

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!

ANGER – ENEMY OF THE TRUE SELF! – Part III

Highland Colony Men's Roundtable
www.MensTable.com

A Man understands that ANGER can be an enemy to his True Self.

April 25, 2019

Bible Verses: Genesis 4; Proverbs 29:22; Proverbs 22:24; Proverbs 30:33; Ecclesiastes 7:9
Music: Three Days Grace - I Hate Everything About Father's Song - Matt Redman
https://www.youtube.com/watch?v=d8ekz_CSBVg
<https://www.youtube.com/watch?v=UrHI4cjhyFE>
Video: INSIDE OUT – Table Scene
<https://www.youtube.com/watch?v=34vVGVrGGBU>

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.

ANGER – ENEMY TO THE TRUE SELF – PART III.

Men need to understand anger. The less men understand this emotion, the more destructive it can be. Often angry men have been a victim of abuse, or had alcoholic or passive parents. As adult men, we need the opportunity to grieve, express sadness, and work through trauma.

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

The False Self	The True Self
<ol style="list-style-type: none"> 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. 	<ol style="list-style-type: none"> 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.

ANGER – Masculinity Lost.

Genesis 4: "...but Cain and his offering didn't get his approval. Cain lost his temper and went into a sulk. GOD spoke to Cain: "Why this tantrum? Why are you angry? Why the sulking? If you do well, won't you be accepted? And if you don't do well, sin is lying in wait for you, ready to pounce; it's out to get you, you've got to master it."

1. Man has fallen, he has been _____, and one of the most noticeable results of this is the fear of failure and the false persona which we now put forth – the question being begged by men is _____.
2. We seek _____ through means other than God (chiefly through women) and in doing so set ourselves up for failure in the battle which is at hand.
3. It requires an _____ to bestow masculinity; on the lower levels this requires action by the father, on the higher levels this requires action by God. As John Eldredge tells us: "Masculinity is bestowed. A boy learns who he is and what he's got from a man, or the company of men. He cannot learn it any other place. He cannot learn it from other boys, and he cannot learn it from the world of women... _____ can never bestow masculinity."
4. Feminine cannot bestow masculine – the result is a _____, a nation/tribe of lost boys – divorce, work-obsessed absent fathers, anger/rage, addiction /idolatry, preoccupation, emotionally absent parents, anxiety, depression, and the plague of pornography.

ANGER – Masculinity Restored.

1. A man can only become a man _____.
2. When we didn't experience the kind of _____ we can only get what we need experientially – same with love, empathy, compassion, all emotions – we have typically gone into survival mode living out of the fear of our inadequacy, insecurities, and fear of failure – _____.
3. _____ for our growth is our part – and it can't be done on our own.
4. The four most dangerous words in the English language are _____. Life is designed by our creator to be lived connected in authentic, intimate community. He made Himself _____ – the people of Israel.
5. Our mission, our purpose, of _____, can come from nowhere else but God; yet first we must be broken. We must first have our _____, we must first be made to see the truth.
6. When our self fails, God comes through: "The true test of a man, the beginning of his redemption, actually starts when he can no longer rely on what he's used all his life. The real journey begins _____.
7. God defeats us to save us – we _____ to The Way, The Truth, and The Life He offers us!
8. Intimacy – knowing and being known – is _____. It cannot be learned in a book, heard in a sermon, prayed into us, it must be experienced – horizontally and vertically – both/and – practiced.

9. A _____ can only be healed in the experience of relationship.
10. The _____ is learned in a company of safe/wise men. We heal from the wound, embrace our masculinity, gain strength (empowered), and then offer our strength/glory (True Self-In Christ) rather than our neediness – **wounded healers rather than unhealed wounders.**

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!

- How do you handle anger?
- What makes you angry?
- How was anger handled in your home?

Bible Verses – The Message

<p>Genesis 4 - "...but Cain and his offering didn't get his approval. Cain lost his temper and went into a sulk. GOD spoke to Cain: "Why this tantrum? Why are you angry? Why the sulking? If you do well, won't you be accepted? And if you don't do well, sin is lying in wait for you, ready to pounce; it's out to get you, you've got to master it."</p> <p>Proverbs 29:22 -An angry person stirs up conflict, and a hot-tempered person commits many sins.</p>	<p>Proverbs 22:24 - Do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared. Don't hang out with angry people; don't keep company with hotheads. Bad temper is contagious - don't get infected.</p> <p>Proverbs 30:33 - For as churning cream produces butter, and as twisting the nose produces blood, so stirring up anger produces strife.</p> <p>Ecclesiastes 7:9 - Do not be quickly provoked in your spirit, for anger resides in the lap of fools.</p>
--	---

