

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 II

Highland Colony Men's Roundtable
www.MensTable.com

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

April 18, 2019

Bible Verses: Mark 3:1-6; Hebrews 12:14-17; Galatians 5:19-21; Ephesians 6:1-4; James 1:19-21; Psalms 30:4,5; Proverbs 14:29; 15:1; 22:24

Music: Toby Keith - Don't Let the Old Man In
<https://www.youtube.com/watch?v=yc5AWIimplfE>

Video: Bobby Knight throws chair, gets ejected vs. Purdue in 1985
<https://www.youtube.com/watch?v=ukpekodCQ-U>

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 II.

The Anger of Jesus – Mark 3:1-6; Hebrews 12:14-17; Galatians 5:19-21.

Frustration, hurt, and fear – the top three sources of anger. How do you deal with the frustrating, painful, and discouraging situations before they boil into unhealthy anger? We need to learn to deal with anger before it gets out of control. The best time to deal with anger is before you get angry.

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 – DEALING WITH ANGER – Before You Get Angry.

1. _____ → Be self-aware. Know what the warning signs are for you before anger appears. You must recognize when you are most vulnerable to experiencing anger.
2. _____ → What's your anger pattern? Know your self.

ANGER – DEALING WITH ANGER – When You Get Angry.

1. _____ → Learning to identify the emotion of anger in you sounds simple, but many men live in denial. Due to its negative reputation and men's tendency to not handle it well, many men mislabel anger.
2. _____ → Move toward humility, vulnerability, and ownership. "I am angry" can be a difficult truth to admit when you feel justified.
3. **Responsibility** → You are responsibility for you anger and to acknowledge to yourself, God, and others that you are responsible for how you choose to express that anger. Blaming, on the other hand, is more than just a process of allocating fault. It is often a process of shaming others and searching for something wrong with them. The qualities of blame are judgment, anger, fear, punishment, and self-righteousness.
4. **Causes** → Rule out your own part, selfishness, or oversensitivity. Look for what is frustrating you, hurting you, or scaring you.
5. **Respond Wisely** → What can you do? Three kinds of situations:
 1. Situations you can control or change.
 2. Situations that you can influence.
 3. Situations that you can do nothing about
6. **Talk to a Friend** → Talk to a friend that you trust to offer honest feedback.

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. I am most likely to experience anger when ... ?
 2. What I get angry I ... ?
 3. When I get angry I wish I didn't ... ?
 4. When I get angry I wish I did ... ?
 5. I would like to better understand and improve my ability to deal with my anger because ... ?
- Consider: Proverbs 15:1; 22:24; 14:29; Psalm 30:5; James 1:19; Ephesians 6:4.

Bible Verses – The Message

<p>Mark 3:1-6 - ¹ Then he went back in the meeting place where he found a man with a crippled hand. ² The Pharisees had their eyes on Jesus to see if he would heal him, hoping to catch him in a Sabbath infraction. ³ He said to the man with the crippled hand, "Stand here where we can see you." ⁴ Then he spoke to the people: "What kind of action suits the Sabbath best? Doing good or doing evil? Helping people or leaving them helpless?" No one said a word. ⁵ He looked them in the eye, one after another, angry now, furious at their hard-nosed religion. He said to the man, "Hold out your hand." He held it out - it was as good as new! ⁶ The Pharisees got out as fast as they could, sputtering about how they would join forces with Herod's followers and ruin him.</p> <p>Hebrews 12:14-17 - ¹⁴ Work at getting along with each other and with God. Otherwise you'll never get so much as a glimpse of God. ¹⁵ Make sure no one gets left out of God's generosity. Keep a sharp eye out for weeds of bitter discontent. A thistle or two gone to seed can ruin a whole garden in no time. ¹⁶ Watch out for the Esau syndrome: trading away God's lifelong gift in order to satisfy a short-term appetite. ¹⁷ You well know how Esau later regretted that impulsive act and wanted God's blessing - but by then it was too late, tears or no tears.</p> <p>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.</p>	<p>Ephesians 6:1-4 - ¹ Children, do what your parents tell you. This is only right. ² "Honor your father and mother" is the first commandment that has a promise attached to it, namely, ³ "so you will live well and have a long life." ⁴ Fathers, don't exasperate your children by coming down hard on them. Take them by the hand and lead them in the way of the Master.</p> <p>James 1:19-21 - ¹⁹ Post this at all the intersections, dear friends: Lead with your ears, follow up with your tongue, and let anger straggle along in the rear. ²⁰ God's righteousness doesn't grow from human anger. ²¹ So throw all spoiled virtue and cancerous evil in the garbage. In simple humility, let our gardener, God, landscape you with the Word, making a salvation-garden of your life.</p> <p>Psalms 30:4,5 - ⁴ All you saints! Sing your hearts out to God! Thank him to his face! ⁵ He gets angry once in a while, but across a lifetime there is only love. The nights of crying your eyes out give way to days of laughter.</p> <p>Proverbs 14:29; 15:1; 22:24 - ²⁹ Slowness to anger makes for deep understanding; a quick-tempered person stockpiles stupidity.</p> <p>¹ A gentle response defuses anger, but a sharp tongue kindles a temper-fire.</p> <p>²² Refuse good advice and watch your plans fail; take good counsel and watch them succeed. ²³ Congenial conversation - what a pleasure! The right word at the right time - beautiful! ²⁴ Life ascends to the heights for the thoughtful - it's a clean about-face from descent into hell.</p>
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Don't Let the Old Man In – Toby Keith

<p>Don't let the old man in, I wanna leave this alone Can't leave it up to him, he's knocking on my door And I knew all of my life, that someday it would end Get up and go outside, don't let the old man in Many moons I have lived My body's weathered and worn Ask yourself how old you'd be If you didn't know the day you were born Try to love on your wife And stay close to your friends Toast each sundown with wine</p>	<p>Don't let the old man in Many moons I have lived My body's weathered and worn Ask yourself how old you'd be If you didn't know the day you were born When he rides up on his horse And you feel that cold bitter wind Look out your window and smile Don't let the old man in Look out your window and smile Don't let the old man in</p>
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1. **Triggers** → Be self-aware. Know what the warning signs are for you before anger appears. You must recognize when you are most vulnerable to experiencing anger.
2. **Pattern** → What's your anger pattern? Know your self.

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1. **Acknowledge** → Learning to identify the emotion of anger in you sounds simple, but many men live in denial. Due to its negative reputation and men's tendency to not handle it well, many men mislabel anger.
2. **Surrender** → Move toward humility, vulnerability, and ownership. "I am angry" can be a difficult truth to admit when you feel justified.
3. **Responsibility** → You are responsible for your anger and to acknowledge to yourself, God, and others that you are responsible for how you choose to express that anger. Blaming, on the other hand, is more than just a process of allocating fault. It is often a process of shaming others and searching for something wrong with them. The qualities of blame are judgment, anger, fear, punishment, and self-righteousness.

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- [Purchase the WEPSS](#)

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Stories of Men and Anger

"I'm not as afraid of this emotion now that I understand my anger and know how to express it in a healthy way."

"I am so ashamed of how my anger caused me to hurt my son."

"It gives me an increased sense of energy to make the hard choices to deal with anger well."

"My wife feels safer and more secure around me since I have done my anger work."

"Now my children have a healthy model for how to express their anger."

"I no longer have to struggle with the guilt that came from blowing it."

"I've learned how to use my anger energy to identify the real issues."