

DISCOVER
YOUR
SELF
True



STUDY GUIDE

WELCOME

Thank you so much for setting aside the time to invest in your spiritual growth and relationship with God. We're confident you won't regret this six-week look at the lies we may be tempted to believe and the truth God counters them with!

As we get started on this journey, we wanted you to know we have designed these materials to be as flexible and helpful as possible. They are available on Hope's website anytime at lutheranchurchofhope.org/discover-your-true-self and able to be used either with a group or on an individual basis. Hands down we suggest using these materials as a conversation starter with at least one other person, but there is also much to be gained from individual study.

We are also well aware a handful of the topics this study looks at may not be the easiest to explore. If at any point you find this journey difficult, please know you are not alone. First and foremost, God is present with us as we wade into these uncomfortable waters. This journey may not be easy, but it is good and has the potential to transform us from the inside out. If you feel uncomfortable at any point, we'd encourage you to pause in the discomfort and ask the Holy Spirit to reveal to you what he wants you to know.

Hope is here to help as well. The full strength of Hope's pastors and Care team are available to help you connect with God in the midst of whatever life is throwing at you and find the healing and peace available to you as his beloved child. If you'd like to access these resources, please visit lutheranchurchofhope.org and reach out to someone at your campus.

Please know we don't believe it's any accident you are reading this and that we've been praying for you! If any questions come up, don't hesitate to reach out to us.

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Session 1:

“WANTED”

PRE-READING: Introduction & Chapters 1-2

OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation and request that he reveal his truth to you.



WATCH TEACHING VIDEO: SESSION 1

lutheranchurchofhope.org/discover-your-true-self

BIBLE READING:

Read aloud: Romans 12:3

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

Read aloud: Ephesians 1:1-6

*Paul, an apostle of Christ Jesus by the will of God,
To God’s holy people in Ephesus, the faithful in Christ Jesus:*

Grace and peace to you from God our Father and the Lord Jesus Christ.

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves.

DISCUSSION QUESTIONS:

These questions are conversation starters. Don’t feel pressure to answer them all. Instead, read through them, select a few that your group connects with, and discuss those together.

Introduction:

1. Have you ever met someone like Mary – a person who impresses you in some way, but they don’t seem to see it themselves?
2. Who have been some of the biggest influences in your life? What did they tell you about your identity?
3. How do you see yourself? How do you think other people see you? How does God see you?

Chapter 1:

1. What are some of the mirrors that influence your identity?
2. Fear of rejection is universal. Can you relate to Billy and Theresa? What about their stories resonates with you?
3. The trials and traumas of human relationships can distort the way people view themselves. What life experiences have affected your perception of yourself?
4. In Romans 12:3, we read that we have been given a “measure of faith” with which we can learn who we are in Christ. According to this picture of the truth, how should you think of yourself?
5. What distortions about your identity have you embraced to the point of seeing them as reality, even if your mind tells you they are not true? List them and identify them as lies. Pray and ask God for his help in seeing yourself the way he does.

Chapter 2:

1. Think of a time you tried out for a team. What was the team? Were you chosen? Did you find yourself positioning for belonging? In what ways?
2. We live in a world of conditional ifs, and life decisions, whether subconsciously or consciously, are often made based on the need to be wanted. How have you seen this lived out in the world around you? How has this played out in your own life?
3. Most of us can agree that we live like spiritual orphans at times. We know in our minds that we are loved by God while in our hearts we are looking for love somewhere else. What tangible substitutes for God’s love have you pursued or are you pursuing?
4. How is our modern context of adoption similar to and different from adoption according to Roman law? Does it change the way you see yourself as adopted by God? Why or why not?
5. Which of the five adoption truths listed below stands out to you the most? Why?
 - When you are adopted, you are loved.
 - When you are adopted, you have hope.
 - When you are adopted, you have intimacy.
 - When you are adopted, you seek holiness.
 - When you understand adoption, you have assurance.
6. Write down these thoughts and post them where you can see them throughout the day: *God chose me. God wants me. God loves me.* Every time you come across these truths, read them slowly and aloud. Let the truth of Ephesians 1:4 soak into your heart and ask for God’s help in this.

PRAYER JOURNALING

Journaling is a wonderful way to talk to God. We invite you to use the following pages during your prayer time as you read through Discover Your True Self with your group.

Date: _____

Today I read _____ **chapter(s)**

Takeaways as I read...

_____ *How I can apply this to my life...* _____



Dear God,

Teach me...

You are...

I confess...

I'm thankful for...

Specific Prayer Requests:

Amen.

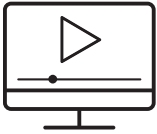
Session 2:

“VALUABLE”

PRE-READING: Chapters 3-4

OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask him to guide your conversation and request that he reveal his truth to you.



