

# 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!

### Narcissism – Enemy of the True-Self.

Highland Colony Men's Roundtable  
[www.MensTable.com](http://www.MensTable.com)

A Man understands that Narcissism is his enemy.

February 28, 2019

**Bible Verses:** Zephaniah 3:17; Romans 12:1-3; James 4:10; I Corinthians 10:13; Revelation 2:18, 19

**Music:** Kenny Rogers & Mac Davis - Hard To Be Humble

**Video:** Sleeping With The Enemy - In 2 Minutes  
<https://www.youtube.com/watch?v=8Aac9nrQ8ic>

#### 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.

- I Corinthians 10:13 – Is Change Possible?
- Dr. Frederick DiBlasio - "emotional dyslexia."
- Change is finding your True Self. This occurs with the love of Christ, emphasizing our strengths, setting boundaries with family, facing emotional wounds and old destructive patterns. You must learn to not trust your immediate feelings, but instead allow new ways of relating with trust to guide your behavior.

#### Who am I? and Who is God? = INSEPARABLE.

##### The False Self

1. Security and significance achieved by what we have, what we can do and what others think of us.
2. Happiness sought in autonomy from God and in attachments.
3. Identity is our idealized self (who we want others to think we are).
4. Achieved by means of pretense and practice.
5. Maintained by effort and control.
6. Embraces illusion as a means of attempting to become a god.

##### The True Self

1. Security and significance achieved by being deeply loved by God.
2. Fulfillment found in surrender to God and living our vocation.
3. Identity is who we are—and are becoming—in Christ.
4. Received as a gift with gratitude and surrender.
5. Maintained by Grace.
6. Embraces reality as the place of meeting and being transformed by God.

#### Understanding Narcissism

1. \_\_\_\_\_ → The word "narcissist" comes from a Greek myth about a young man named Narcissus who fell in love with his own reflection. After gazing into a pool of water, he became so enamored with himself that he fell in and drowned.
2. \_\_\_\_\_ → Named after the wicked queen of Israel (I Kings). She manipulated her husband and convinced him to kill a man for his vineyard. Jezebel is also mentioned in the book of Revelation by Christ himself. He states that she led the Church of Thyatira into sexual immorality and idolatry (Revelation 2:18-19). While this Jezebel was not the same exact person as described in the Old Testament, it was the same spirit as the evil queen of Israel in I Kings. The root of the Jezebel spirit is manipulation and control, which stem from narcissism and self-centeredness.
3. \_\_\_\_\_ → What fear?
  1. Fear of being forgotten.
  2. Fear of being ignored.
  3. Fear of not going to be taken care of.
  4. Fear of not being loved.

#### Character of a Narcissist (5 out of 9).

1. Has a grandiose sense of self-importance.
2. Preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love.
3. Believes they are "special" and unique and can only be understood by, or should associate with, other special or high-status people (or institutions).
4. Requires excessive admiration.
5. Has a sense of entitlement.
6. Takes advantage of others to achieve own ends.
7. Lacks empathy.
8. Envious of others or believes others are envious of them.
9. Shows arrogant haughty behavior or attitude.

#### What Makes a Man a Narcissist?

1. \_\_\_\_\_ → What is the opposite of love?
2. \_\_\_\_\_ → Compensatory behavior. It what protects and "saves."

3. \_\_\_\_\_ → They lack a sense of a True Self. They are in love with the idea of themselves.
4. \_\_\_\_\_ → Whenever this idea or image is threatened, they get extremely upset.
5. \_\_\_\_\_ → They are enamored with the idea of who they believe they are or who they believe they should be.

This allows them to turn attention away from the deep hole within themselves.

**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.

**ACTION: Journal This!**

1. What holds you back from loving and being loved?
2. What would your wife or friend like to see different about you?
3. What do you believe is the problem in your closest relationships?

