

Know Yourself

LOOKING BELOW THE SURFACE

1. What is one of your great fears as you consider taking a serious look at the “iceberg” in your life?
2. Although we know truth sets us free (John 8:32), why do you think unmasked honesty is so difficult for people? In what ways or situations is it difficult for you?
3. Why do we need a PERSONAL experience of God's unconditional love for us in order to search the “deep insides” of our lives and come out of hiding?
4. John 4:7-18
5. How does Jesus move the Samaritan woman from surface concerns to deeper issues of her life and faith?
6. What relationship pattern was Jesus pointing the woman's attention to? What were the symptoms in her life?
7. How would you describe her response to Jesus' exposing her “iceberg”?
8. How do you tend to respond when people or circumstances expose the hidden layers underneath the visible surface of your iceberg? Explain.
9. There are more application exercises that can be added here. In the discipleship course we will use them to find patterns, asking why questions, etc.
10. What is one step you can take this week to look beneath the surface, the 90% of the iceberg in your life? Be specific.

You are an iceberg; there is far more to you than meets the eye. Psalm 139:23 declares, “Search me, O God, and know my heart; Try me and know my anxious thoughts”. What happens when we forget this principle and the underlying things in our lives go unobserved? We already believe we're aware of what is going on inside of us. The truth is most of us have not allowed Jesus to transform the deep layers underneath the surface. This week we explore this first principle of emotional health. There is a big break, a big wall, between who we really are right now and the image we portray. Inside of us, there are forces and motivations that need to be examined. This is at the center of becoming a saint, of maturing, part of the work of being a Christian, and the church. Ask better questions and know yourself!

SCRIPTURE: *Luke 4:1-13, Psalm 139:23*

INTRODUCING

BIG IDEA: *What's the Story Behind the Story, Learning to Look Below the Surface.*

CORE SCRIPTURE: *Search me, O God, and know my heart; Try me and know my anxious thoughts... -Psalm 139:23*

Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ. -Colossians 1:28

KEY CONCEPTS: Integrity, Courage, Authenticity

PRAYER

WARNINGS

SEVEN PRINCIPLES OF EMOTIONAL HEALTH ARE:

The Problem of Emotionally Unhealthy Spirituality (Saul)

1. Know Yourself that You May Know God (David)
2. Go Back to Go Forward (Joseph)
3. Journey Through The Wall (Abraham)
4. Enlarge Your Soul through Grief and Loss (Jesus)
5. Discover the Rhythms of the Daily Office/Sabbath (Daniel)
6. Grow Into an Emotionally Mature Adult (Good Sam)
7. Go the Next Step to Develop a "Rule of Life" (Acts 2:42ff)

EMOTIONALLY HEALTHY SPIRITUALITY NUMBER 1

Looking beneath the surface, learning to know yourself - Finding out what's in your heart

The iceberg

Anyone in the church who is older, wiser and more mature should recognize that inherent in the Christian Calling and identity is a responsibility to invest time, personally and generously, in the lives of others. -Becoming Saints 211 Gordon T Smith.

Honesty is a Christian value, seeing things as they really are. It is truth that makes freedom possible. Bondage and brokenness is based on living a lie - either a facade, a false front like so many buildings OR ignoring hard truths.

When you run from your feelings you create a break in your person. You wear a mask with yourself and others a lot. In Jesus' temptation in the wilderness there are three false identities or masks that Satan offers him and still today us.

How to Expose our False Self *Luke 4:1-13*

1. I am what I do (performance)
2. I am what I have (possession)
3. I am what others think (popularity)

But what actually gets us to change? To be truthful with ourselves? Often it is _____.

"If I am willing to go deep beneath the iceberg of my present self, I have to be willing to suffer the discomfort and pain that is part of the pioneering new parts of myself--the good, the bad, and the ugly. People in emotionally healthy churches do these regular heart checkups as they hit walls in their journey with Christ." EHS, 77.

King Saul and Prophet Samuel's "Skimming"

FOUR COMPONENTS OF GOING BENEATH THE SURFACE

1. Developing an Awareness of What I Am Feeling and Doing, *John 13:3*

2. Asking the "Why?" or "What's going on?" Question

3. Linking the Gospel and Emotional Health

"I came to realize that the nature of biblical faith is very different from what I and most westerners had assumed was the nature of faith. Whereas contemporary westerners tend to think of faith as a psychological concept, the characters of the Bible thought of faith as a covenantal concept. And while the psychological concept motivates people to think in ways that promote psychological certainty, the biblical model motivates people to commit to a relationship and a way of life in the midst of uncertainty. That is precisely why it is called "faith!"" G. Boyd

4. Getting Rid of the "Glittering Image"

WRAP-UP/FINAL THOUGHTS

Next Sunday breaking the power of the past - a new look at generational "curses"

- In Home Church this week (or on your own) share or reflect on, "How do you tend to respond when people or circumstances expose hidden layers underneath the visible surface of your iceberg? Explain?"
- Make time to be alone today. If you've started a prayer journal, I encourage you to add this to it. Start with: What am I angry about (past or present)? What am I sad about (small or big losses, disappointments, choices)? What am I worried about (money, future, family)? What am I glad about (people, opportunities, Home Church, etc.)
- "Lord, you know the ways I am tempted to deny or avoid unpleasant emotions. Please lead me to "quiet waters" so I can pay attention to the activity beneath my iceberg and discern how you are coming to me. In Jesus' name, Amen."