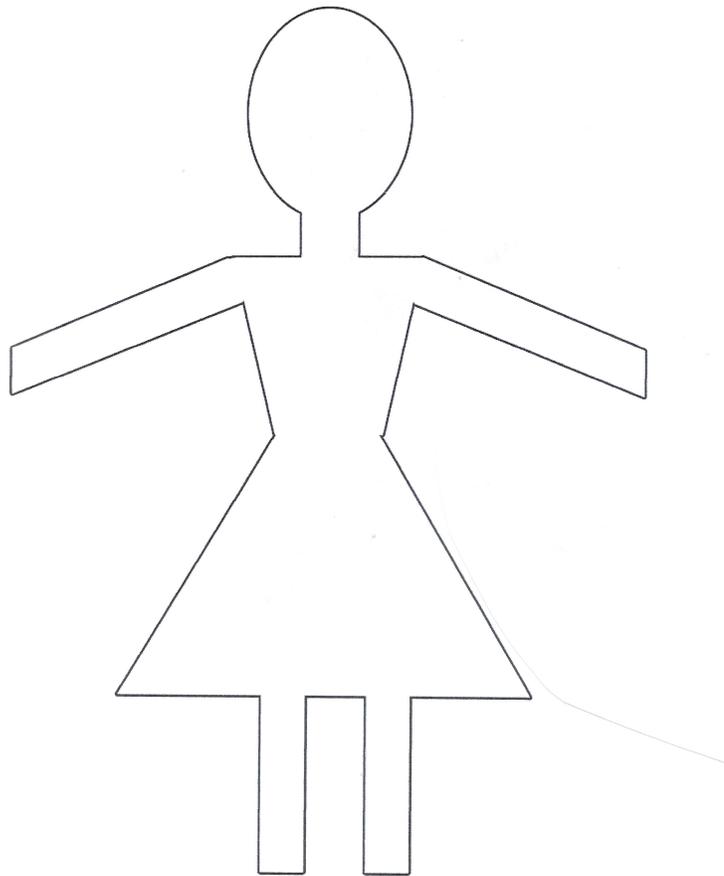


The Real Me

Living From The Inside Out



**PWOC Retreat
April 2020**

Measuring sticks:

1. _____
2. _____
3. _____
4. _____
5. _____

Who Am I?

