



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 07, 2019

Bible Verses: Genesis 2:25; Genesis 3:1-13

Music: Avett Brothers - Red Rocks 2017 "Shame"
<https://www.youtube.com/watch?v=TweYbQW9QbE>

Video: Good Will Hunting | 'It's Not Your Fault'
<https://www.youtube.com/watch?v=ZQht2yOX9Js>

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!

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. "I sometimes think that shame, mere awkward, senseless shame, does as much towards preventing good acts and straightforward happiness as nay of our vices can do." - C. S. Lewis

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 → Biblical Perspective – Genesis 3:1-5.

1. _____ → The culmination of creation was characterized by assigned function and name (Genesis 1 & 2).
2. _____ → The creature is introduced as crafty – subtle, the Hebrew word nachash – "burning one" or "bright one." His wisdom is "crafty" in the sense of being darkly shrewd. Its intention is to fool the woman and to be fooled is to be shamed.
3. _____ → The creature and woman engage in a conversation that activates several emotional shifts within the woman. Doubt of God, her recollection of history and by extension doubt about her relationship with God.
4. _____ → She is invited to sort out her doubt by herself and live in isolation. The creature invites Eve to talk about God, but not with God. To relationally confront our shame requires that we risk feeling it on the way to its healing. This is the common undercurrent of virtually all of our relational brokenness. We sense, image, feel and think all sorts of things that we never say, because we're too frightened to be that honest, that vulnerable. But honest vulnerability is the key to healing shame.

SHAME → Biblical Perspective – Genesis 3:6-13.

1. _____ → Under the guidance of shame, the serpent intentionally seeks emotional dysregulation and relational disintegration.
2. _____ → Eve walks away from engagement with Adam and God—a neurobiological state of "WE"—and into the dark, blind ally of independence.
3. _____ → The man and woman now sees the other in ways that are judging, condescending and extensions of what the woman took in from the serpent. In so doing, they became acutely aware of their nakedness, their vulnerability. Fig leaves are all they have left to cope.
4. _____ → The natural response to shame is to avoid being known. The problem is in me through what I am sensing, imaging, feeling, thinking, and doing.
5. _____ → Our vulnerability—the experience of nakedness—is the source of all that is broken in our world.

SHAME → THE CURE IS RELATIONSHIP.

1. _____ → Our shame screams out in judgment of those closest to us. The man condemns the woman, and the woman follows suit, leaving God with the task of telling it like it is.
2. _____ → Shame destroys and moves us to worry of failure or of being exposed and humiliated for making mistakes.
3. _____ → The place of joy is found in a secure base of relationship and creativity (curiosity and exploration). We fear telling our stories for fear that our nakedness will be revealed and exploited.

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!**).

ACTION: Journal This!

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

Bible Verses – The Message

<p>Genesis 2:25 - ²⁵ The two of them, the Man and his Wife, were naked, but they felt no shame.</p> <p>Genesis 3:1-13 - ¹ The serpent was clever, more clever than any wild animal God had made. He spoke to the Woman: "Do I understand that God told you not to eat from any tree in the garden?" ²The Woman said to the serpent, "Not at all. We can eat from the trees in the garden. ³ It's only about the tree in the middle of the garden that God said, 'Don't eat from it; don't even touch it or you'll die.'" ⁴ The serpent told the Woman, "You won't die. ⁵ God knows that the moment you eat from that tree, you'll see what's really going on. You'll be just like God, knowing everything, ranging all the way from good to evil." ⁶ When the Woman saw that the tree looked like good eating and realized what she</p>	<p>would get out of it - she'd know everything! - she took and ate the fruit and then gave some to her husband, and he ate. ⁷ Immediately the two of them did "see what's really going on" - saw themselves naked! They sewed fig leaves together as makeshift clothes for themselves. ⁸ When they heard the sound of God strolling in the garden in the evening breeze, the Man and his Wife hid in the trees of the garden, hid from God. ⁹ God called to the Man: "Where are you?" ¹⁰ He said, "I heard you in the garden and I was afraid because I was naked. And I hid." ¹¹ God said, "Who told you you were naked? Did you eat from that tree I told you not to eat from?" ¹² The Man said, "The Woman you gave me as a companion, she gave me fruit from the tree, and, yes, I ate it." ¹³ God said to the Woman, "What is this that you've done?" "The serpent seduced me," she said, "and I ate."</p>
--	--

