

A Journey to Self-Discovery



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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 Yourself as You Really Are.

Highland Colony Men's Roundtable
www.MensTable.com

A Man understands the important elements of knowing self.

February 07, 2019

Bible Verses: Jeremiah 17:5-13

Music: Lauren Daigle - The Story Behind "You Say"

https://www.youtube.com/watch?v=XPDmjNXt_K4

Lauren Daigle Performs "You Say" Live on Good Morning America

<https://www.youtube.com/watch?v=sH0-JgkpbmI>

Video: An Overview of the Enneagram and it's 9 Types

<https://www.youtube.com/watch?v=rPw6NbkaUJQ>

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.

James Finley: "There is something in me that puts on fig leaves of concealment, kills my brother, builds towers of confusion, and brings cosmic chaos upon the earth. There is something in me that loves darkness rather than light, that rejects God and thereby rejects my own deepest reality as a human person made in the image and likeness of God."

Knowing Yourself as You Really Are.

- Jeremiah 17:5-13 – The human capacity for self-deception is astounding. Self-deception occurs automatically in the form of defense mechanisms that operate in the unconscious.
- Thomas Merton: "There is no greater disaster in the spiritual life than to be immersed in unreality, for life is maintained and nourished in us by our vital relation with reality."
- The truly spiritual life is not an escape from reality but a total commitment to it.

KNOWING YOURSELF AS A SINNER.

- _____ → Our ability to realize our potential as a person made in God's image seems to be sabotaged by some inner agenda over which we have no control. This is an important part of what it means to be a sinner.
- _____ → There is something in me that loves darkness rather than light, that rejects God and thereby rejects my own deepest reality as a human person made in the image and likeness of God. Quote by James Finley.
- _____ → Only half right! You are not simply as sinner; you are a deeply loved sinner. Sin is a corollary to our primary status as greatly loved children of God. First we were loved into being, created in the good and sinless image of our Creator God. And although sin damaged that which had been utterly good, it allowed us to discover that God's love is directed toward us just as we are, as sinners. The sequence is important. We must never confuse the secondary fact with the primary truth.
- _____ → Sin is fundamentally a matter of ontology (being), not simply morality. To be a human is to be a sinner.
- _____ → Real knowing of ourselves can only occur after we are convinced that we are deeply loved precisely as we are. It all starts with knowing God's love.

KNOWING YOUR CORE—YOUR INNER SELF.

- _____ → Knowing our sinfulness becomes most helpful when we get behind sins to our core sin tendencies. Example: Porn Addiction is a search for intimacy.
- _____ → Not about fixing our problems. It results from turning to God in the midst of them and meeting God just as we are. Turning to God in our sin and shame is the heart of spiritual transformation.
- _____ → Moving from judgment to risk vulnerability allows us to meet God where God is already waiting for us—in the core of our brokenness and sin.

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.

KNOWING YOUR LEFT HAND—YOUR WEAK PARTS.

Core Sins → The Enneagram helps us identify our core sins associated with our core need and core value.

1. **The Perfectionist – Goodness** → Need to be perfect and, discovering that neither they nor anything else in their work is perfect, are tempted by self-righteous anger. Biblical example: Paul.
2. **The Helper – Love** → Need to be loved and needed, and their competence in making this happen sets them up for pride. Biblical example: Martha.
3. **The Performer – Efficacy** → Need to be successful and are tempted to deceit, as they do whatever they have to do to avoid failure and appear in the best possible light. Biblical example: Jacob.
4. **The Romantic – Originality** → Need to be special and are tempted toward envy, escapist fantasy and a compromise of authenticity. Biblical example: Joseph.
5. **The Investigator – Wisdom** → Need knowledge, long for fulfillment, and are tempted by greed, stinginess and critical detachment. Biblical examples: Thomas.
6. **The Loyalist – Loyalty** → Need security and are tempted by fear, self-doubt and cowardice. Biblical example: Timothy.
7. **The Enthusiast – Joy** → Need to avoid pain and are tempted by gluttony and intemperance. Biblical example: Solomon.
8. **The Challenger – Power** → Need power, self-reliance and opportunities to be against something and are tempted by lust, arrogance, and the desire to possess and control others. Biblical example: King Saul.
9. **The Peacemaker – Peace** → Need to maintain emotional peace and avoid initiative and are tempted by laziness, comfortable illusions and being overly accommodating. Biblical example: Jonah.

