

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!

Knowing God—What Does That Really Mean?

Highland Colony Men's Roundtable
www.MensTable.com

A Man understands that having an intimate encounter with the Living
 God is crucial to understanding self.

January 24, 2019

Bible Verses: Hosea 6:6; John 17:3; Philippians 3:7-10; I John 4:7,8;
 Ephesians 3:19; Mark 10:17-22; John 3:14,15

Music: Lydia sings to her Down Syndrome brother Bo "you are my
 sunshine"

https://www.youtube.com/watch?v=RySM_r5jWH8

Video: Meet Joe Black (1998) - Lightning Could Strike Scene

<https://www.youtube.com/watch?v=9EV3DKPo-4U>

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.

KNOWING GOD – WHAT DOES THAT REALLY MEAN?

- Hosea 6:6 – God wants to be known.
- John 17:3 – The essence of eternal life.
- Philippians 3:7-10 – Nothing of greater value.

PERSONAL KNOWING OF GOD

1. _____ → Personal knowing—knowing that begins with belief is deepened through relationship. Genuine knowing demands a response. To know God demands that we be willing to be touched by Divine Love.
2. _____ → Transformational knowing of God comes from the intimate, personal knowing of Divine Love (I John 4:7, 8). We are meant to know the love of Christ and be filled with the utter fullness of God (Ephesians 3:19).
3. _____ → What God longs for us to experience is intimate knowing that comes by means of an ongoing relationship. Jesus is the filter through which we need to pass all our ideas about God as we seek to move from knowing about God to meeting God personally in Jesus. Peter's journey with Jesus revealed God to him:
 1. God is the source of new life and a living hope that is based on Jesus (I Peter 1:3).
 2. God is the source of a faith that is more precious than gold (I Peter 1:7).
 3. God is a fountain of inexpressible joy (I Peter 1:8).
 4. God judges with fairness and impartiality (I Peter 1:17).
 5. God allows us to share Christ's sufferings as a way of knowing Jesus through identification (I Peter 4:12-13).
 6. God is faithful and can be trusted to do what is right (I Peter 4:19).
 7. God is opposed to the proud but gives grace to the humble (I Peter 5:6).

IMAGINATION: Mediation on the Life of Jesus!

1. _____ → Allow the Spirit of God to help you imaginatively enter an event in the life of Jesus as presented in the Gospels. See Mark 10:17-22.
2. _____ → Listening to sermons and reading the Bible provide information about Jesus, but this is not the same as personal meeting of him in the events of his life. See John 3:14-15. God gave us Jesus as the Divine Image so that we could gaze upon him and thereby come to know God.

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](#)

SEEING GOD IN THE DAILY EVENTS OF LIFE

1. _____ → They provide important opportunities to better know both God and our self. Each gives us a chance to examine where God is in the that experience and what gifts God is offering for our growth.
2. _____ → God is not alien to the circumstances of our lives but comes to us in them. Our challenge is to unmask God in the natural and name the presence of God in our lives.
3. _____ → Richard Rohr reminds us that "we cannot attain the presence of God. We're already totally in the presence of God. What's absent is awareness. This is the core of the spiritual journey—learning to discern the presence of God, to see what really is.

ACTION: Journal This!

David Benner: "Transformational knowing of God comes from meeting God in our depths, not in the abstraction of dusty theological propositions. Instead the goal is simply increased awareness of God in the events of life and the depths of my being."

Think of a circumstance or relationship that is challenging? Ask questions – stay away from "why" and ask "what."

1. What am I feeling? What disturbs me about that?
2. What makes me anxious? What am I afraid of?
3. What is God doing?

Bible Verses – The Message

Hosea 6:6 - 6 I'm after love that lasts, not more religion. I want you to know God, not go to more prayer meetings.

John 17:3 - 3 And this is the real and eternal life: That they know you, The one and only true God, And Jesus Christ, whom you sent.

Philippians 3:7-10 - 7 The very credentials these people are waving around as something special, I'm tearing up and throwing out with the trash - along with everything else I used to take credit for. And why? Because of Christ. **8** Yes, all the things I once thought were so important are gone from my life. Compared to the high privilege of knowing Christ Jesus as my Master, firsthand, everything I once thought I had going for me is insignificant - dog dung. I've dumped it all in the trash so that I could embrace Christ **9** and be embraced by him. I didn't want some petty, inferior brand of righteousness that comes from keeping a list of rules when I could get the robust kind that comes from trusting Christ - God's righteousness. **10** I gave up all that inferior stuff so I could know Christ personally, experience his resurrection power, be a partner in his suffering, and go all the way with him to death itself.

