

Personal/Group Training Guide
Week of 9/30/18

“Who Are You?”
“The False Self”

- (1) Read Jeremiah 17:5-8. This passage points to the fact that there are two “ways of being” in the world. Describe each of these two ways. What differentiates one from the other?
- (2) Read 1 John 1:8-9. What do these verses say regarding God’s purpose? What does “cleansing us from unrighteousness” mean? Discuss this in relation to our true self and false self.
- (3) Read Genesis 4:1-17. Cain, after murdering his brother, went to live in the land of Nod. In Hebrew, “Nod” means wandering. Describe a time, or situation, in your life when you felt as if you were in the state of wandering – not sure of identity or purpose.
- (4) Read Genesis 11:1-4. How is the situation of these people similar to that of Cain? The essence of the “false self” is that it lacks a true center, which is found only in a life in God. How were Cain and the people in Gen. 11 living out their false self?
- (5) Of course we don’t set out and build cities. However, we are capable of living as a “false self.” What are some ways, in our culture, that people attempt to find/develop their identity while living out the false self?
- (6) Read Matthew 23:27-28. What are some examples in today’s context of appearing to be righteous? Is it tempting to do “religious” things simply out of a sense of duty or obligation? Explain the difference between appearing righteous and being righteous. How do we come to be righteous?
- (7) Read James 4:1-3. Discuss these verses. What do you take from them? What are the results of allowing “self” to be the motivating factor in what we do or ask for? Is this a struggle/challenge for you? Share your thoughts.
- (8) Read the following quote from the book *The Deeper Journey* by M. Robert Mulholland, Jr. “The temptation to take over God’s role in our life is the essence of the false self. The false self is a self that in some ways is playing god in its life and in its world.” What does this look like in your life/world? Share a personal example of when this was true for you.
- (9) Some of the characteristics of the “false” self are: fear, being possessive, protective, and manipulative. Share an example in your life when one of these was prevalent. Read Romans 8:15-16 and Matthew 16:26. What do these verses speak to regarding some of these characteristics? What should life look like when lived in union with God?
- (10) Read Acts 4:32 – 5:4. Which of the characteristics listed in the previous question do you see present in the story of Ananias and Sapphira? How are they displayed?