

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!

Highland Colony Men's Roundtable
www.MensTable.com

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

April 11, 2019

Bible Verses: Ephesians 4:26-31.

Music: George Strait - I Hate Everything
<https://www.youtube.com/watch?v=-RTJ4hy-GrM>

Video: Anger Management - Dave's Anger Ally
<https://www.youtube.com/watch?v=PGy7bpf9ibo>

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.

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 – 7 INSIGHTS.

1. _____ → Anger involves physiological arousal, a state of readiness.
2. _____ → Anger is an intense emotional reaction that sometimes remains largely unexpressed and kept inside and at other times is directly expressed in outward behavior.
3. _____ → Anger is one of many God-given emotions that can be a potentially powerful and positive force for good in our lives.
4. _____ → Anger is usually experienced in response to a primary emotion such as hurt, loss, frustration, and fear.
5. _____ → Anger is a natural and normal response to a variety of life's situations and stresses.
6. _____ → Anger is a God-given emotion intended to protect and provide energy for developing solutions to life's inevitable problems.
7. _____ → Anger, the ability to understand it and appropriately express it, is a sign of emotional and spiritual maturity.

ANGER – 10 TRUTHS.

1. _____ → Anger is implied in the OT through words such as revenge, cursing, jealousy, snorting, trembling, shouting, raving, and grinding the teeth. Several words in the NT are used for anger. See Ephesians 4:26-31 =
 1. _____ = used 45 times in the NT. Means a more settled and long-lasting attitude of anger, which is slower in its onset and more enduring. It's like charcoal on a barbecue.
 2. _____ = anger that has been provoked. It is characterized by irritation, exasperation, or embitterment. Don't let your exasperation, your fury, or indignation last until the sun goes down.
 3. _____ = Anger that is a turbulent commotion or a boiling agitation of feelings. This type of anger blazes up into a sudden explosion, whereas in orge there is an occasional element of deliberate thought. It is an outburst from inner indignation and is similar to a match that quickly ignites into a blaze but then burns out rapidly.
2. _____ → Underneath is fear, hurt, frustration, loss, disappointment, the vulnerability, and the longing for connection. It can provide a false sense of security.
3. _____ → It can be like a smoke detector, warning light on your car, or like a flashing yellow light to a driver.
4. _____ → Being open about what is bothering you can lead to an increased ability of being understood and known.

5. _____ → Identify and clarify what is acceptable and unacceptable, appropriate and inappropriate.
6. _____ → How you choose to express your anger can strengthen or weaken relationships. Allow God to teach you how to use your anger-energy to deepen relationships, rather than, harm relationships.
7. _____ → Poor modeling is hard to overcome.
8. _____ → Men often are confused, frustrated, and stuck in their efforts to grow due to their failure or inability to acknowledge, understand, and constructively deal with anger.
9. _____ → Anger is only part of a family of emotions.
10. _____ → It can lead to stress, burnout, depression, addiction, and physical illness.

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. How do you handle anger?
2. What makes you angry?
3. How was anger handled in your home?

Bible Verses – The Message

Ephesians 4:26-31 - ²⁶ Go ahead and be angry. You do well to be angry - but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. ²⁷ Don't give the Devil that kind of foothold in your life. ²⁸ Did you used to make ends meet by stealing? Well, no more! Get an honest job so that you can help others who can't work. ²⁹ Watch the

way you talk. Let nothing foul or dirty come out of your mouth. Say only what helps, each word a gift. ³⁰ Don't grieve God. Don't break his heart. His Holy Spirit, moving and breathing in you, is the most intimate part of your life, making you fit for himself. Don't take such a gift for granted. ³¹ Make a clean break with all cutting, backbiting, profane talk.

