



THIS IS US

Self to Lose, Self to Find

#npthisisus

Week 1

1 of 6

February 14, 2021

Bottom Line: Becoming my authentic self requires letting go of all the patterns of my adapted self.

Icebreaker: If you were picking one to three words to describe your family of origin, what would they be? How about one to three words to describe your family of today?

Key Verse: *“Truly, truly I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.”* John 12:24 NASB

God has created you unique. You're not the same as everyone else, and everyone else is not the same as you. It's an amazing truth when you realize it, but it takes a while to get to that place. We automatically assume that everyone responds, makes decisions, and processes things the same way we do. And so we expect things from others that maybe God uniquely designed them to give differently. Today we begin a study of our uniqueness, using the enneagram, a concept deeply rooted in Scripture. From the moment Christ rose from the dead and made true life possible, there has been a great struggle between our old life and our new life. We have to uncover the life Christ meant for us to have. But we can't put off the old self until we are aware of it. Your **AUTHENTIC SELF** is the person God created and designed for you to be. He started with Adam and Eve and created them for fulfillment and productivity. But sin shattered them, and what once were attributes have become needs. Since then humans have been creating an **ADAPTED SELF** to try to meet those needs, and it fails miserably. The good news is that God desires and is able to completely restore us. In order for this to happen, we must willingly release our adapted self and its patterns. The coat of a seed represents the childish strategies we have developed to protect ourselves. We are all born with three areas of essential need: security and survival, power and control, esteem and affection. We adapt our authentic selves in an effort to ensure that life gives us what we need. In Luke 9:23-25, Jesus succinctly gives us a three-part invitation to recover our authentic selves. **Disown yourself.** We are to disown and renounce the self that God didn't create, and possess the self that was created to be known intimately by God. Face the truth of who you are and who God created you to be. **Take up your cross daily.** There are paths that will strengthen your authentic self. "Taking up your cross daily" ensures that you deny the unhealthy tendencies from your old self. **Follow Me.** Be with Him, be like Him, do what He does. As you do, you will become all He created you to be as you continually discover the joy and purpose in your authentic self.

THINK IT OVER >>>

What was the most significant part of Sunday's message to you?

God is the origin of our design, and our enemy would like nothing more than to have us run away from so many of the aspects of that design. How have you seen or experienced that to be true?

You are your own nemesis, your own biggest problem, because there is a relationship between the best version of you and the worst version of you, and what they have in common is that both of them is you. Reflect and discuss. How is this liberating?

You can't put off the old self and put on the new self unless you are in touch with yourself. What does that mean and how does it apply to your life right now?

Are you able to identify things about your adapted self that are not serving you well right now? If you are willing, share.

LOOK IT OVER <<<

As long as we believe we must prove ourselves and be in control, God's transforming power will be limited. What does that teach us about our efforts to "fix" ourselves?

What adaptive patterns can you see in your own life that you developed for self-protection?

Disowning yourself starts with facing the truth about yourself. How can you do that without feeling shame?

Taking up your cross involves disentangling yourself from people and habits that feed your old self. Identify those in your life who are not helping your authentic self grow. How are they hurting you and what will you do?

Following Jesus is very active. It's the path to all He designed for me to be, do, and have. Do you see areas in your life where you need to be more like Him, and it will involve new habits and actions? Share.

NEXT STEPS

1. Use the recommended resources to discover your enneagram profile.
2. Identify your adaptive self. Face the truth without blaming or excusing. If you have trouble, ask someone who knows you well and loves you deeply to identify the truth.
3. Read about your authentic self and begin asking Jesus to help you grow there.
4. Read Luke 9:23-25 daily.

EVALUATION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: Becoming my authentic self requires letting go of all the patterns of my adapted self.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at newpointe.org/daily:

Monday: Romans 7:15, 18-19

Tuesday: Ephesians 4:22-24; Colossians 3:19

Wednesday: John 12:24

Thursday: 1 Corinthians 6:19-20

Friday: Proverbs 2:3-5; Isaiah 43:5

Don't let the conversation stop here. Keep talking it over with others throughout the week.

(Don't forget to bring this paper to your next small group meeting)