

KNOW YOURSELF THAT YOU MAY KNOW GOD

BRIEF SUMMARY

Self-awareness is intricately related to our relationship with God. In fact, the challenge of Scripture to shed our old "false" self in order to live authentically in our new "true" self strikes at the very core of true spirituality.

In AD 500, Augustine wrote in Confessions, "How can you draw close to God when you are far from your own self?" He prayed, "Grant, Lord, that I may know myself that I may know thee."

In 1530, John Calvin wrote in his opening of the Institutes of the Christian Religion: "Our wisdom... consists almost entirely of two parts: the knowledge of God and of ourselves. But as these are connected together by many ties, it is not easy to determine which of the two precedes and gives birth to the other."

The vast majority of us go to our graves without knowing who we are. Without being fully aware of it, we live someone else's life, or at least someone else's expectations for us. This does violence to ourselves, to our relationship with God, and ultimately to others.



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FURTHER REFLECTION: BIBLE STUDY OF 1 SAMUEL 17:26-45

1. What are some of the accusations and messages that David receives from those around him? (From his family, from Saul, and from Goliath)
2. What feelings might you experience if you were in David's position (hearing these things from your family, a person in authority, and an intimidating figure)?
3. What enables David to live out of his true self against the powerful forces and pressures that seek to mold him into someone he is not?
4. Where in your life, or with who, do you find it difficult to be yourself (i.e. say 'no' when you need to, speak honestly, or not be afraid of what others think)?



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QUESTIONS FOR DISCUSSION

1. What stood out to you most from this week's teaching on Knowing Yourself That You May Know God?
2. Have you ever considered how ignoring part of yourself (i.e. certain emotions) may hinder or limit your ability to connect with God?
3. What might be one specific way that you give in to expectations of others rather than being faithful to what Jesus has for you?
4. When you think about the idea of shedding the "false" self and putting on the "true" self, what comes to your mind?