I Hate Everything About You – Three Days Grace

<p>Every time we lie awake After every hit we take Every feeling that I get But I haven't missed you yet Every roommate kept awake by Every sigh and scream we make All the feelings that I get But I still don't miss you yet Only when I start to think about it I hate everything about you Why do I love you You hate everything about me Why do you love me Every time we lie awake After every hit we take Every feeling that I get But I haven't missed you yet</p>	<p>Only when I stop to think about it I hate everything about you Why do I love you I hate everything about you Why do I love you Only when I start to think about you I know Only when you start to think about me do you know I hate everything about you Why do I love you You hate everything about me Why do you love me I hate You hate I hate You love me I hate everything about you Why do I love you</p>
--	--

The Father's Song – Matt Redman

<p>I have heard so many songs Listened to a thousand tongues But there is one That sounds above them all The Fathers song The Fathers love You sung it over me and for eternity Its written on my heart CHORUS: Heavens perfect melody The Creators symphony You are singing over me The Fathers song Heavens perfect mystery The king of love has sent for me And now you're singing over me The Fathers song I have heard so many songs Listened to a thousand tongues But there is one</p>	<p>That sounds above them all [Sounds above them all] The Fathers song The Fathers love You sung it over me and for eternity Its written on my heart CHORUS Its Heavens perfect mystery The king of love has sent for me And now you're singing over me The Fathers song The Fathers song The Fathers love You sung it over me and for eternity Its written on my heart [Its written on my heart] The Fathers song The Fathers love You sung it over me and for eternity Its written on my heart</p>
--	---

Roane Hunter, Sr., LPC, CSAT, CCSAS

LIFEWORKS Counseling

Email: rhunter@lifeworksms.com

Webpage: www.lifeworksms.com

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!

ANGER – ENEMY TO THE TRUE SELF!

Men need to understand anger. The less men understand this emotion, the more destructive it can be. Often angry men have been a victim of abuse, or had alcoholic or passive parents. As adult men, we need the opportunity to grieve, express sadness, and work through trauma.

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.

ANGER – MASCULINITY LOST

Genesis 4: *“...but Cain and his offering didn’t get his approval. Cain lost his temper and went into a sulk. GOD spoke to Cain: “Why this tantrum? Why are you angry? Why the sulking? If you do well, won’t you be accepted? And if you don’t do well, sin is lying in wait for you, ready to pounce; it’s out to get you, you’ve got to master it.”*

1. Man has fallen, he has been wounded, and one of the most noticeable results of this is the fear of failure and the false persona which we now put forth – the question being begged by men is “do I have what it takes?”
2. We seek validation through means other than God (chiefly through women) and in doing so set ourselves up for failure in the battle which is at hand.
3. It requires an intervention by men to bestow masculinity; on the lower levels this requires action by the father, on the higher levels this requires action by God. As John Eldredge tells us: “Masculinity is bestowed. A boy learns who he is and what he’s got from a man, or the company of men. He cannot learn it any other place. He cannot learn it from other boys, and he cannot learn it from the world of women... Femininity can never bestow masculinity.”
4. Feminine cannot bestow masculine – the result is a culture of chaos, a nation/tribe of lost boys – divorce, work-obsessed absent fathers, anger/rage, addiction/idolatry, preoccupation, emotionally absent parents, anxiety, depression, and the plague of pornography.

ANGER – MASCULINITY RESTORED

1. A man can only become a man in the company of other men – wise men (Proverbs 31)
2. When we didn't experience the kind of fathering we need to mature we can only get what we need experientially – same with love, empathy, compassion, all emotions – we have typically gone into survival mode living out of the fear of our inadequacy, insecurities, and fear of failure – the false self.
3. Awareness, ownership, responsibility for our growth is our part – and it can't be done on our own.
4. The four most dangerous words in the English language are “Just me and Jesus!”. Life is designed by our creator to be lived connected in authentic, intimate community. He made Himself known to a community – the people of Israel.
5. Our mission, our purpose, of living the life God intended, can come from nowhere else but God; yet first we must be broken. We must first have our false persona shattered, we must first be made to see the truth.

ANGER – MASCULINITY RESTORED

6. When our self fails, God comes through: “The true test of a man, the beginning of his redemption, actually starts when he can no longer rely on what he’s used all his life. The real journey begins when the false self fails!”
7. God defeats us to save us – we surrender to The Way, The Truth, and The Life He offers us!
8. Intimacy – knowing and being known – is the cure for the wound. It cannot be learned in a book, heard in a sermon, prayed into us, it must be experienced – horizontally and vertically – both/and – practiced.
9. A relational wound can only be healed in the experience of relationship.
10. The practice of intimacy is learned only in a company of safe/wise men. We heal from the wound, embrace our masculinity, gain strength (empowered), and then offer our strength/glory (True Self-In Christ) rather than our neediness – **wounded healers rather than unhealed wounders.**

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. How do you handle anger?
2. What makes you angry?
3. How dis your father handle his anger?

