

A Journey to Self Discovery



A Journey to Self-Discovery

There cannot be deep knowledge of God without deep knowledge of one's self. Jesus said, "Love others as well as you love yourself." John Calvin adds, *"Without knowledge of self, there is no knowledge of God. Our wisdom, insofar as it ought to be deemed true and solid wisdom, consists almost entirely of two parts: the knowledge of God and of ourselves. But as these are connected by many ties, it is not easy to determine which of the two precedes and gives birth to the other."* This study will better equip us in our journey to becoming our True Self. The Three great enemies to becoming our True Self will be addressed—Narcissism, Shame, and Anger. The two great tasks of life—knowing God and knowing yourself converge into a single adventure as we are drawn into the arms of our living God through this study. Let the Journey begin!

The "Baby Steps" Toward Knowing Yourself

Highland Colony Men's Roundtable
www.MensTable.com

A Man understands the "Baby Steps" needed to know yourself.

January 31, 2019

Bible Verses: Matthew 6:6; Romans 8:31-39; Romans 8:1,2; Romans 8:9-14; Luke 18:14

Music: I Receive - Hillsong London

<https://www.youtube.com/watch?v=K2tUnbmSOX0>

Video: Bob Wiley

<https://www.youtube.com/watch?v=I104h3Qlcgk>

Rules for Life; Baby Steps

<https://www.youtube.com/watch?v=PVBglifb1q8>

Resources:

Book: *The Gift of Being Yourself – The Sacred Call of Self-Discovery* by David G. Benner.

Book: *Real Men Have Feelings Too* by Gary Oliver.

Book: *How to Kill a Narcissist* by JH Simon.

Book: *The Soul of Shame* by Curt Thompson, M.D.

The "Baby Steps" Toward Knowing Yourself. - Matthew 6:6

- The secret place where you encounter God in a truly transformational way is in your inner self. What makes this encounter possible is looking at God looking at you. As you see how deeply loved you are by God—in your depths, complexity, totality and brokenness—you dare to allow God more complete access to the dark parts of your soul that most need transformation.
- Personhood is not an accomplishment; it is a gift. We receive who we are from God. Any other identity is of our own making and is an illusion. "HE KNOWS ME!" Genuine self-knowledge begins by looking at God and noticing how God is looking at us. Grounding our knowing of our self in God's knowing of us anchors us in reality. It also anchors us in God.

KNOWING YOURSELF AS DEEPLY LOVED.

1. "_____ " → Hannah Hurnard, Author of *Hind's Feet on High Places* description of God's love for us. God's love for us has nothing to do with your behavior. Consider the Prodigal Son & Father.
2. _____ → Our being is grounded in God's love. See Romans 8:31-39.
3. _____ → In order for our knowing of God's love to be truly transformational, it must become the basis of our identity. Every time we dare to meet God in the vulnerability of our sin—failures, brokenness, shame—this knowing is strengthened. This is courageous living!
4. _____ → Deep knowing of perfect love, just like deep knowing of ourselves, demands that we have deep spiritual friendships. You cannot make the journey alone.

KNOWING YOUR IGNORED OR HIDDEN PARTS.

1. _____ → We tend to think of ourselves as a single, unified self, what we call "I" is really a family of many part-selves. However, to say that we are a family of many part-selves is not the same as saying that we play different roles. The problem is that there are important aspects of our experience that we ignore—feelings of shame, broken parts, or our wounded self.
2. _____ → If you only know your strong, competent self and you are never able to embrace your weak or insecure self, you are forced to live a lie.
3. _____ → Healthy Christian Living involves acknowledging all our part-selves, exposing them to God's love and letting Him weave them into the new person he is making. We must be willing to WELCOME All Parts, allowing them to be softened and healing by love and integrated into the whole person we are becoming.

KNOWING SELF THROUGH THE ENNEAGRAM

- Enneagram – Take the Assessment**
<https://www.wepss.com/>
- Welcome!**
- The Enneagram is one of the most useful tools for understanding personality styles at work, in relationships, and for self-awareness. The WEPSS is a standardized, reliable, and valid Enneagram inventory, the only one published by a major psychological test company and reviewed in Buros's Mental Measurements Yearbook, a respected authority in the testing field.
- The WEPSS can be purchased for single use and in multiple copies by individuals, consultants, and workshop presenters. Results and interpretation are immediately accessible online and via email. The test is currently available in English, Spanish, and Danish for this online version (**Click on Flags At Top!**), and in English and Chinese in the hardcopy version.
- [Purchase the WEPSS](#)

SELF-ACCEPTANCE & SELF-KNOWING

1. _____ → Self-transformation is always preceded by self-acceptance. And the self that you must accept is the self that you actually and truly are—**before you start your self-improvement projects!** Self-Acceptance does not increase the power of things that ultimately need to be eliminated. Rather, it weakens them. Romans 8:1,2.

