

Know Yourself that You May Know God
Emotionally Healthy Spirituality
January 10, 2021

Notes

Three False Identities

1. I am What I Do (Performance).
2. I am What I Have (Possessions).
3. I am What Others Think (Popularity).

Four Ways to Discover or Deepen Your Authentic Self

1. Pay attention to your interior silence and solitude.
2. Find trusted companions.
3. Move out of your comfort zone.
4. Pray for courage.

**Questions for Personal Reflection
and Group Discussion**

Emotions are part of who we are. Anger, sadness, fear, gladness... we all experience these emotions and many others. Think through the last week. What emotions have you experienced? How have you expressed them? What can you learn about yourself through your emotions?

1. Read John 8:31-47.

In this passage, Jesus is talking to people who don't know who they really are, and who refuse to listen. They preferred the delusion (the false identity) rather than the discovery of their true self. Of the three false identities listed on the opposite page, which one do you find yourself living out most often?

2. Read 1 Peter 5:8-9.

Are there voices in your head that stir up discouragement, fear, dissatisfaction, or condemnation? These are not the voice of your Heavenly Father. They are the lies of your enemy, whose goal is to destroy you. What lies do you hear? Take all of that to God and listen for His voice of truth. How does being in His presence, working through your emotions with Him, impact you?

3. Read Luke 4:1-13.

How did Jesus respond to each of Satan's temptations to embrace a false identity?

In what way does each false identity create room for doubt about who God is and why He can be trusted?

4. Read John 8:32 again.

What fears do you have about digging deep and taking a look at what's beneath the surface (the iceberg) of your life?

Consider the four ways to discover or deepen your authentic self on the opposite page. What one step will you take this week to look at what's hiding beneath the waterline of your life?