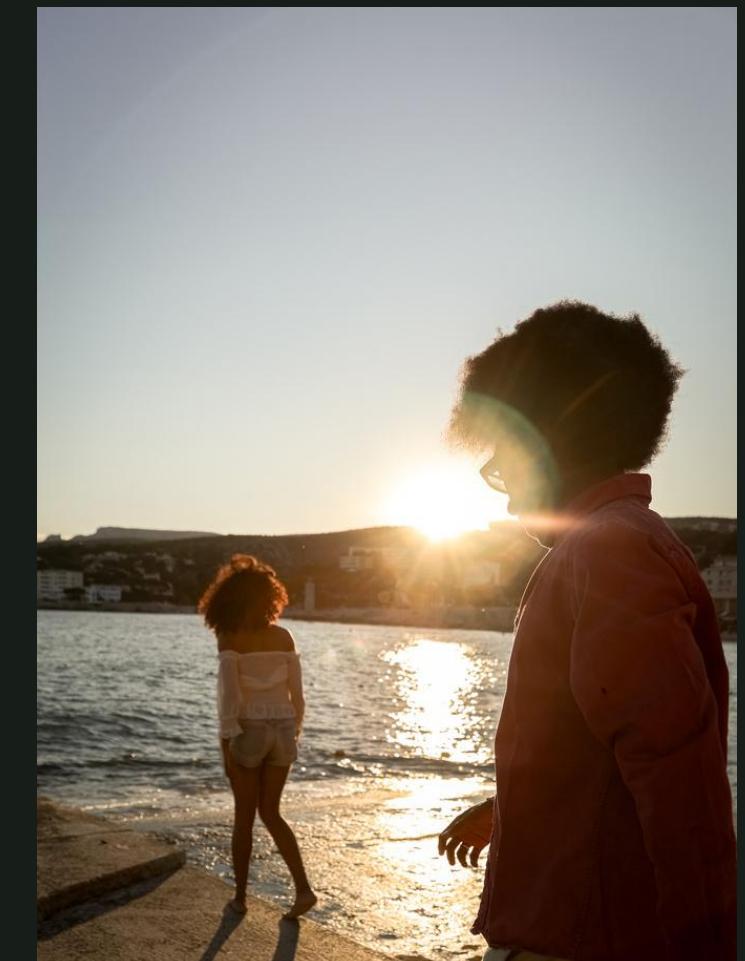
**1 Samuel 2:7**

surrender

**OBEY GOD WHETHER  
IT'S POPULAR OR NOT.**



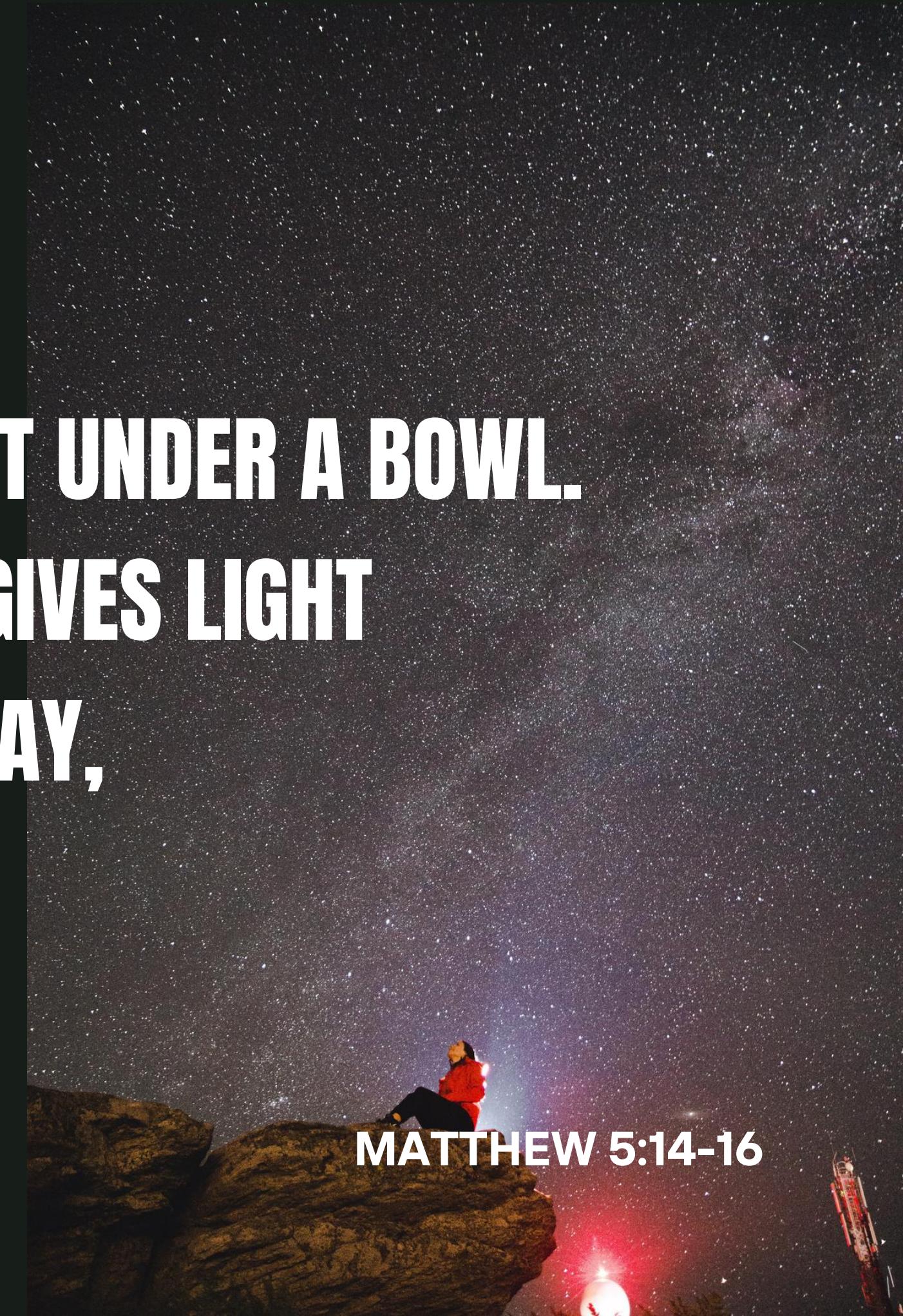
**UNTIL WE DIE TO SELF,  
WE CAN ACCOMPLISH'  
NOTHING OF VALUE.**



IT'S A RELIEF TO GET OVER  
YOURSELF. OUR EGOS ARE  
TOO FRAGILE TO MANAGE.  
IT'S EXHAUSTING.