2. _____ → Until we are willing to accept the unpleasant truths of our existence, we rationalize or deny responsibility for our behavior. ***You can never be other than who you are until you are willing to embrace the reality of who you are.*** Your sin nature must be crucified (Romans 8:9-14).
3. _____ → No one can give up what he does not first possess (Luke 18:14).

ACTION: Journal This!

1. How does God feel about you?
2. What parts of you do you have difficulty in accepting?
3. When have you experienced real acceptance?

Bible Verses – The Message

Matthew 6:6 - ⁶ "Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.

Romans 8:31-39 - ³¹ So, what do you think? With God on our side like this, how can we lose? ³² If God didn't hesitate to put everything on the line for us, embracing our condition and exposing himself to the worst by sending his own Son, is there anything else he wouldn't gladly and freely do for us? ³³ And who would dare tangle with God by messing with one of God's chosen? ³⁴ Who would dare even to point a finger? The One who died for us - who was raised to life for us! - is in the presence of God at this very moment sticking up for us. ³⁵ Do you think anyone is going to be able to drive a wedge between us and Christ's love for us? There is no way! Not trouble, not hard times, not hatred, not hunger, not homelessness, not bullying threats, not backstabbing, not even the worst sins listed in Scripture: ³⁶ They kill us in cold blood because they hate you. We're sitting ducks; they pick us off one by one. ³⁷ None of this fazes us because Jesus loves us. ³⁸ I'm absolutely convinced that nothing - nothing living or dead, angelic or demonic, today or tomorrow, ³⁹ high or low, thinkable or unthinkable - absolutely nothing can get between us and God's love because of the way that Jesus our Master has embraced us.

Romans 8:1,2 - ¹ With the arrival of Jesus, the Messiah, that fateful dilemma is resolved. Those who enter into Christ's being-here-for-us no

longer have to live under a continuous, low-lying black cloud. ² A new power is in operation. The Spirit of life in Christ, like a strong wind, has magnificently cleared the air, freeing you from a fated lifetime of brutal tyranny at the hands of sin and death.

Romans 8:9-14 - ⁹ But if God himself has taken up residence in your life, you can hardly be thinking more of yourself than of him. Anyone, of course, who has not welcomed this invisible but clearly present God, the Spirit of Christ, won't know what we're talking about. ¹⁰ But for you who welcome him, in whom he dwells - even though you still experience all the limitations of sin - you yourself experience life on God's terms. ¹¹ It stands to reason, doesn't it, that if the alive-and-present God who raised Jesus from the dead moves into your life, he'll do the same thing in you that he did in Jesus, bringing you alive to himself? When God lives and breathes in you (and he does, as surely as he did in Jesus), you are delivered from that dead life. With his Spirit living in you, your body will be as alive as Christ's! ¹² So don't you see that we don't owe this old do-it-yourself life one red cent. ¹³ There's nothing in it for us, nothing at all. The best thing to do is give it a decent burial and get on with your new life. ¹⁴ God's Spirit beckons. There are things to do and places to go!

Luke 18:14 - ¹⁴ Jesus commented, "This tax man, not the other, went home made right with God. If you walk around with your nose in the air, you're going to end up flat on your face, but if you're content to be simply yourself, you will become more than yourself."

I RECEIVE

By Hillsong

Accepting I live favored of the Lord
Forgiven, by Your love I'm transformed
It's not what I do but what You've done for me
And by Your grace, oh God I stand with my head held high

I receive Your love
I receive Your love for me
I receive Your love
I know I am accepted

Establish every blemish in Your soul
Forever I am chosen to be loved
It's not by my words but by your work in me
And by Your grace, oh God I stand with my head held high

I receive Your love
I receive Your love for me

I receive Your love
I know I am accepted

A lot of things have been removed
My past has gone, my shame removed
You gave Your Son Your love for me
Now at the cross I've been made free

I receive Your love
I receive Your love for me
I receive Your love
I know I am accepted

I receive Your love
I receive Your love for me
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Philip K. Hardin, M.A., M.Div.

Director of Business & Professional Outreach, Intl.
Licensed Marriage & Family Therapist, Licensed Professional Counselor, and Certified Life Coach
563 Johnson Avenue – Fairhope, Alabama 36532
Phone: 601-925-0707