"Shame" by Avett Brothers

<p>Okay so I was wrong about My reasons for us fallin' out Of love I want to fall back in My life is different now I swear I know now what it means to care About somebody other than myself I know the things I said to you They were untender and untrue I'd like to see those things undo So if you could find it in your heart To give a man a second start I promise things won't end the same Shame, boatloads of shame Day after day, more of the same Blame, please lift it off Please take it off, please make it stop Okay so I have read the mail The stories people often tell About us that we never knew But their existence will float away And just like every word they say And we will hold hands as they fade Shame, boatloads of shame Day after day, more of the same</p>	<p>Blame, please lift it off Please take it off, please make it stop I felt so sure of everything My love to you so well received And I just strutted around your town Knowing I didn't let you down The truth be known, the truth be told My heart was always fairly cold Posing to be as warm as yours My way of getting in your world But now I'm out and I've had time To look around and think And sink into another world That's filled with guilt and overwhelming Shame, boatloads of shame Day after day, more of the same Blame, please lift it off Please take it off, please make it stop And everyone they have a heart And when they break and fall apart And need somebody's helping hand I used to say just let 'em fall It wouldn't bother me at all I couldn't help them now I can</p>
--	--

Philip K. Hardin, M.A., M.Div.

Director of Business & Professional Outreach, Intl.
Licensed Marriage & Family Therapist, Licensed Professional Counselor, and Certified Life Coach
563 Johnson Avenue – Fairhope, Alabama 36532
Phone: 601-925-0707

Email: phil@bpointl.org

Webpage: www.bpointl.org

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!

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.

"I sometimes think that shame, mere awkward, senseless shame, does as much towards preventing good acts and straightforward happiness as nay of our vices can do." - C.S. Lewis

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 → Biblical Perspective – Genesis 3:1-5

1. **FUNCTION & NAME** → The culmination of creation was characterized by assigned function and name (Genesis 1 & 2).
2. **FOOLED** → The creature is introduced as crafty – subtle, the Hebrew word nachash – “burning one” or “bright one.” His wisdom is “crafty” in the sense of being darkly shrewd. Its intention is to fool the woman and to be fooled is to be shamed.
3. **DOUBT** → The creature and woman engage in a conversation that activates several emotional shifts within the woman. Doubt of God, her recollection of history and by extension doubt about her relationship with God.
4. **ISOLATION** → She is invited to sort out her doubt by herself and live in isolation. The creature invites Eve to talk about God, but not with God. To relationally confront our shame requires that we risk feeling it on the way to its healing. This is the common undercurrent of virtually all of our relational brokenness. We sense, image, feel and think all sorts of things that we never say, because we’re too frightened to be that honest, that vulnerable. But honest vulnerability is the key to healing shame.

SHAME → Biblical Perspective – Genesis 3:6-13

1. **INTENTIONAL** → Under the guidance of shame, the serpent intentionally seeks emotional dysregulation and relational disintegration.
2. **DISCONNECTION** → Eve walks away from engagement with Adam and God—a neurobiological state of “WE”—and into the dark, blind ally of independence.
3. **EYES WIDE OPEN** → The man and woman now sees the other in ways that are judging, condescending and extensions of what the woman took in from the serpent. In so doing, they became acutely aware of their nakedness, their vulnerability. Fig leaves are all they have left to cope.
4. **HIDING** → The natural response to shame is to avoid being known. The problem is in me through what I am sensing, imaging, feeling, thinking, and doing.
5. **ABANDONMENT** → Our vulnerability—the experience of nakedness—is the source of all that is broken in our world.

SHAME → THE CURE IS RELATIONSHIP

1. **WHO** → Our shame screams out in judgment of those closest to us. The man condemns the woman, and the woman follows suit, leaving God with the task of telling it like it is.
2. **NO CONNECTION, CURIOSITY, & CREATIVITY** → Shame destroys and moves us to worry of failure or of being exposed and humiliated for making mistakes.
3. **DEEP CONNECTION** → The place of joy is found in a secure base of relationship and creativity (curiosity and exploration). We fear telling our stories for fear that our nakedness will be revealed and exploited.

Enneagram – Take the Assessment

<https://www.wepss.com/>

- **Welcome!**
- 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.

- [Purchase the WEPSS](#)

ACTION: Journal This!

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

