



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!

SHAME – Enemy of the True Self.

Highland Colony Men's Roundtable
www.MensTable.com

A Man Understands That SHAME Is His Enemy!

March 28, 2019

Bible Verses: James 5:16; Romans 2:4

Music: Zach Williams - Chain Breaker (Live from Harding Prison)

<https://www.youtube.com/watch?v=6WtV1XtqsW0>

Video: Les Miserables – "I give you back to God"

<https://www.youtube.com/watch?v=wF3FX43F-7Y>

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.

SHAME – ENEMY TO THE TRUE SELF!

The vulnerability of nakedness is the antithesis of shame. Shame is the emotional feature out of which all that we call sin emerges. C.S. Lewis quote.

Evil's maleficent intent is wielded no more forcefully than through the use of shame. Shame is not only something that we weave in and out of our stories, describing it as we experience it, but something that actively, intentionally attempts to shape the stories we are telling. It is dynamic and fluid, changing its shape and consistency to fit the situation in which it finds us in order to dismantle every effort toward goodness and beauty that we desire to co-construct with God.

Who am I? & 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.

SHAME → IS IT DRIVING YOUR EMOTIONAL BUS?

1. Shame drives us to behaviors that reinforce the _____ we hold against ourselves. Whatever your judgment is, you will inevitably pursue behaviors that provide evidence to confirm that core belief.
2. When we feel terrible about who we are, we pursue behaviors that provide irrefutable evidence that we are _____.
3. Shame is primarily concerned with the eyes or the perceived gaze of someone seeing our _____.
4. Shame makes us want to _____ - it tells us that something about us is beyond repair or intrinsically foul and we would be better off unseen.
5. Our shame isn't simply a natural consequence of doing wrong things; it's also a key driver _____. It must be said that shame, not pleasure, drives illicit sexual behavior, drinking, drugs, or cheese pizzas at midnight!

SHAME → CORE MESSAGES OF SHAME – SPIRITUAL FORMATION

1. Whatever your core belief about yourself is, be on alert for how you will manufacture evidence _____. The core beliefs we hold about ourselves in our shame (those toxic beliefs that we're not worthy of love or belonging) are not random. They are direct reflections of the stories we've encountered in life. (Spiritual Formation)
2. Embedded within your shame are clues into the stories that convinced you that you were _____ in the first place. Those stories, not the shame of acting out, are the most crucial to address if you desire _____.
3. Three brief examples of how a core belief shapes your experience of shame:
 - a. Let's say your core belief is "I am unlovable." Your shame will tell you that if someone got to know the *real* you, he or she would not love you.
 - b. If your core belief is "I am insignificant," your shame might tell you that you look at porn as a consolation because no real romantic partner would ever be interested in someone like you.
 - c. Or if you believe, "I am screwed up," because you can't manage your thought life and you beat yourself up constantly, your shame will use this as evidence of how messed up you are.

SHAME → THE CURE IS RELATIONAL HEALING.

1. To be sure, shame is a merciless beast (a roaring lion), but every time we consciously choose not to behave as its prey, it becomes less powerful - _____!
2. We will be healed to the extent to which we turn and face the stories that corner us with shame and then _____ – “Jesus with skin on”. (James 5:16)
3. If self-hatred is the key driver of shameful behaviors, _____ is its kryptonite. (Romans 2:4)
4. Shame can actually be the very experience that invites you to dramatically reorient your life around kindness - when you change your _____, your behavior will change.
5. When we face our heartache and offer it to the One who bears the curse of shame on our behalf, we find the healing we’ve been longing our whole life to find - shame is not a barrier, but the _____.

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 is your core shameful belief about yourself?
2. What stories are connected to this belief?
3. Recall a time where being ashamed of yourself drove you to medicate, numb, escape, withdraw, isolate.
4. What shameful behavior do you find the most difficult to extend kindness to?