I John 4:7,8 - 7 My beloved friends, let us continue to love each other since love comes from God. Everyone who loves is born of God and experiences a relationship with God. **8** The person who refuses to love doesn't know the first thing about God, because God is love - so you can't know him if you don't love.

Ephesians 3:19 - 19 Live full lives, full in the fullness of God.

Mark 10:17-22 - 17 As he went out into the street, a man came running up, greeted him with great reverence, and asked, "Good Teacher, what must I do to get eternal life?" **18** Jesus said, "Why are you calling me good? No one is good, only God. **19** You know the commandments: Don't murder, don't commit adultery, don't steal, don't lie, don't cheat, honor your father and mother." **20** He said, "Teacher, I have - from my youth - kept them all!" **21** Jesus looked him hard in the eye - and loved him! He said, "There's one thing left: Go sell whatever you own and give it to the poor. All your wealth will then be heavenly wealth. And come follow me." **22** The man's face clouded over. This was the last thing he expected to hear, and he walked off with a heavy heart. He was holding on tight to a lot of things, and not about to let go.

John 3:14,15 - 14 In the same way that Moses lifted the serpent in the desert so people could have something to see and then believe, it is necessary for the Son of Man to be lifted up - **15** and everyone who looks up to him, trusting and expectant, will gain a real life, eternal life.

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

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!

KNOWING GOD – WHAT DOES THAT REALLY MEAN?

