

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 – PART II.

Highland Colony Men's Roundtable
www.MensTable.com

A Man understands that Narcissism is his enemy.

March 07, 2019

Bible Verses: Zephaniah 3:17; Romans 12:1-3; James 4:10; I Corinthians 10:13; Romans 5:12; Galatians 5:19-21; Proverbs 6:18; Philippians 2:4; II Timothy 3:2-8; Romans 7:14-25; Romans 3:19-26

Music: Carly Simon - You're So Vain (Live On The Queen Mary 2)
https://www.youtube.com/watch?v=M8uU_4XBugA

Video: You Had Me at Hello - Jerry Maguire (7/8)
<https://www.youtube.com/watch?v=AyrP-pwDayE>

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.

Narcissism – Enemy to the True Self – PART II - Zephaniah 3:17; Romans 12:3; James 4:10.

Romans 5:12 – born sinful. This means that we are born with only sinful tendencies and no ability to be "good" or righteous on our own. What we call "human nature" the Bible calls "the flesh" (Galatians 5:19-21). Part of our sinful nature is a total focus on self. This focus, also called "egocentrism," is how babies see and experience the world. Narcissism is like egocentrism in that the adult still relates to the world like an infant, a perspective that impedes personal growth and relationships.

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.

Narcissism → Biblical Perspective.

1. _____ → Narcissism is a heart condition due to pride. Narcissism drives a man to use defense mechanisms to idealize self so that he does not have to face his own mistakes (sin) or flaws (fallen state).
2. _____ → See the interests of others. Narcissism leads a man to become haughty, non-empathetic, manipulative, and envious; he also possesses a sense of entitlement and grandiosity.
3. _____ → Narcissism will lead a man to destroy others to satisfy the lust of the flesh.
4. _____ → We are slaves to the flesh until we place our faith in Jesus, who sets the captives free.
5. _____ → God helps us grow out of Narcissism when we receive Jesus. Then we are empowered to love others as our self.

MARRIED TO A NARCISSIST

1. _____ → Recognize whether this is a trait within yourself or your mate and consider how you have been responding. Perhaps you have been responding with angry or withdrawing. See from "10,000 feet."
2. _____ → Labels don't help! Be specific about issues you wish to change.
3. _____ → "Small bites" work best—like feeling heard. Work on listening techniques.
4. _____ → Validation is important.
5. _____ → Speak into the manipulation, control, and self-centeredness.
6. _____ → You need help to build a safe relationship.

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 Burros'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!**).

ACTION: Journal This!

1. What 3 words best describe Narcissism?
2. What is the antidote for Narcissism?
3. How does Narcissism effect your closest relationships?

Bible Verses – The Message

Zephaniah 3:17 - ¹⁷ 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.

Romans 12:1-3 - ¹ 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.

² 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. ³ 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 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.

James 4:10 - ¹⁰ Get down on your knees before the Master; it's the only way you'll get on your feet.

I Corinthians 10:13 - ¹³ 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.

Romans 5:12 - ¹² You know the story of how Adam landed us in the dilemma we're in - first sin, then death, and no one exempt from either sin or death.

Galatians 5:19-21 - ¹⁹ It is obvious what kind of life develops out of trying to get your own way all the time: repetitive, loveless, cheap sex; a stinking accumulation of mental and emotional garbage; frenzied and joyless grabs for happiness; ²⁰ trinket gods; magic-show religion; paranoid loneliness; cutthroat competition; all-consuming-yet-never-satisfied wants; a brutal temper; an impotence to love or be loved; divided homes and divided lives; small-minded and lopsided pursuits; ²¹ the vicious habit of depersonalizing everyone into a rival; uncontrolled and uncontrollable addictions; ugly parodies of community. I could go on. This isn't the first time I have warned you, you know. If you use your freedom this way, you will not inherit God's kingdom.

Proverbs 6:18 - ¹⁸ a heart that hatches evil plots, feet that race down a wicked track,

Philippians 2:4 - ⁴ Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.

II Timothy 3:2-8 - ² As the end approaches, people are going to be self-absorbed, money-hungry, self-promoting, stuck-up, profane, contemptuous of parents, crude, coarse, ³ dog-eat-dog, unbending, slanderers, impulsively wild, savage, cynical, ⁴ treacherous, ruthless, bloated windbags, addicted to lust, and allergic to God. ⁵ They'll make a show of religion, but behind the scenes they're animals. Stay clear of these people. ⁶ These are the kind of people who smooth-talk themselves into the homes of unstable and needy women and take

advantage of them; women who, depressed by their sinfulness, take up with every new religious fad that calls itself "truth." ⁷ They get exploited every time and never really learn. ⁸ These men are like those old Egyptian frauds Jannes and Jambres, who challenged Moses. They were rejects from the faith, twisted in their thinking, defying truth itself.