Bible Verses – The Message

<p>James 5:16 - ¹⁶ Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with.</p>	<p>Romans 2:4 - ⁴ Or did you think that because he's such a nice God, he'd let you off the hook? Better think this one through from the beginning. God is kind, but he's not soft. In kindness he takes us firmly by the hand and leads us into a radical life-change.</p>
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Zach Williams – “Chain Breaker”

<p>If you’ve been walking the same old road for miles and miles If you’ve been hearing the same old voice tell the same old lies If you’re trying to feel the same old holes inside There’s a better life There’s a better life If you’ve got pain He’s a pain taker If you feel lost He’s a way maker If you need freedom or saving He’s a prison-shaking Savior If you’ve got chains He’s a chain breaker We’ve all search for the light of day in the dead of night We’ve all found ourselves worn out from the same old fight We’ve all run to things we know just ain’t right And there’s a better life There’s a better life If you’ve got pain He’s a pain taker If you feel lost He’s a way maker If you need freedom or saving He’s a prison-shaking Savior If you’ve got chains He’s a chain breaker</p>	<p>If you believe it If you receive it If you can feel it Somebody testify If you believe it If you receive it If you can feel it Somebody testify, testify If you believe it If you receive it If you can feel it Somebody testify If you’ve got pain He’s a pain taker If you feel lost He’s a way maker If you need freedom or saving He’s a prison-shaking Savior If you’ve got chains He’s a chain breaker If you need freedom or saving He’s a prison-shaking Savior If you’ve got chains He’s a chain breaker</p>
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A Journey to Self Discovery



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SHAME – ENEMY TO THE TRUE SELF!

Genesis 2:25 – The vulnerability of nakedness is the antithesis of shame. Shame is the emotional feature out of which all that we call sin emerges.

Evil's maleficent intent is wielded no more forcefully than through the use of shame. Shame is not only something that we weave in and out of our stories, describing it as we experience it, but something that actively, intentionally attempts to shape the stories we are telling. It is dynamic and fluid, changing its shape and consistency to fit the situation in which it finds us in order to dismantle every effort toward goodness and beauty that we desire to co-construct with God.

Who am I? & Who is God? = INSEPARABLE.

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SHAME → IS IT DRIVING YOUR EMOTIONAL BUS?

1. Shame drives us to behaviors that reinforce the judgment we hold against ourselves. Whatever your judgment is, you will inevitably pursue behaviors that provide evidence to confirm that core belief.
2. When we feel terrible about who we are, we pursue behaviors that provide irrefutable evidence that we are unwanted.
3. Shame is primarily concerned with the eyes or the perceived gaze of someone seeing our unwanted behavior.
4. Shame makes us want to hide. It tells us that something about us is beyond repair or intrinsically foul and we would be better off unseen.
5. **Our shame isn't simply a natural consequence of doing wrong things; it's also a key driver propelling us *to* it.** It must be said that shame, not pleasure, drives illicit sexual behavior, drinking, drugs, or cheese pizzas at midnight!

SHAME → THE LIES WE BELIEVE

1. Whatever your core belief about yourself is, be on alert for how you will manufacture evidence to confirm that belief. The core beliefs we hold about ourselves in our shame (those toxic beliefs that we're not worthy of love or belonging) are not random. They are direct reflections of the stories we've encountered in life. (Spiritual Formation)
2. Embedded within your shame are clues into the stories that convinced you that you were unwanted in the first place. Those stories, not the shame of acting out, are the most crucial to address if you desire wholeness.
3. Three brief examples of how a core belief shapes your experience of shame:
 - a) Let's say your core belief is "I am unlovable." Your shame will tell you that if someone got to know the *real* you, he or she would not love you.
 - b) If your core belief is "I am insignificant," your shame might tell you that you look at porn as a consolation because no real romantic partner would ever be interested in someone like you.
 - c) Or if you believe, "I am screwed up," because you can't manage your thought life and you beat yourself up constantly, your shame will use this as evidence of how messed up you are.

SHAME → THE CURE IS RELATIONSHIP

1. To be sure, shame is a merciless beast (a roaring lion), but every time we consciously choose not to behave as its prey, it becomes less powerful - shame resilience!
2. We will be healed to the extent to which we turn and face the stories that corner us with shame and then tell our story to safe people – “Jesus with skin on”. (James 5:16)
3. If self-hatred is the key driver of shameful behaviors, kindness is its kryptonite. (Romans 2:4)
4. Shame can actually be the very experience that invites you to dramatically reorient your life around kindness -when you change your unhealthy patterns of hiding your shame, your behavior will change.
5. When we face our heartache and offer it to the One who bears the curse of shame on our behalf, we find the healing we’ve been longing our whole life to find - shame is not a barrier, but the bridge to redemption.

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- [Purchase the WEPSS](#)

ACTION: Journal This!

1. Where are you?
2. Who condemns you?
3. Who loves you?