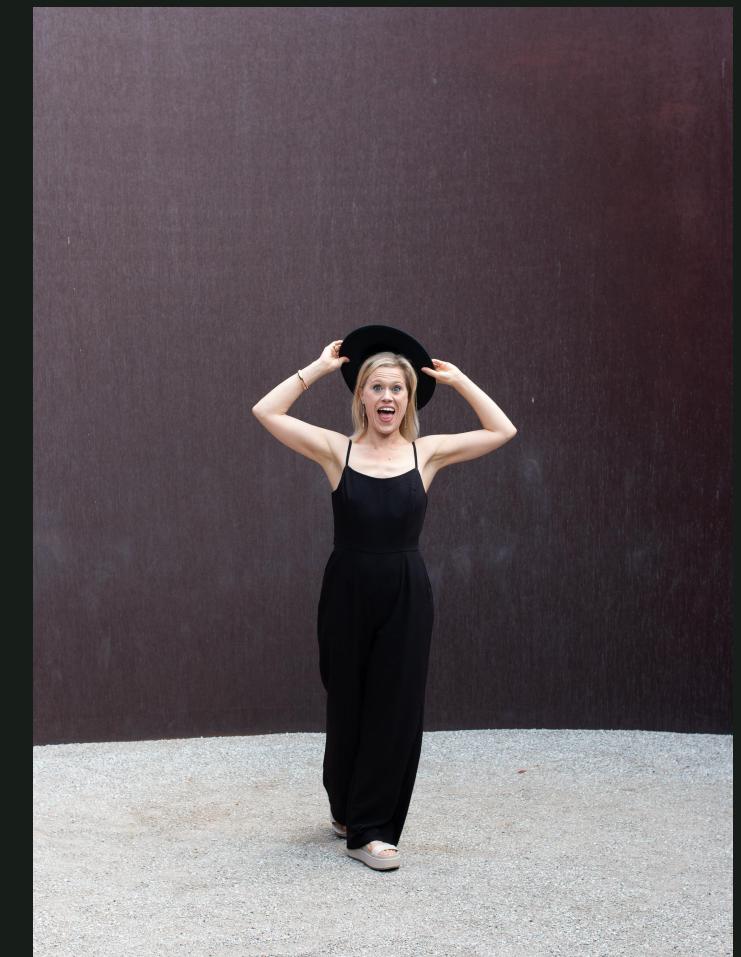
**“YOU ARE THE LIGHT OF THE WORLD.  
A TOWN BUILT ON A HILL CANNOT BE HIDDEN.  
NEITHER DO PEOPLE LIGHT A LAMP AND PUT IT UNDER A BOWL.  
INSTEAD, THEY PUT IT ON ITS STAND, AND IT GIVES LIGHT  
TO EVERYONE IN THE HOUSE. IN THE SAME WAY,  
LET YOUR LIGHT SHINE BEFORE OTHERS,  
THAT THEY MAY SEE YOUR GOOD DEEDS  
AND GLORIFY YOUR FATHER IN HEAVEN.**