ACTION: Journal This!

A complete knowing of our self in relation to God includes knowing three things:

1. Our self as deeply loved.
2. Our self as deeply sinful.
3. Our self as in a process of being redeemed and restored.

Facing these deep truths about ourselves makes it possible for us to accept and know ourselves as we are accepted and known by God.

1. What is your core value?
2. What is your core need?
3. What defense mechanisms undermine your life?

Bible Verses – The Message

Jeremiah 17:5-13 - ⁵ God's Message: "Cursed is the strong one who depends on mere humans, Who thinks he can make it on muscle alone and sets God aside as dead weight. ⁶ He's like a tumbleweed on the prairie, out of touch with the good earth. He lives rootless and aimless in a land where nothing grows. ⁷ "But blessed is the man who trusts me, God, the woman who sticks with God. ⁸ They're like trees replanted in Eden, putting down roots near the rivers - Never a worry through the hottest of summers, never dropping a leaf, Serene and calm through droughts, bearing fresh fruit every season. ⁹ "The heart is hopelessly

dark and deceitful, a puzzle that no one can figure out. ¹⁰ But I, God, search the heart and examine the mind. I get to the heart of the human. I get to the root of things. I treat them as they really are, not as they pretend to be." ¹¹ Like a cowbird that cheats by laying its eggs in another bird's nest Is the person who gets rich by cheating. When the eggs hatch, the deceit is exposed. What a fool he'll look like then! ¹² From early on your Sanctuary was set high, a throne of glory, exalted! ¹³ O God, you're the hope of Israel. All who leave you end up as fools, Deserters with nothing to show for their lives, who walk off from God, fountain of living waters - and wind up dead!

You Say

By Lauren Daigle

I keep fighting voices in my mind that say I'm not enough
Every single lie that tells me I will never measure up
Am I more than just the sum of every high and every low?
Remind me once again just who I am because I need to know

You say I am loved when I can't feel a thing
You say I am strong when I think I am weak
And You say I am held when I am falling short
And when I don't belong, oh You say I am Yours
And I believe, oh I believe
What You say of me
I believe

The only thing that matters now is everything You think of me
In You I find my worth, in You I find my identity, o-ooh

You say I am loved when I can't feel a thing
You say I am strong when I think I am weak
And You say I am held when I am falling short

And when I don't belong, oh You say I am Yours
And I believe, oh I believe
What You say of me
Oh, I believe

Taking all I have and now I'm laying it at Your feet
You have every failure God, and You'll have every victory, o-ooh

You say I am loved when I can't feel a thing
You say I am strong when I think I am weak
You say I am held when I am falling short
When I don't belong, oh You say I am Yours
And I believe, oh I believe
What You say of me
I believe