Ps. 51:5

2 Peter 1:3

Col. 3:10

Gal. 5:17-23

Romans 7:22,23

Romans 8:1,7,8,37

Romans 15:14

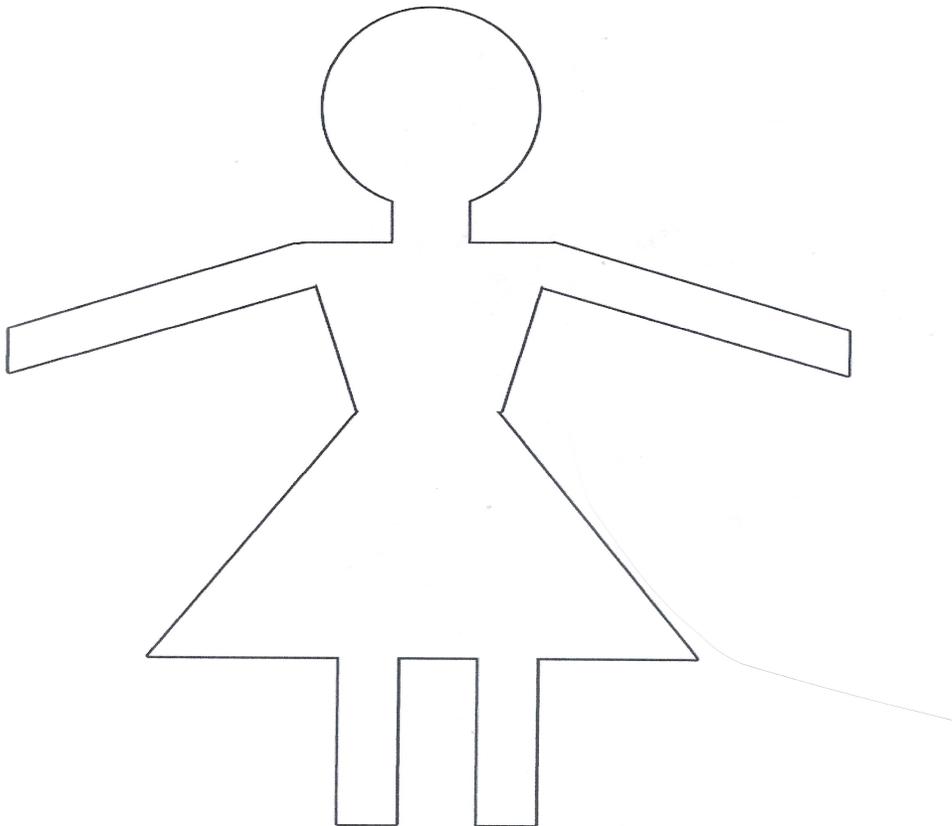
2 Cor. 2:14,15

1 Cor. 1:30

1 Cor 2:16

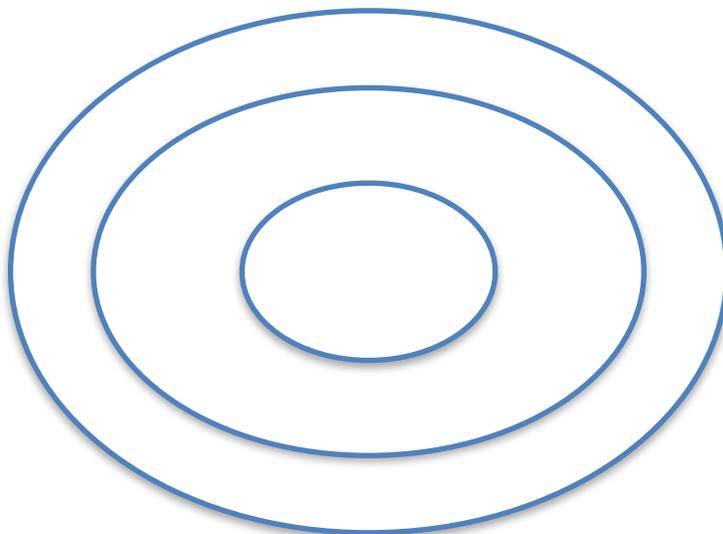
1 Cor. 3:16,17

2 Cor. 4:16



For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other.

Gal. 5:17



Problems with viewing the sinner as the real me:

I have to hide who I am from others (feel like hypocrite).

I don't feel loved/accepted by others.

I have to try to become something different than what I am.

I don't feel God loves/accepts/sees the real me.

I feel shame for the desires of the flesh.

It leads to "try harder spirituality".

Success leads to _____. Failure leads to _____.

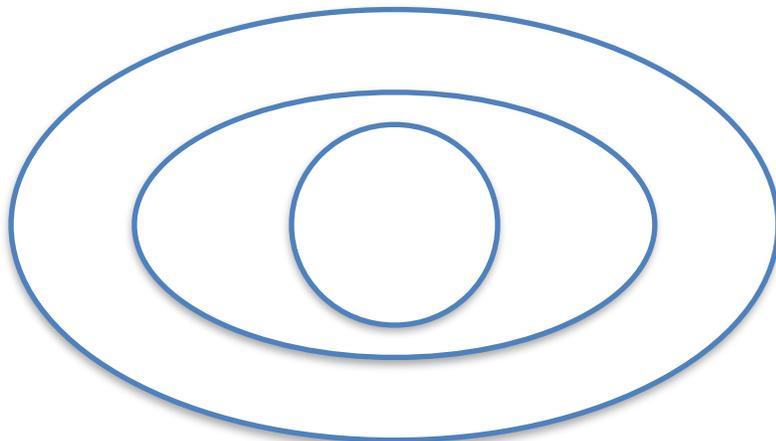
*I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, **it is no longer I myself who do it, but it is sin living in me.** For I know that **good itself does not dwell in me, that is, in my sinful nature.** For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, **it is no longer I who do it, but it is sin living in me that does it.** So I find this law at work: Although I want to do good, evil is right there with me. For **in my inner being I delight in God's law.** Romans 7:15-22*

I love the way You look at me,
the way You steer Your eyes to see
the bride beneath the harlot's skin,
the virtue underneath the sin
I love the way You look at me,
when You lift the veil and You repeat Your vow
“Look At Me” by The Waiting

*God made him who had no sin to be sin for us, so that in him we
might become (_____) the righteousness of God.
2 Cor. 5:21*

*Now apart from the law the righteousness of God has been made
known...This righteousness is given through faith in Jesus...He did
this to demonstrate his righteousness, so that He would be just
(_____) and the justifier (_____),
of the one who has faith in Him. Where then is boasting? It is
excluded (____). Romans 3:21,26,27*

*But to one who, not working, trusts in Him who justifies the ungodly,
his faith is credited (_____) to him as
righteousness. Romans 4:5.*



When I recognize the saint as the real me:

I am no longer defined by my sin.