Romans 7:14-25 - ¹⁴ I can anticipate the response that is coming: "I know that all God's commands are spiritual, but I'm not. Isn't this also your experience?" Yes. I'm full of myself - after all, I've spent a long time in sin's prison. ¹⁵ What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise. ¹⁶ So if I can't be trusted to figure out what is best for myself and then do it, it becomes obvious that God's command is necessary. ¹⁷ But I need something more! For if I know the law but still can't keep it, and if the power of sin within me keeps sabotaging my best intentions, I obviously need help! ¹⁸ I realize that I don't have what it takes. I can will it, but I can't do it. ¹⁹ I decide to do good, but I don't really do it; I decide not to do bad, but then I do it anyway. ²⁰ My decisions, such as they are, don't result in actions. Something has gone wrong deep within me and gets the better of me every time. ²¹ It happens so regularly that it's predictable. The moment I decide to do good, sin is there to trip me up. ²² I truly delight in God's commands, ²³ but it's pretty obvious that not all of me joins in that delight. Parts of me covertly rebel, and just when I least expect it, they take charge. ²⁴ I've tried everything and nothing helps. I'm at the end of my rope. Is there no one who can do anything for me? Isn't that the real question? ²⁵ The answer, thank God, is that Jesus Christ can and does. He acted to set things right in this life of contradictions where I want to serve God with all my heart and mind, but am pulled by the influence of sin to do something totally different.

Romans 3:19-26 - ¹⁹ This makes it clear, doesn't it, that whatever is written in these Scriptures is not what God says about others but to us to whom these Scriptures were addressed in the first place! And it's clear enough, isn't it, that we're sinners, every one of us, in the same sinking boat with everybody else? ²⁰ Our involvement with God's revelation doesn't put us right with God. What it does is force us to face our complicity in everyone else's sin. ²¹ But in our time something new has been added. What Moses and the prophets witnessed to all those years has happened. ²² The God-setting-things-right that we read about has become Jesus-setting-things-right for us. And not only for us, but for everyone who believes in him. For there is no difference between us and them in this. ²³ Since we've compiled this long and sorry record as sinners (both us and them) and proved that we are utterly incapable of living the glorious lives God wills for us, ²⁴ God did it for us. Out of sheer generosity he put us in right standing with himself. A pure gift. He got us out of the mess we're in and restored us to where he always wanted us to be. And he did it by means of Jesus Christ. ²⁵ God sacrificed Jesus on the altar of the world to clear that world of sin. Having faith in him sets us in the clear. God decided on this course of action in full view of the public - to set the world in the clear with himself through the sacrifice of Jesus, finally taking care of the sins he had so patiently endured. ²⁶ This is not only clear, but it's now - this is current history! God sets things right. He also makes it possible for us to live in his rightness.

You're So Vain – Carly Simon

Son of a gun.

You walked into the party like you were walking onto a yacht
Your hat strategically dipped below one eye
Your scarf it was apricot

You had one eye in the mirror as you watched yourself gavotte
And all the girls dreamed that they'd be your partner
They'd be your partner, and...

You're so vain, you probably think this song is about you
You're so vain, I'll bet you think this song is about you
Don't you? Don't you?

You had me several years ago when I was still quite naive
When you said that we made such a pretty pair
And that you would never leave

But you gave away the things you loved and one of them was me
I had some dreams, they were clouds in my coffee
Clouds in my coffee, and...

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Don't you? Don't you? Don't you?

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Well I hear you went up to Saratoga and your horse naturally won
Then you flew your Lear jet up to Nova Scotia
To see the total eclipse of the sun

Well you're where you should be all the time
And when you're not you're with some underworld spy
Or the wife of a close friend, wife of a close friend, and...

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3. **ATTACK THE PROBLEM, NOT THE PERSON** → "Small bites" work best—like feeling heard. Work on listening techniques.
4. **SEEK TO UNDERSTAND, THEN TO BE UNDERSTOOD** → Validation is important.
5. **SET HEALTHY BOUNDARIES** → Speak into the manipulation, control, and self-centeredness.
6. **COUNSELING** → You need help to build a safe relationship.

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- **Welcome!**
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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.

- [Purchase the WEPSS](#)

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