Email: phil@bpointl.org

Webpage: www.bpointl.org

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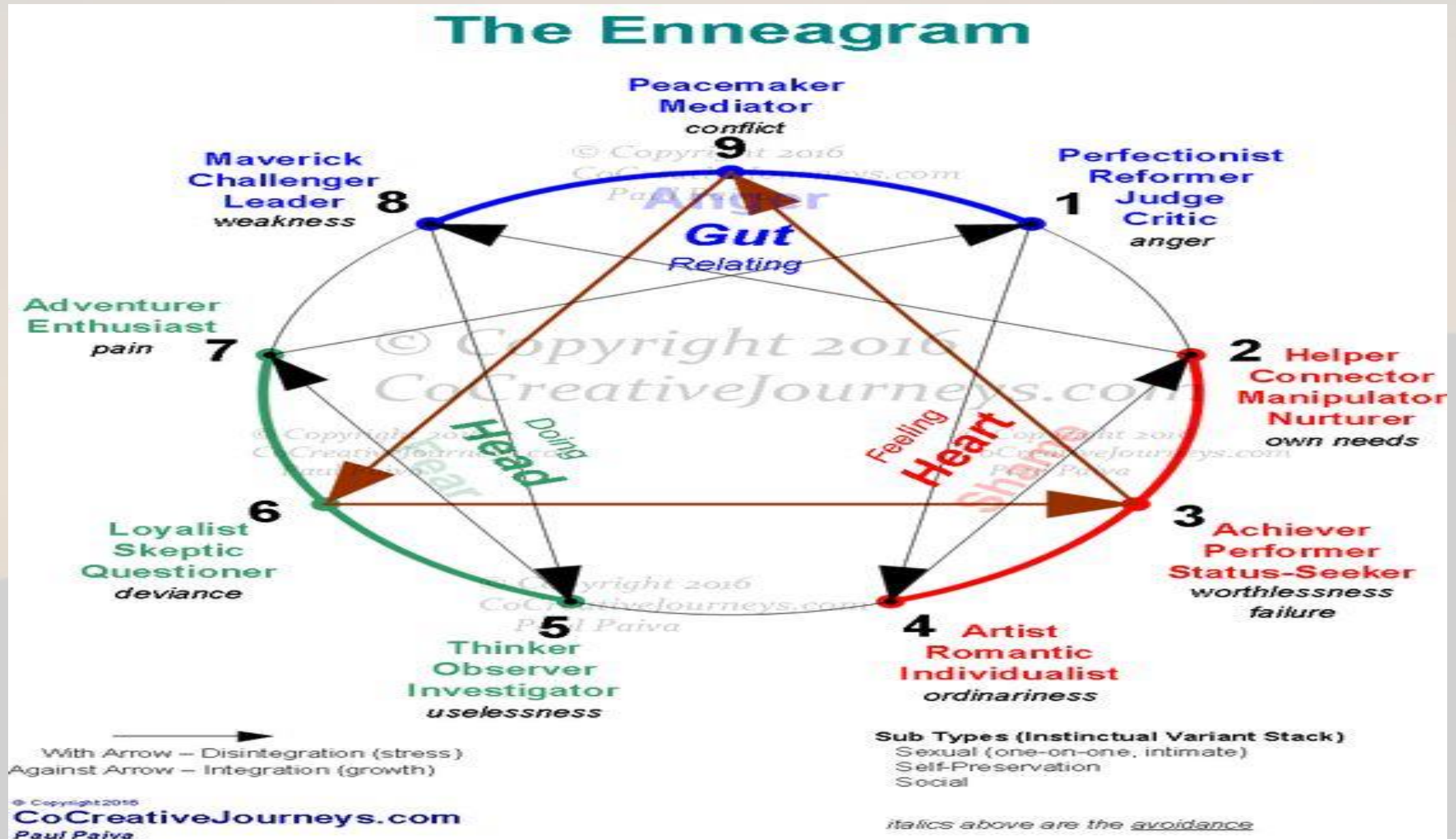
KNOWING YOURSELF AS DEEPLY LOVED.

1. **“A Passionate Absorbed Interest”** → Hannah Hurnard, Author of Hind’s Feet on High Places description of God’s love for us. God’s love for us has nothing to do with your behavior. Consider the Prodigal Son & Father.
2. **Grounded** → Our being is grounded in God’s love. See Romans 8:31-39.
3. **Basis of Our Identity** → In order for our knowing of God’s love to be truly transformational, it must become the basis of our identity. Every time we dare to meet God in the vulnerability of our sin—failures, brokenness, shame—this knowing is strengthened. This is courageous living!
4. **Friends** → Deep knowing of perfect love, just like deep knowing of ourselves, demands that we have deep spiritual friendships. You cannot make the journey alone.

KNOWING YOUR IGNORED OR HIDDEN PARTS.

1. **Complex Puzzle** → We tend to think of ourselves as a single, unified self, what we call “I” is really a family of many part-selves. However, to say that we are a family of many part-selves is not the same as saying that we play different roles. The problem is that there are important aspects of our experience that we ignore—feelings of shame, broken parts, or our wounded self.
2. **Live a Lie** → If you only know your strong, competent self and you are never able to embrace your weak or insecure self, you are forced to live a lie.
3. **Welcome ALL Parts** → Healthy Christian Living involves acknowledging all our part-selves, exposing them to God’s love and letting Him weave them into the new person he is making. We must be willing to WELCOME All Parts, allowing them to be softened and healing by love and integrated into the whole person we are becoming.

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2. **Hospitality vs Hostility** → Until we are willing to accept the unpleasant truths of our existence, we rationalize or deny responsibility for our behavior. ***You can never be other than who you are until you are willing to embrace the reality of who you are.*** Your sin nature must be crucified (Romans 8:9-14).
3. **Become YOU!** → No one can give up what he does not first possess (Luke 18:14).

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