**Bible Verses – The Message**

<p><b>Zephaniah 3:17</b> - <sup>17</sup> Your God is present among you, a strong Warrior there to save you. Happy to have you back, he'll calm you with his love and delight you with his songs.</p> <p><b>Romans 12:1-3</b> - <sup>1</sup> So here's what I want you to do, God helping you: Take your everyday, ordinary life - your sleeping, eating, going-to-work, and walking-around life - and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. <sup>2</sup> Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. <sup>3</sup> I'm speaking to you out of deep gratitude for all that God has given me, and especially as I have responsibilities in relation to you. Living then, as every one of you does, in pure grace, it's important that you not misinterpret yourselves as people who are bringing this goodness to God. No, God brings it all to</p>	<p>you. The only accurate way to understand ourselves is by what God is and by what he does for us, not by what we are and what we do for him.</p> <p><b>James 4:10</b> - <sup>10</sup> Get down on your knees before the Master; it's the only way you'll get on your feet.</p> <p><b>I Corinthians 10:13</b> - <sup>13</sup> No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he'll never let you be pushed past your limit; he'll always be there to help you come through it.</p> <p><b>Revelation 2:18, 19</b> - <sup>18</sup> Write this to Thyatira, to the Angel of the church. God's Son, eyes pouring fire-blaze, standing on feet of furnace-fired bronze, says this: <sup>19</sup> "I see everything you're doing for me. Impressive! The love and the faith, the service and persistence. Yes, very impressive! You get better at it every day.</p>
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**Hard To Be Humble – Kenny Rogers and Mac Davis**

<p>Oh Lord, it's hard to be humble          When you're perfect in every way          I can't wait to look in the mirror          Cause I get better lookin' each day          To know me is to love me          I must be a hell of a man          Oh Lord, it's hard to be humble          But I'm doin' the best that I can!          I used to have a girlfriend          But I guess she just couldn't compete          With all of these love-starved women          Who keep clamoring at my feet          Well I probably could find me another          But I guess they're all in awe of me          Who cares? I never get lonesome          Cause I treasure my own company          Ohhhhhh.....          Oh Lord, it's hard to be humble          When you're perfect in every way          (Can't wait to look in the mirror)          I can't wait to look in the mirror          (Help me out now, come on)          I get better lookin' each day          (To know me is to what?)          To know me is to love me          (Must be a hell of a man)          I must be a hell of a man          (Oh Lord, it's hard)          Oh Lord, it's hard to be humble</p>	<p>(When you doin' what?)          We're doin' the best that we can          I guess you could say I'm a loner          A cowboy outlaw, tough and proud          Well, I could have lotsa friends if I wanted          But then I wouldn't stand out from the crowd          Some folks say that I'm "egotistical"          Hell, I don't even know what that means!          I guess it has something to do with the way          That I fill out my skin-tight blue jeans          Ohhhhhh.....          (Come on, where's all the kickers in here?!)          Oh Lord, it's hard to be humble          (When you're perfect in every way)          When you're perfect in every way          (Can't wait to look in the mirror)          I can't wait to look in the mirror          (Cause I get better lookin')          I get better lookin' each day          (To know me is to what?)          To know me is to love me          (Must be a hell of a man)          I must be a hell of a man          (Oh Lord, it's hard)          Oh Lord, it's hard to be humble          (What are we doin'?)          We're doin' the best that we can          (One more time, what are we doin'?)          We're doing the best that we can!</p>
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# What Makes a Man a Narcissist?

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2. **Self-centeredness** → Compensatory behavior. It what protects and “saves.”
3. **No Real Self** → They lack a sense of a True Self. They are in love with the idea of themselves.
4. **Anger** → Whenever this idea or image is threatened, they get extremely upset.
5. **Self-created** → They are enamored with the idea of who they believe they are or who they believe they should be. This allows them to turn attention away from the deep hole within themselves.