**MATTHEW 5:14-16**

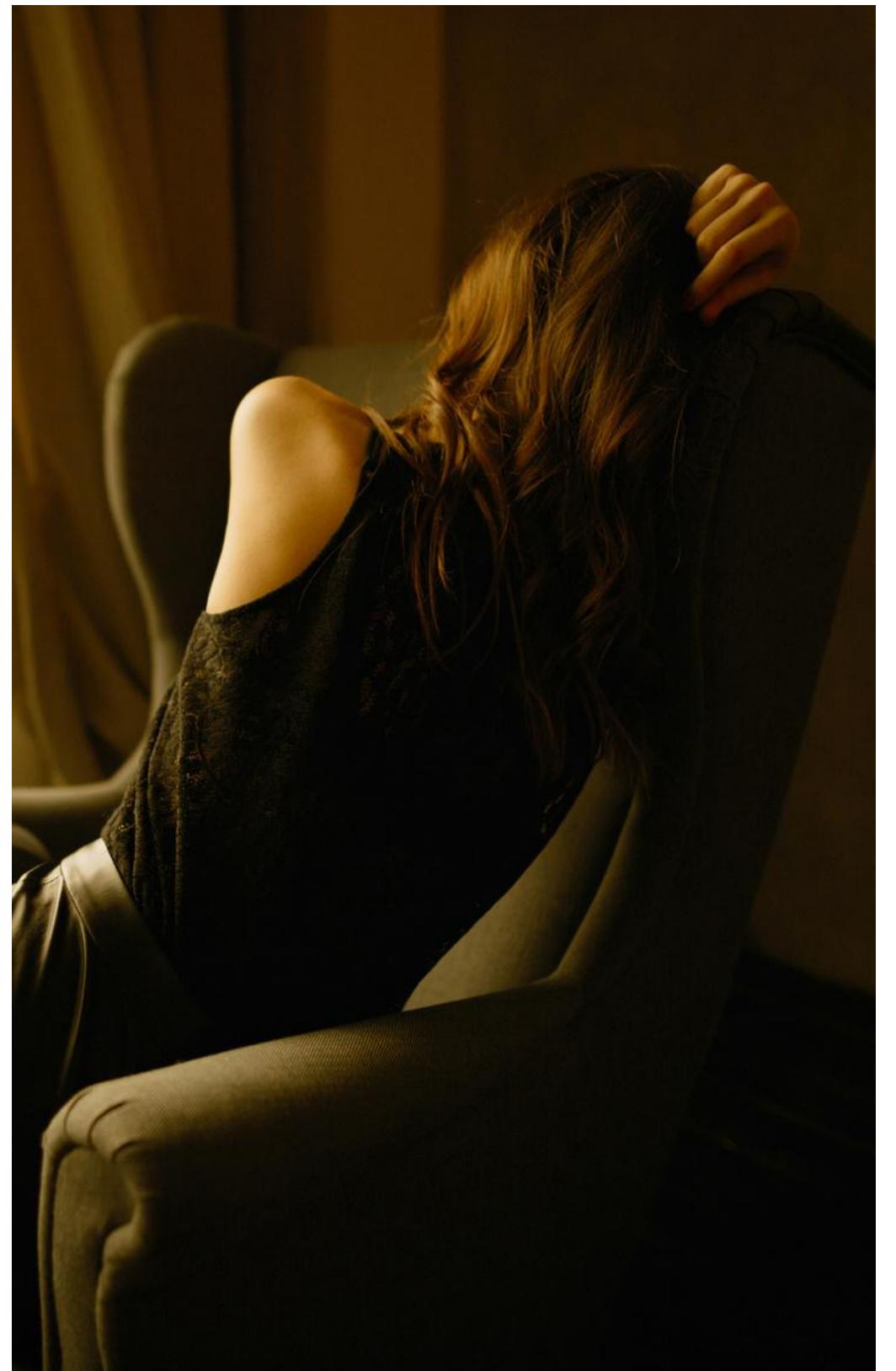
**WHO CARES IF BEING KIND  
MAKES YOU LOOK WEIRD?**