I don't have to do something just because I desire it.

I understand God loves/knows the "real me."

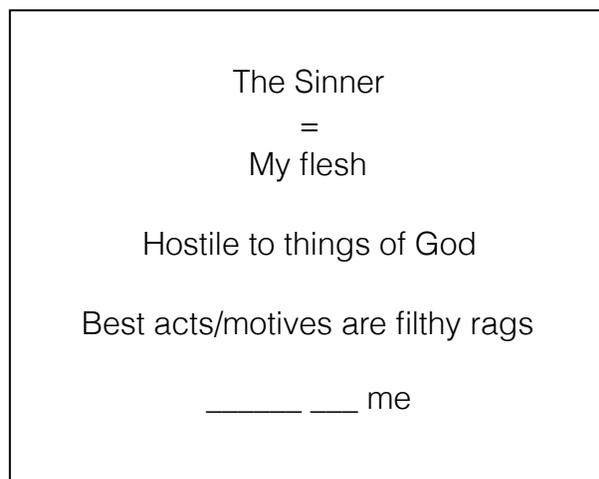
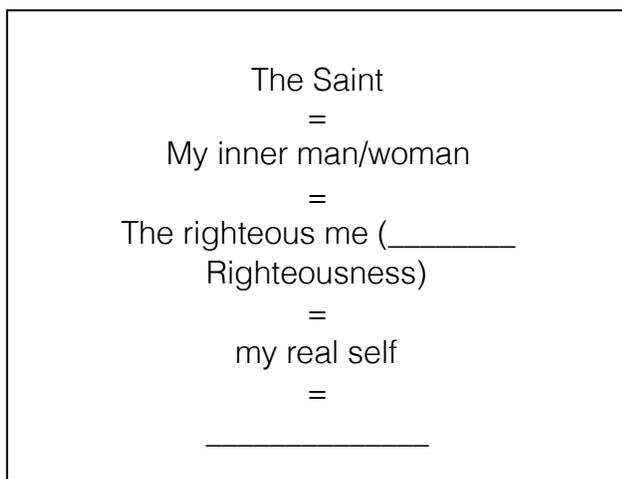
I can enjoy God's gaze.

I am freed from feeling I must become something that I am not.

I am freed from fear of others seeing who I really am.

I am humbled by the understanding that Christ's righteousness is all I have to offer.

I feel worthy and beautiful as I realize who I really am.



How do we live this out:

Remain ___ the vine. John 15

Remain ___ the hand of the potter. Jeremiah 18

"The Christian life is not about _____. It is about _____."

Discussion:

1. What measuring sticks have you used in the past?
2. Which of the "problems with viewing the sinner as the real me" have you experienced?
3. Has your faith journey been more of a journey of "Surrender and Trust" or of "Trying harder"?

In our fight against sin:

Walk by the Spirit, and you will not gratify the desires of the flesh.
Gal. 5:16

Submit to God, resist the devil, and He will flee from you. James 4:7

You have no obligation to do what your sinful nature urges you to do.
Rom 8:12

1. We acknowledge the urges of the flesh.
2. We declare that we have the righteousness of Christ.
3. We identify with it as “the real me”.
4. We tune into the 5%.

In our acts of service:

And not because we think we can do anything of lasting value by ourselves. Our only power and success comes from God. 2 Cor. 3:5

Walk by the Spirit/Submit to God

1. We recognize that we have nothing to offer without Him.
2. We confess the motives of the flesh.
3. We declare that we have the righteousness of Christ.
4. We identify with it as “the real me”.
5. We tune into the 5%

In our spiritual disciplines:

1. We confess the motives of the flesh.
2. We find the desire in us.
3. We identify with it as “the real me”.
4. We tune into the 5%

Discussion:

1. Which picture resonates the most with you?
Vine, Potter, Repelling, Physically straining
2. When/where in your life are there 2 competing voices?
3. What does the 5% whisper?

