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June 16, 2025 – A Journey of Self-Discovery

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.

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!

3 Enemies of the Self!

1. _____ ☐ The part of you that is unbalanced, manipulative, intrusive, rigid, exhausting, oppressive, hollow, perplexing, and dominating. You live by a structure with strict rules aimed at objectifying and subjugating others for your own benefit. You use your power to control or emotionally manipulate others. At the root of your narcissism is an inability to see how you are hurting another person. The antidote for narcissism is empathy—seeing the other person’s viewpoint.
2. _____ ☐ The emotional consequence of sin is shame. It is the emotional weapon that evil uses to: 1) corrupt our relationships with God and each other, and 2) disintegrate any and all gifts of vocational vision and creativity. Shame is a primary means to prevent us from becoming our True Self. Healing shame requires our being vulnerable with other people in embodied actions.



3. _____ ☐ The emotion of uneasiness, displeasure, and resentment of loss. It is a signal that our life has been disrupted. Anger comes from a threat to our self-esteem, shame, fear, or hurt. Resolving anger requires learning to control the initial reactive response and adapt to reality— “what is”, rather than “what should be.”