Oh I believe
Yes I believe
What You say of me
Oh I believe

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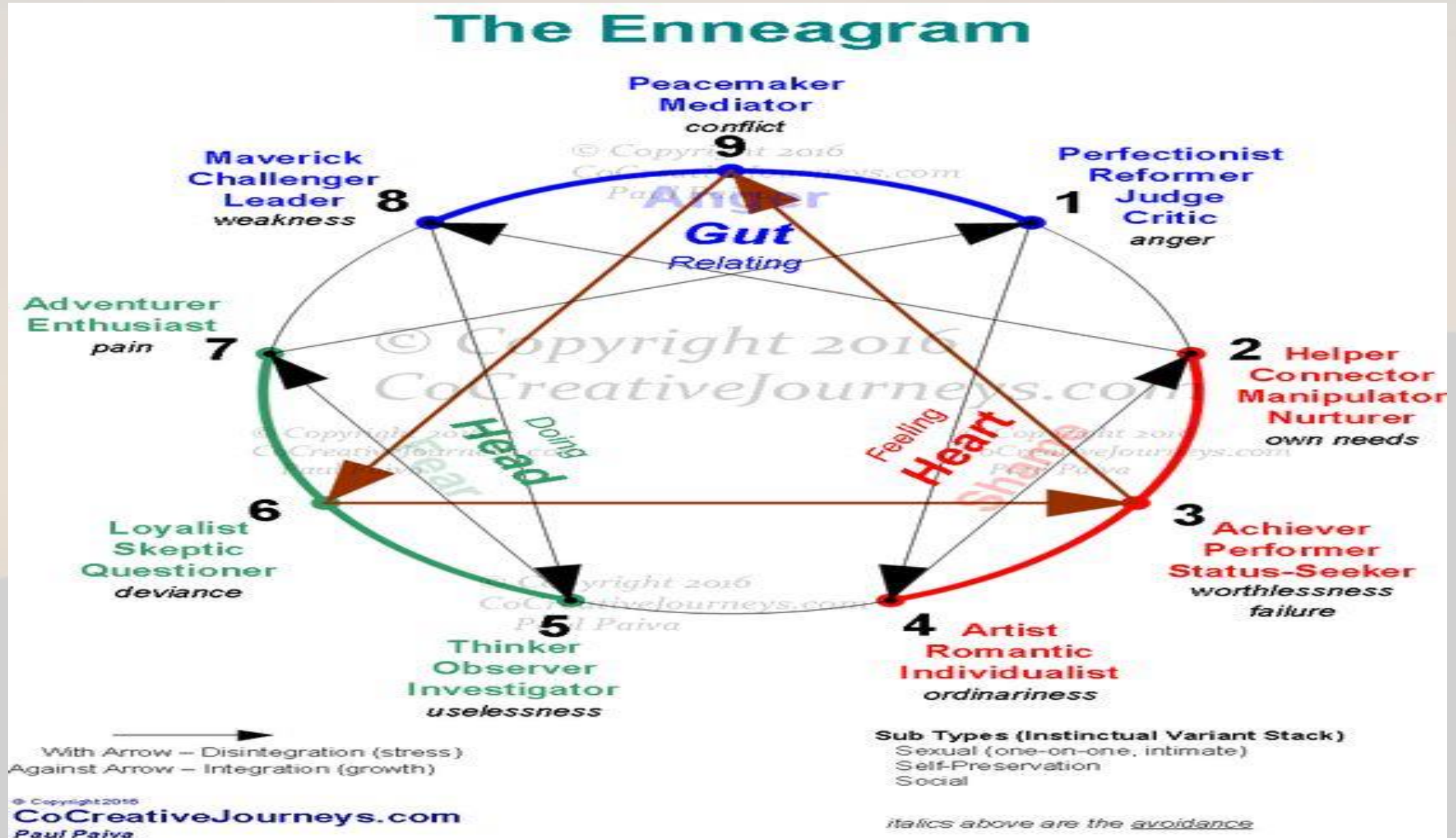
KNOWING YOURSELF AS A SINNER.

1. **Sabotage** → Our ability to realize our potential as a person made in God's image seems to be sabotaged by some inner agenda over which we have no control. This is an important part of what it means to be a sinner.
2. **Lover of Darkness** → There is something in me that loves darkness rather than light, that rejects God and thereby rejects my own deepest reality as a human person made in the image and likeness of God. Quote by James Finley.
3. **Identity as a Sinner** → Only half right! You are not simply a sinner; you are a deeply loved sinner. Sin is a corollary to our primary status as greatly loved children of God. First we were loved into being, created in the good and sinless image of our Creator God. And although sin damaged that which had been utterly good, it allowed us to discover that God's love is directed toward us just as we are, as sinners. The sequence is important. We must never confuse the secondary fact with the primary truth.
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KNOWING YOUR CORE—YOUR INNER SELF.

1. **From Behavior to the Heart** → Knowing our sinfulness becomes most helpful when we get behind sins to our core sin tendencies. Example: Porn Addiction is a search for intimacy.
2. **Spiritual Transformation** → Not about fixing our problems. It results from turning to God in the midst of them and meeting God just as we are. Turning to God in our sin and shame is the heart of spiritual transformation.
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