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1 Group

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The False Self: The self that finds its identity in what I do, what I have, and to be seen by others.

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The False self: Do. Have. Be.
The **default** way we live life.

5

6

The passive false self.

7

The false self judges others.

8

The false self is never satisfied.

9

"Compulsive is indeed the best adjective for the False Self. It points to the **need for ongoing and increasing affirmation**. Who am I? I am the one who is liked, praised, admired, disliked, hated or despised." – Henri Nouwen

10

So what do we do about the false self?

11

12

There are two main characters in this story, not three.
Sons & Father

13

Both sons represent the false self.
Do. Have. Be Seen.

14

1. The obvious younger brother.

15

1. The obvious younger brother.
2. The secret younger brothers

16

Your heart is just as much in the wild country; it's just that no one knows.

17

"The (younger) son said to him, 'Father, I have sinned against heaven and against you. I am no longer **worthy** to be called your son.'

Luke 15:21

18

1. The obvious older brothers

19

1. The obvious older brothers
2. The oblivious older brothers

21

But he (older brother) answered his father, 'Look! All these years **I've been slaving** for you and never disobeyed your orders.

Luke 15:29

22

Both brothers are living from their false self, focusing on what they DO.

23

This is the False Self:
"I'm not worthy to be called your son."
And
"All these years I've been slaving."

24

The solution begins by looking at the Father.

25

"But the father said to his servants, 'Quick! Bring the **best robe** and put it on him. Put a **ring** on his finger and **sandals** on his feet. Bring the fattened calf and kill it.

Luke 15:22-23

26

Let's have a feast and celebrate. For this **son of mine** was dead and is alive again; he was lost and is found.' So they began to celebrate."

Luke 15:24

27

" '**My son**,' the father said, 'you are always with me, and everything I have is yours.

Luke 15:31

28

Identity is **received**, not earned, from the Father.

29

"As long as we keep running around, anxiously trying to affirm ourselves or be affirmed by others, we remain blind to One who has loved us first, dwells in our heart, and has formed our truest self."
– Henri Nouwen

30

False self: The self that finds its identity in what I do, what I have, and be seen by others.

True self: The self that stops performing and receives its identity from God.

31

"Identity, your True Self, is never simply a creation. It is always a discovery. True identity is always a gift of God." – David Benner

34

Be. The foundation of the true self is **who God says** you are.
Do. Free to do what God created you to do.
Have. You will have what you were meant to have.

35

Be. The foundation of the true self is who God says you are.

33

Be. Do. Have.

36

Moving from information to transformation:
1. Examine your own DO

38

What do you do to feel okay with you?
Or
What do you not do that causes you to deny that you are God's Masterpiece?

39

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40

Moving from information to transformation:
1. Examine your own DO
2. Sharing what you learn with someone else.

41

"Most of us are more tired than we know at the soul level." – Ruth Haley Barton

42