Taking Thoughts Captive

*We take captive every thought and make it obedient to Christ.
2 Cor. 10:5*

*Do not conform to the pattern of this world (thought patterns of world/messages received), but be **transformed** (_____) **by the renewing** (_____) **of your mind**. Then you will be able to test and approve (_____ and _____) what God's will is—his good, pleasing and perfect will.
Romans 12:2*

Cognitive Behavior Therapy

Thoughts cause feelings and behavior.
We can control our thoughts.

Step 1. Identify faulty thinking (cognitive distortions)

Step 2. Evaluate thoughts: Is it helpful, is it true? (evidence/exceptions)

Step 3. Come up with a true and helpful statement to refute faulty thoughts.

Step 1. Identify faulty thinking

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you.

Psalm 139:24

Invite the Holy Spirit to be a part of this process
What thoughts run through your head all the time?

Step 2. Evaluate Thoughts and Beliefs:

Is it _____ and _____?

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Phil. 4:8

7 Questions

What does the Bible say about this?
How might the enemy be using this?
Do I need to work towards acceptance or change?
What evidence do I have?
Are there any cognitive distortions at play?
Where did this pattern of thinking start?
What would your “wise neighbor” say?

Common Cognitive Distortions

Oversgeneralization: You see a single negative event as a never-ending pattern of defeat. If your performance falls short of perfect, you see yourself as a total failure.

Jumping to Conclusions: You make a negative interpretation even though there are no definite facts that convincingly support your conclusion.

Mind Reading: You arbitrarily conclude that someone is reacting negatively to you,

Catastrophising: You exaggerate the importance of things (such as your goof-up or someone else's achievement). You assume the worst possible outcome.

Emotional Reasoning: You assume that your negative emotions necessarily reflect the way things really are.

Should Statements: You have mental rules about the way things should be: “I should never say something embarrassing” or “My kids should never misbehave”.

Step 3. Come up with a _____ and _____ statement to refute faulty thoughts. Think this 10,000 times.

Self

What is an automatic thought about yourself that runs through your mind every day?

