

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!

Unmasking Your False Self.

Highland Colony Men's Roundtable
www.MensTable.com

A Man understands that to discover his True Self, he must defeat his False Self.

February 14, 2019

Bible Verses: Luke 9:23,24; Acts 8:1-3; Philippians 3:14; Matthew 7:3

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

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

Big Fish - Trailer

<https://www.youtube.com/watch?v=M3YVTgTI-F0>

Video: Big Fish (7/8) Movie CLIP - Field of Daffodils (2003)

<https://www.youtube.com/watch?v=ZRdLFB-SJpA>

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.

- Everything that is false about us arises from our belief that our deepest happiness will come from living life our way, not God's way.
- The False Self is our strategy for meeting our basic needs for love, survival, power, and control.
- The basic question we must ask is whether we are prepared to be other than our image of our self. If not, we will live in bondage to our False Self.
- The core of the False Self—placing my value in what I have, what I can do and what others think of me.

KNOWING YOURSELF – An Identity Based on Illusion.

1. _____ → We develop an ability to pretend. We discover the art of packaging our self. The dark side of pretending is that what begins as a role becomes an identity. Our masks have become our reality, and we become our lies.
2. _____ → Nothing other than truth is strong enough to dispel illusion. The only hope for unmasking the falsity that resides at the core of being is a radical encounter with truth.
3. _____ → The Genesis account of Adam and Eve helps us understand how we become the lies we choose to believe. The core of the lie that Adam and Eve believed was that they could be like God without God. But without God the most we can ever do is make ourselves into a god.
4. _____ → Adam and Eve get what they wanted—to be like God with God. What we get when we choose a way of being that is separate from God is the life of the False Self. The False Self is the tragic result of trying to steal something from God that we did not have to steal.

KNOWING YOUR SELF – Coping with Nakedness.

1. _____ → The self that is created in God's likeness is exchanged for the self we develop in our own likeness, our False Self.
2. _____ → The False Self wraps itself in experience—experiences of power, pleasure, and honor.
3. _____ → Seeking to avoid implosion and nonbeing, the False Self grasps for anything that appears to have substance and then clings to these things with the tenacity of a drowning man clutching a life ring. Whatever we have that we hold with gratitude can be a blessing. Whatever we grasp and clench with a fist of entitlement and view as "me" or "mine" can become a curse. Attachments serve as idols: we invest in objects and experiences things that should be invested only in God. These attachments are ways of coping with the feelings of vulnerability, shame, and inadequacy. Paul learned well (Philippians 3:6-9).
4. _____ → The problem with the False Self is that it works. It helps us forget that we are naked. We hide behind the fig leaves of our False Self. This is the way we package our self to escape the painful awareness of our nakedness.

KNOWING YOUR SELF – Recognize Your False Self.

1. _____ → The False Self needs constant bolstering. Touchiness dependably points us to false ways of being. Matthew 7:3.
2. _____ → Everyone tends to be compulsive about something. The problem with compulsions is that they represent excessive attachments.
3. _____ → Securing love by what we do (performance) leaves us dependent on the potentially fickle response of others.
4. _____ → Coming out of hiding requires that we embrace the vulnerabilities that first sent us running for cover. Doing so is the only route to truly being our unique self-in-Christ.

Enneagram – Take the Assessment <https://www.wepss.com/>

- 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!

1. What is the hardest reality to acknowledge about your self?
2. What do you want to be loved for?
3. How have you sought to validate yourself?

Bible Verses – The Message

Luke 9:23, 24 - ²³ Then he told them what they could expect for themselves: "Anyone who intends to come with me has to let me lead. You're not in the driver's seat - I am. Don't run from suffering; embrace it. Follow me and I'll show you how. ²⁴ Self-help is no help at all. Self-sacrifice is the way, my way, to finding yourself, your true self.

Acts 8:1-3 - ¹ That set off a terrific persecution of the church in Jerusalem. The believers were all scattered throughout Judea and Samaria. All, that is, but the apostles. ² Good and brave men buried Stephen, giving him a solemn funeral - not many dry eyes that day! ³ And Saul just went wild, devastating the church, entering house after house after house, dragging men and women off to jail.

Philippians 3:14 - ¹⁴ I'm off and running, and I'm not turning back.

Matthew 7:3 - ³ It's easy to see a smudge on your neighbor's face and be oblivious to the ugly sneer on your own.

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Unmasking Your False Self

Luke 9:23, 24; Acts 8:1-3; Philippians 3:14

Everything that is false about us arises from our belief that our deepest happiness will come from living life our way, not God's way.

The False Self is our strategy for meeting our basic needs for love, survival, power, and control.

The basic question we must ask is whether we are prepared to be other than our image of our self. If not, we will live in bondage to our False Self.

The core of the False Self—placing my value in what I have, what I can do and what others think of me.

KNOWING YOURSELF – An Identity Based on Illusion

1. **HIDING** → We develop an ability to pretend. We discover the art of packaging our self. The dark side of pretending is that what begins as a role becomes an identity. Our masks have become our reality, and we become our lies.
2. **TRUTH** → Nothing other than truth is strong enough to dispel illusion. The only hope for unmasking the falsity that resides at the core of being is a radical encounter with truth.
3. **LIKE GOD WITHOUT GOD** → The Genesis account of Adam and Eve helps us understand how we become the lies we choose to believe. The core of the lie that Adam and Eve believed was that they could be like God without God. But without God the most we can ever do is make ourselves into a god.
4. **INDEPENDENCE, RATHER THAN SURRENDER** → Adam and Eve get what they wanted—to be like God with God. What we get when we choose a way of being that is separate from God is the life of the False Self. The False Self is the tragic result of trying to steal something from God that we did not have to steal.

KNOWING YOUR SELF – Coping with Nakedness

1. **REJECTED** → The self that is created in God's likeness is exchanged for the self we develop in our own likeness, our False Self.
2. **EXPERIENCE** → The False Self wraps itself in experience—experiences of power, pleasure, and honor.
3. **EXCESSIVE ATTACHMENTS** → Seeking to avoid implosion and nonbeing, the False Self grasps for anything that appears to have substance and then clings to these things with the tenacity of a drowning man clutching a life ring. Whatever we have that we hold with gratitude can be a blessing. Whatever we grasp and clench with a fist of entitlement and view as “me” or “mine” can become a curse. Attachments serve as idols: we invest in objects and experiences things that should be invested only in God. These attachments are ways of coping with the feelings of vulnerability, shame, and inadequacy. Paul learned well (Philippians 3:6-9).
4. **DANGER** → The problem with the False Self is that it works. It helps us forget that we are naked. We hide behind the fig leaves of our False Self. This is the way we package our self to escape the painful awareness of our nakedness.

KNOWING YOUR SELF – Recognize Your False Self

1. **DEFENSIVENESS** → The False Self needs constant bolstering. Touchiness dependably points us to false ways of being. Matthew 7:3.
2. **COMPULSIONS** → Everyone tends to be compulsive about something. The problem with compulsions is that they represent excessive attachments.
3. **HOW YOU SECURE LOVE** → Securing love by what we do (performance) leaves us dependent on the potentially fickle response of others.
4. **BEING HONEST WITH YOURSELF** → Coming out of hiding requires that we embrace the vulnerabilities that first sent us running for cover. Doing so is the only route to truly being our unique self-in-Christ.

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- [Purchase the WEPSS](#)

KNOWING YOUR LEFT HAND—YOUR WEAK PARTS

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