I Hate Everything – George Strait

He was sitting there beside me throwing doubles down
 When he ordered up his third one he looked around
 Then he looked at me
 And said, "I do believe
 I'll have one more."
 He said, "I hate this bar and I hate to drink,
 But on second thought, tonight I think, I hate everything."
 Then he opened up his billfold and threw a twenty down,
 And a faded photograph fell out and hit the ground.
 I picked it up,
 He said, "thank you, bud."
 I put it in his hand.
 He said, "I probably oughta throw this one away
 'cause she's the reason I feel this way.
 I hate everything."
 I hate my job
 And I hate my life
 And if it weren't for my two kids
 I'd hate my ex wife.
 I know I should move on and try to start again,
 But I just can't get over her leaving me for him.

Then he shook his head, looked down at his ring, said, "I hate everything."
 Said, "that one bedroom apartment where I get my mail,
 Is really not a home, it's more like a jail,
 With a swimming pool, and a parking lot view.
 Man, it's just great.
 I hate summer, winter, fall and spring.
 Red and yellow, purple, blue and green.
 I hate everything."
 I hate my job
 And I hate my life
 And if it weren't for my two kids
 I'd hate my ex wife.
 I know I should move on and try to start again,
 But I just can't get over her leaving me for him.
 Then he shook his head, looked down at his ring, said, "I hate everything."
 So I pulled out my phone and I called my house.
 I said, "Babe, I'm coming home, we're gonna work this out."
 I payed for his drinks
 And I told him thanks
 Thanks for everything.

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

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ANGER – 7 INSIGHTS

1. **Energy** → Anger involves physiological arousal, a state of readiness.
2. **Reaction** → Anger is an intense emotional reaction that sometimes remains largely unexpressed and kept inside and at other times is directly expressed in outward behavior.
3. **God-given** → Anger is one of many God-given emotions that can be a potentially powerful and positive force for good in our lives.
4. **Secondary Emotion** → Anger is usually experienced in response to a primary emotion such as hurt, loss, frustration, and fear.
5. **Normal / Amoral** → Anger is a natural and normal response to a variety of life's situations and stresses.
6. **Protection** → Anger is a God-given emotion intended to protect and provide energy for developing solutions to life's inevitable problems.
7. **Indicator** → Anger, the ability to understand it and appropriately express it, is a sign of emotional and spiritual maturity.

ANGER – 10 TRUTHS

1. **God-given** → Anger is implied in the OT through words such as revenge, cursing, jealousy, snorting, trembling, shouting, raving, and grinding the teeth. Several words in the NT are used for anger. See Ephesians 4:26-31 =
 1. **Orge** = used 45 times in the NT. Means a more settled and long-lasting attitude of anger, which is slower in its onset and more enduring. It's like charcoal on a barbecue.
 2. **Parorigismos** = anger that has been provoked. It is characterized by irritation, exasperation, or embitterment. Don't let your exasperation, your fury, or indignation last until the sun goes down.
 3. **Thumas** = Anger that is a turbulent commotion or a boiling agitation of feelings. This type of anger blazes up into a sudden explosion, whereas in orge there is an occasional element of deliberate thought. It is an outburst from inner indignation and is similar to a match that quickly ignites into a blaze but then burns out rapidly.
2. **Secondary Emotion** → Underneath is fear, hurt, frustration, loss, disappointment, the vulnerability, and the longing for connection. It can provide a false sense of security.
3. **Signal** → It can be like a smoke detector, warning light on your car, or like a flashing yellow light is to a driver.
4. **Can Lead to Intimacy** → Being open about what is bothering you can lead to an increased ability of being understood and known.
5. **Help Us set Boundaries** → Identify and clarify what is acceptable and unacceptable, appropriate and inappropriate.

ANGER – 10 TRUTHS

6. **Powerful** → How you choose to express your anger can strengthen or weaken relationships. Allow God to teach you how to use your anger-energy to deepen relationships, rather than, harm relationships.
7. **Learned** → Poor modeling is hard to overcome.
8. **Most likely to be Mislabeled** → Men often are confused, frustrated, and stuck in their efforts to grow due to their failure or inability to acknowledge, understand, and constructively deal with anger.
9. **Most likely to be Blamed** → Anger is only part of a family of emotions.
10. **Hazardous to Your Health** → It can lead to stress, burnout, depression, addiction, and physical illness.

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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.

ACTION: Journal This!

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