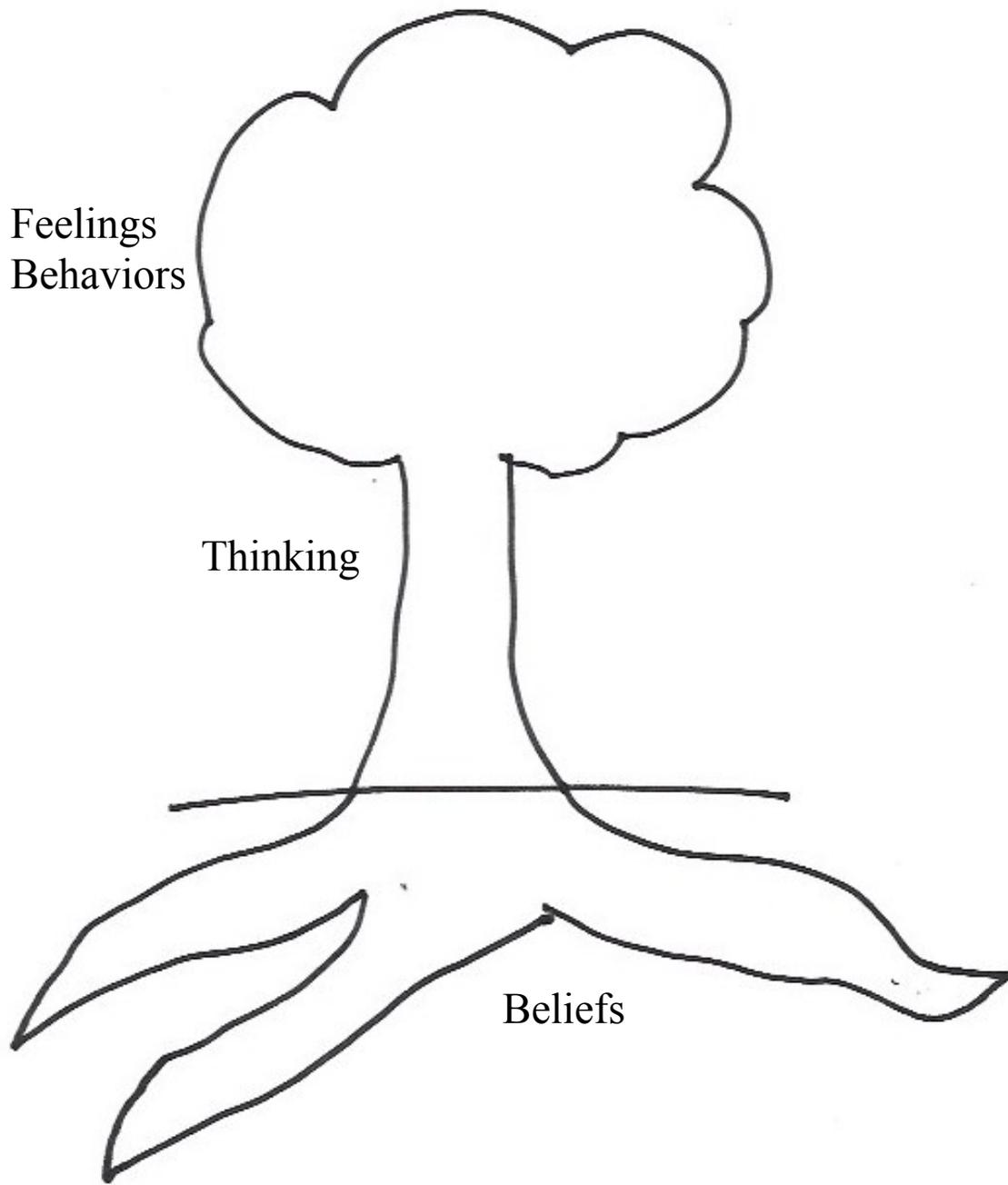
Evaluate it by your two words, _____ & _____.
Ask yourself the 7 questions:

What is a truth that you can replace that thought with?



Others or The World

What is an automatic thought about your husband, kids, friends, or the world that runs through your mind every day?



Discussion:

1. Share one of the automatic thoughts you identified and some of the answers to the 7 questions.

Being Real

Authenticity

Being exactly as appears or as claimed.

Therefore each of you must put off falsehood and speak truthfully(_____) to your neighbor. Eph.4:25

*But the wisdom that comes from heaven is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere(_____).
James 3:17*

Discussion:

1. What disguise do you wear/Where are you unnatural?
2. What is behind the disguise?
3. Do you wear different masks around believers than you do with unbelievers?
4. Who are you most yourself around?
5. What does it feel like to be you?
6. What would it be like to bring her into every situation?

Vulnerability

Capable of being physically or emotionally wounded
Open to attack or damage; open to assault
Synonyms: exposed, open, susceptible

Jesus set an example

But Jesus didn't trust them, because he knew all about people. No one needed to tell him about human nature, for he knew what was in each person's heart. John 2:24,25

Believers at Corinth, we have _____ to you. We have _____ to you. We are _____ our love from you. But you are holding back your love from us. 2 Cor. 6:11,12

It is what Jesus wants for us

*I pray that they will all be one, just as you and I are one.
John 17:21*

*Make my joy complete: be of the same mind , having the same
love, being in full accord (_____) and of one mind.
Phil. 2:2*

It brings healing and freedom

*Therefore confess your sins to each other and pray for each other so
that you may be healed. The prayer of a righteous person is powerful
and effective. James 5:16*

It brings God glory

*Many who believed now came and _____ what they
had done. A number of those who had practiced evil magic brought
their scrolls together. They set them on fire out in the
open.... _____,It became
more and more powerful. Acts 19:18-20*

I know that you will disappoint me, hurt me, and betray me. Knowing
that ahead of time, I still choose you.

What choice is God calling you to make that involves risk?

Knowing this:_____

I choose:_____

Discussion:

1. What is the difference between “telling your story” and being vulnerable?
2. What risk might God be asking you to take?
3. What experiences have you had that have caused you to be less vulnerable?
4. Who do you know that demonstrates vulnerability and authenticity? Can you identify what makes them seem so genuine?
5. What is your biggest takeaway from today?