# Enneagram – Take the Assessment

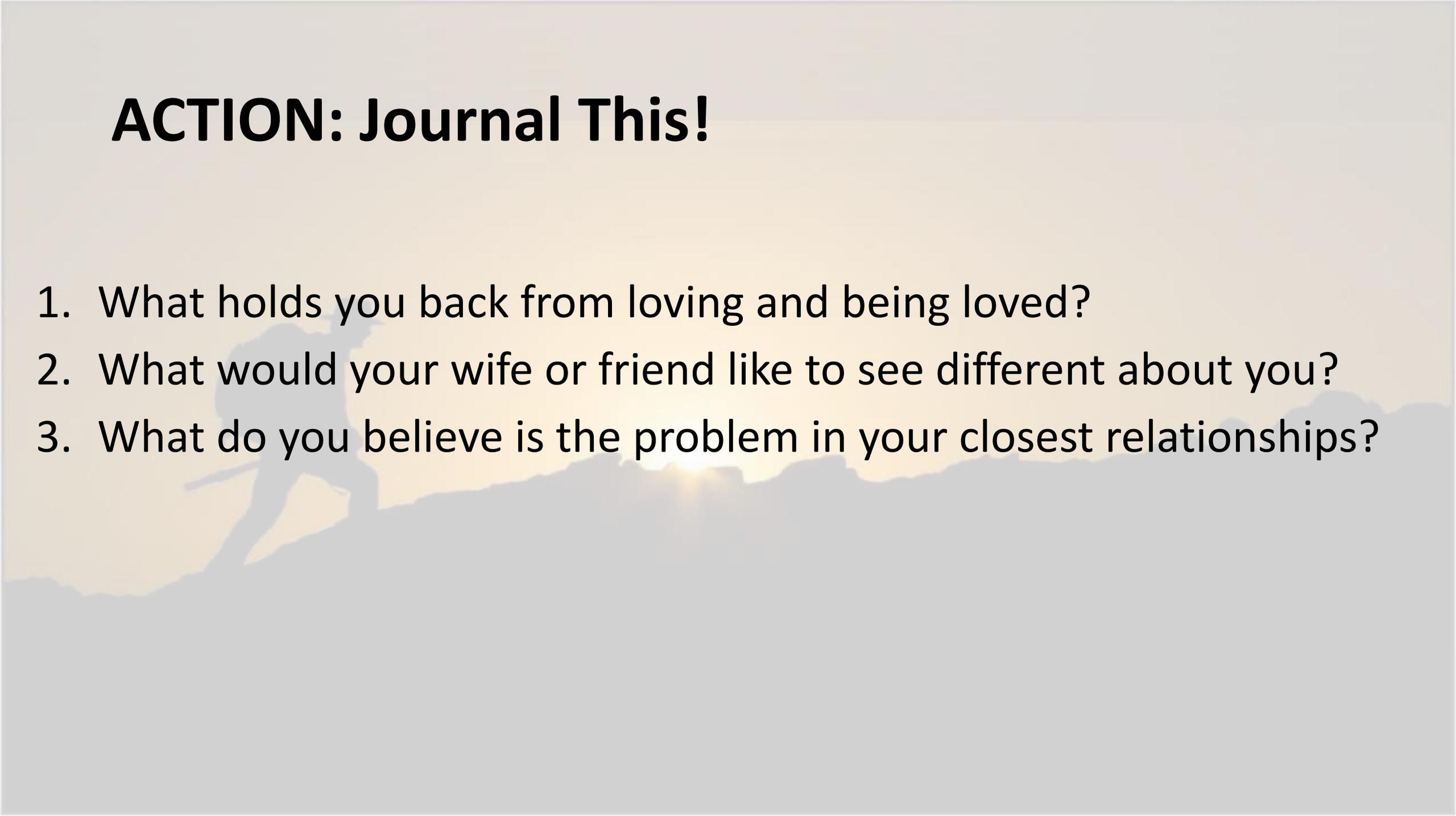
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- A background image showing a silhouette of a hiker with a backpack walking across a mountain ridge. The sun is low on the horizon, creating a bright glow behind the hiker and casting long shadows. The sky is a mix of light blue and white, suggesting a clear or slightly hazy day.