**We should look different!**



shine

**THERE IS A WORLD  
OUT THERE LITERALLY  
DYING FOR HOPE.**

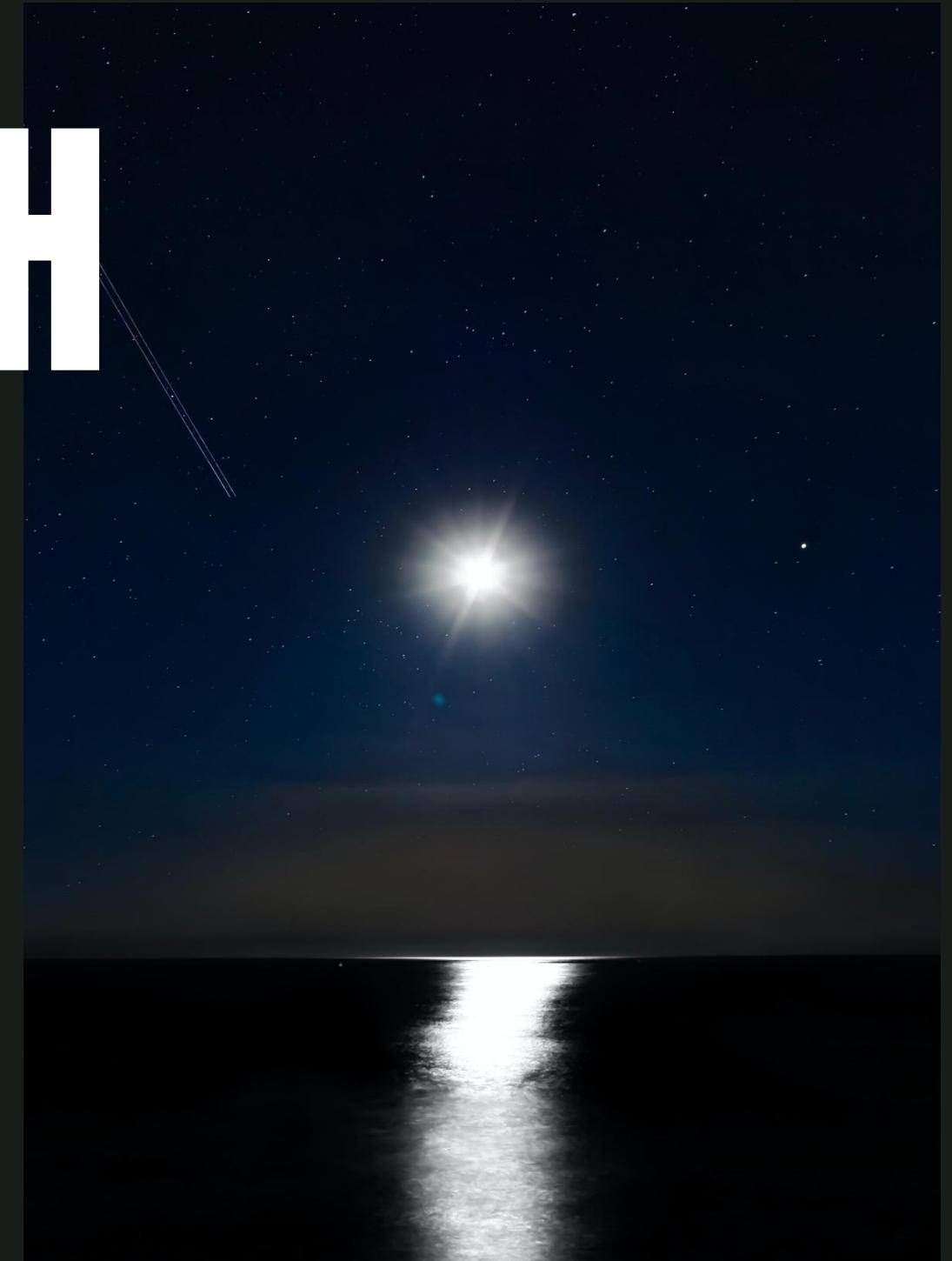




**WE MUST BE  
WILLING TO BE  
UNCOMFORTABLE  
