

SESSION 2

Know Yourself That You May Know God

**Introduction**

What obstacles, difficulties or successes did you experience in spending time with God this past week?

**Video** (13 mins)

**Group discussion**

The journey of genuine transformation to emotionally healthy spirituality begins with a commitment to allow yourself to feel. Feelings are essential part of our humanity and unique personhood as men and women created in God’s image. Scripture reveals God as an emotional being who feels as a person. Having been created in His image, we are also created with the gift to feel and experience emotions. Some of us may have learned that feelings are not to be trusted; that they are dangerous and can lead us away from God’s will for us. While it is true that we are not to be led by our emotions, they do serve a critical function in our discipleship and discernment of God’s will.

Write down your responses to the following questions. Your concerns can be something from the past, present, future. Consider areas such as finances, health, relationships, work, etc.

* What are you angry about?
* What are you sad about?
* What are you anxious about?
* What are you glad about?

Share in groups of two or three what it was like to journal your feelings

**Bible study: 1 Samuel 17: 26-45**

1. In your own words, what are some of David’s thoughts and feelings when he hears Goliaths challenge to Israel (v. 26)?

1. What are some of the accusations and messages David receives from the people around him?

	1. From his family v.28
	2. From Saul v. 33, 38
	3. From Goliath v.41-45
2. What feelings might you be experiencing if you were David (ex. : in response to an older sibling, a person in authority over you, or a competent and intimidating person like Goliath?
3. What enables David to live out of his true self against the powerful forces and pressures that seek to mould him into someone he is not?
4. Where in your life, or with whom, is it difficult to be your true self (ex. : to speak honestly, say “no”, or not be afraid of what others think)?

**Application**

Take five minutes alone to prayerfully write down your responses to the questions below

1. What might it look like for you to take off armour that you are currently wearing that does not fit you?
2. Many of us are so unaccustomed to distinguishing our true self from my false- self that it may seem difficult to know where to begin. Complete the following sentence, and then share it with your group as a first step:

*What I am beginning to realise about myself is …*

Close with prayer

**Throughout the Course:

Daily Office**

Adapt your own quiet time to follow this formula

* Silence and Stillness before God (2 minutes)
* Scripture reading
* Devotional (optional)
* Set prayer/hymn
* Prayer
* Conclude with Silence (2 minutes)

Alternative passage Isaiah 6