Hosea 6:6 – God wants to be known

John 17:3 – The essence of eternal life

Philippians 3:7-10 – Nothing of greater value

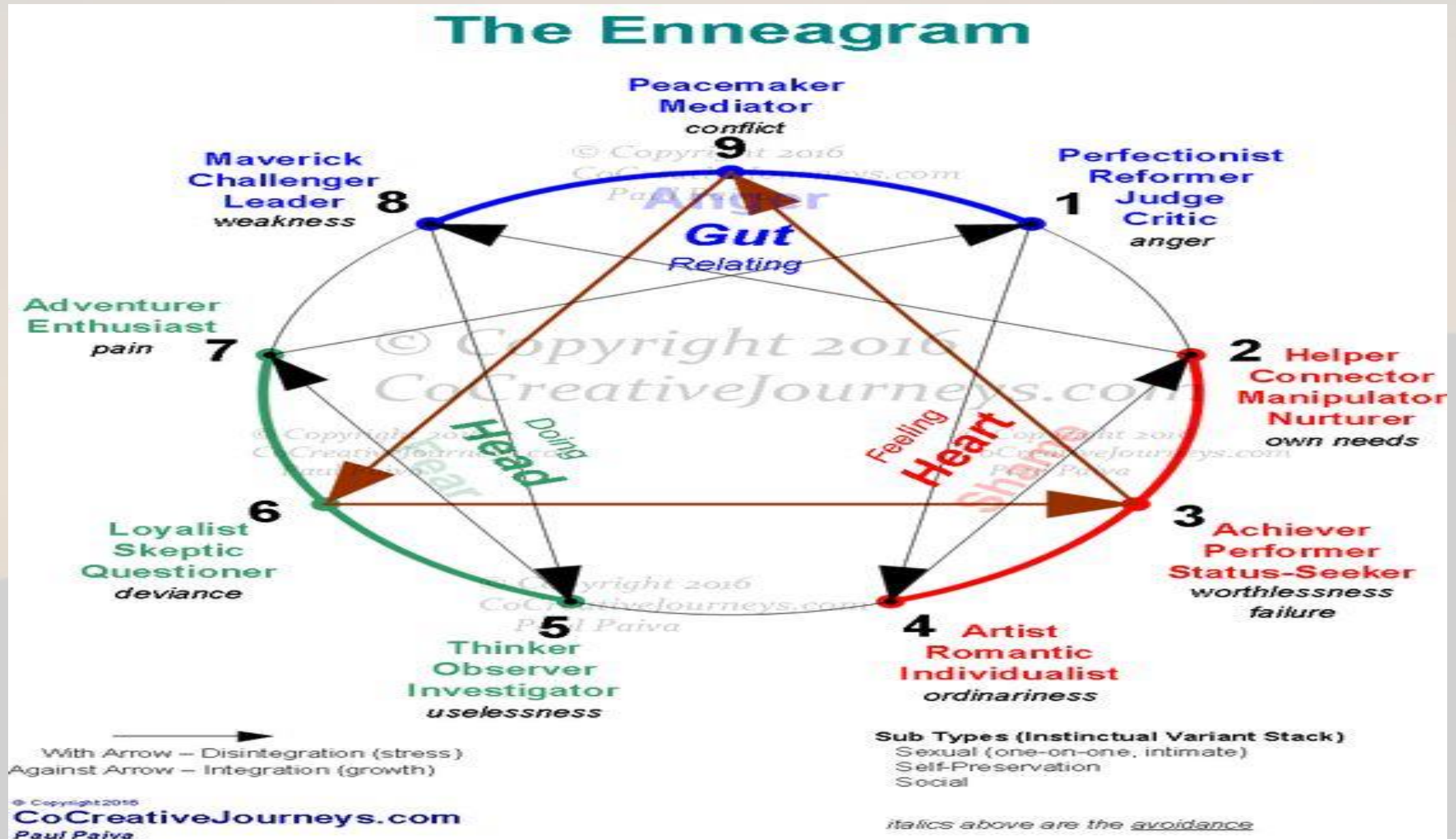
PERSONAL KNOWING OF GOD

1. **Intimacy** → Personal knowing—knowing that begins with belief is deepened through relationship. Genuine knowing demands a response. To know God demands that we be willing to be touched by Divine Love.
2. **Really Known** → Transformational knowing of God comes from the intimate, personal knowing of Divine Love (I John 4:7, 8). We are meant to know the love of Christ and be filled with the utter fullness of God (Ephesians 3:19).
3. **Relationship** → What God longs for us to experience is intimate knowing that comes by means of an ongoing relationship. Jesus is the filter through which we need to pass all our ideas about God as we seek to move from knowing about God to meeting God personally in Jesus. Peter's journey with Jesus revealed God to him:
 1. God is the source of new life and a living hope that is based on Jesus (I Peter 1:3).
 2. God is the source of a faith that is more precious than gold (I Peter 1:7).
 3. God is a fountain of inexpressible joy (I Peter 1:8).
 4. God judges with fairness and impartiality (I Peter 1:17).
 5. God allows us to share Christ's sufferings as a way of knowing Jesus through identification (I Peter 4:12-13).
 6. God is faithful and can be trusted to do what is right (I Peter 4:19).
 7. God is opposed to the proud but gives grace to the humble (I Peter 5:6).

IMAGINATION: Mediation on the Life of Jesus!

1. **Experience** → Allow the Spirit of God to help you imaginatively enter an event in the life of Jesus as presented in the Gospels. See Mark 10:17-22.
2. **Meditation** → Listening to sermons and reading the Bible provide information about Jesus, but this is not the same as personal meeting of him in the events of his life. See John 3:14-15. God gave us Jesus as the Divine Image so that we could gaze upon him and thereby come to know God.

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](#)

SEEING GOD IN THE DAILY EVENTS OF LIFE

1. **Life Situations** → They provide important opportunities to better know both God and our self. Each gives us a chance to examine where God is in the that experience and what gifts God is offering for our growth.
2. **God is HERE!** → God is not alien to the circumstances of our lives but comes to us in them. Our challenge is to unmask God in the natural and name the presence of God in our lives.
3. **Awareness!** → Richard Rohr reminds us that “we cannot attain the presence of God. We’re already totally in the presence of God. What’s absent is awareness. This is the core of the spiritual journey—learning to discern the presence of God, to see what really is.

ACTION: Journal This!

David Benner: “Transformational knowing of God comes from meeting God in our depths, not in the abstraction of dusty theological propositions. Instead the goal is simply increased awareness of God in the events of life and the depths of my being.”

Think of a circumstance or relationship that is challenging? Ask questions – stay away from “why” and ask “what.”

1. What am I feeling? What disturbs me about that?
2. What makes me anxious? What am I afraid of?
3. What is God doing?