IN LIFE, BECAUSE  
DOING WHAT IS  
CHRIST-LIKE IS OFTEN  
UNCOMFORTABLE IN  
THIS DARK WORLD.**

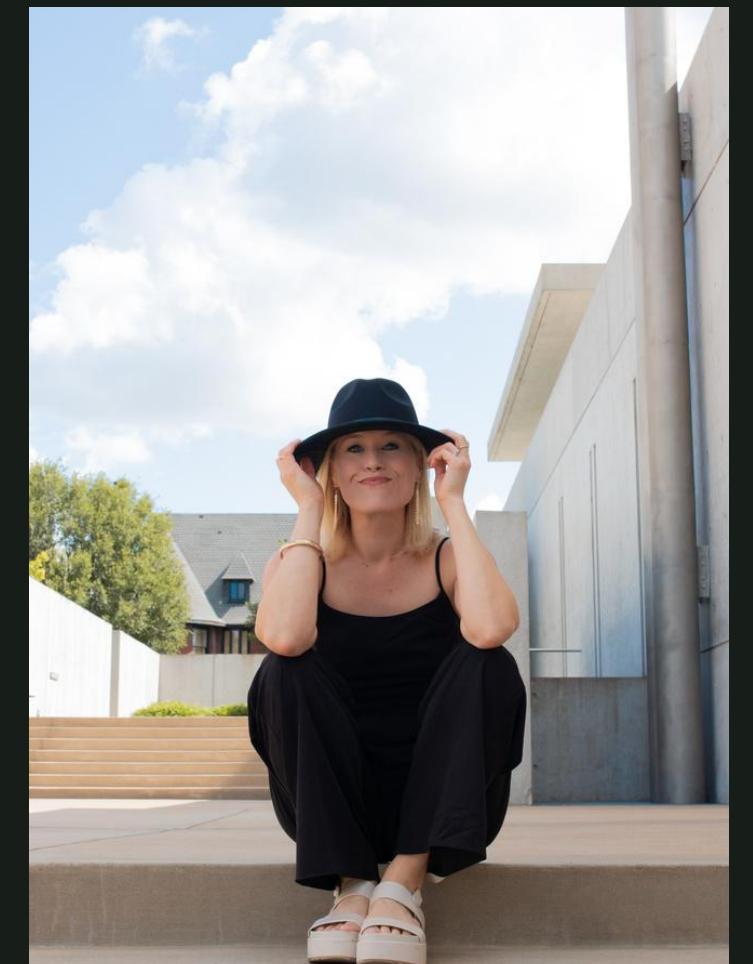
**DON'T BLOW OUT YOUR  
LIGHT TO BLEND IN WITH  
THE DARKNESS.**

**DON'T WITHHOLD COMPLIMENTS.**

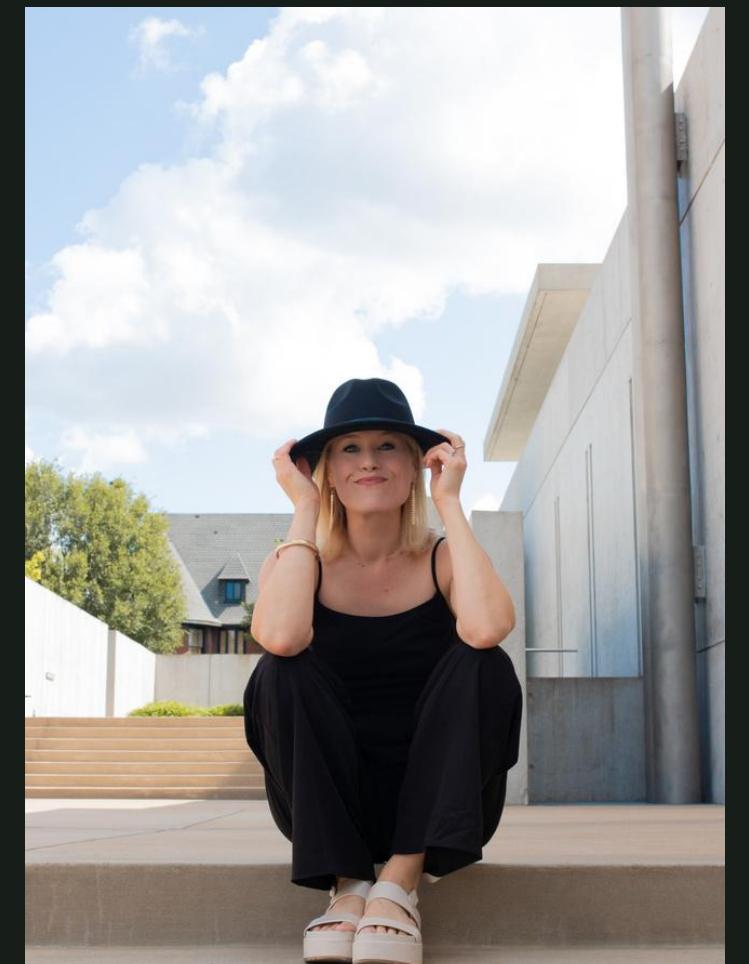


**DON'T MUTE YOUR  
PERSONALITY TO  
CONFORM.**

**ADD COLOR TO THE GRayscale AROUND US.**



# SHINE BRIGHT!



# THE ROOTED SISTERS

SGULDALIAN@THEROOTEDSISTERS.COM

EMAIL

WEBSITE

THEROOTEDSISTERS.COM

SARAHGULDALIAN.CO

MY BLOG