WATCH TEACHING VIDEO: SESSION 2

lutheranchurchofhope.org/discover-your-true-self

BIBLE READING:

Read aloud: 1 Corinthians 6:19-20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

Read aloud: Ephesians 1:7-10

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace that he lavished on us. With all wisdom and understanding, he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

DISCUSSION QUESTIONS:

These questions are conversation starters. Don’t feel pressure to answer them all. Instead, read through them, select a few that your group connects with, and discuss those together.

Chapter 3:

1. What is the “American dream,” or how would popular culture define a successful life? Do you agree with these definitions of success? How would you define a successful life?
2. Do you relate to this formula? Self-worth = performance + others’ opinions. How has this formula impacted your life?
3. There are many ways we seek validation and find our significance. Circle any of the areas in which you have sought to find your value.
 - Success
 - Education
 - Money

- Possessions
- Image/Reputation
- Personal Characteristics
- Relationships
- Popularity
- Ministry
- Other: _____

4. Have you noticed that when these ways become first in our hearts, they eventually seem to disappoint and not satisfy? Why do you think that is?
5. In his book "Mere Christianity," C.S. Lewis writes, "If we find ourselves with a desire that nothing in this world can satisfy, the most probable explanation is that we were not made for this world." What insight does Lewis add to this discussion?
6. In what areas of your life do you find yourself acting rather than being the real you? With whom are you free to be the real you? Write that person a card or take them to coffee and tell them what they mean to you.

Chapter 4:

1. When the sacrifice is great, it speaks to the value of an item. Do you have something that is very valuable to you because the giver, out of a great love for you, sacrificed to give it to you?
2. How do you know that you are infinitely valuable to God and loved by Him? What was the price God paid for your freedom?
3. Not only are we chosen and adopted, we're redeemed. Paul says in Ephesians 1:7-8, "In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us." According to this verse, how have we been redeemed?
4. In Galatians 5:1, Paul says, "It is for freedom that Christ has set us free." God purchased us out of sin's captivity into true freedom because He loves us dearly. Radical transformation takes time. One step in this long journey included gratitude toward God. Take some time each day this week to thank Him for what He has done for you. Each day, write down five things He has done in your life that you are thankful for.
5. Which camp do you tend to fall into: the withdrawers or the compulsives? Why do you think so?
6. Create an index card or a digital version out of the Worthiness Truth and put it where you will see it regularly. Read the truth slowly and aloud. Allow it to renew your mind and ask God for His help in replacing the lies with this truth.

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Date: _____

Today I read _____ **chapter(s)**

Takeaways as I read...

_____ *How I can apply this to my life...* _____



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Specific Prayer Requests:

Amen.

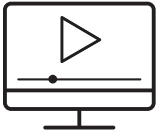
Session 3:

“SECURE”

PRE-READING: Chapters 5-6

OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask Him to guide your conversation, and request that He reveal His truth to you.



WATCH TEACHING VIDEO: SESSION 3

lutheranchurchofhope.org/discover-your-true-self

BIBLE READING:

Read aloud: Romans 8:38-39

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Read aloud: Ephesians 1:11-14

In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession—to the praise of his glory.

DISCUSSION QUESTIONS:

These questions are conversation starters. Don’t feel pressure to answer them all. Instead, read through them, select a few that your group connects with, and discuss those together.

Chapter 5:

1. When life is shaky or tense and feels out of your control, is there someone or something you go to for security? Can true security be found in our fallen world, or is it a misconception?
2. Have you ever had a spiritual encounter with God that caused the truth of his love and promises to come alive in your heart?
3. Insecurity is common to all of humanity and is at the root of many of our lifelong struggles. Our insecurities often fall into one of these four categories:

- Fear of physical harm or death
- Fear of rejection or of being alone
- Fear of punishment or judgement
- Anxiety, guilt, doubt or condemnation

Which of these categories can you relate to? Why?

4. God is not the author of the storms in your life, but why does he allow them? What truths about God can you draw from Joseph's example?
5. Where have you placed your hopes for security? Is it in yourself? In money? In family? In work? If you are unsure, here's a test: What would devastate you or cause you severe panic if it were taken away?

Chapter 6:

1. How does your thinking affect your actions? Think of an example.
2. Reread Romans 8:38-39:

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

What truths about the love of God stand out to you in this passage?

3. What is the difference between living to "get right with God" versus living as someone who "is already right with him"?
4. Does God punish those who are in Christ? Why not? How do Jesus' words on the cross, "My God, my God, why have you forsaken me?" confirm that there is no condemnation for those in Jesus?
5. If you truly believe that your sinful choices and actions don't make God mad but make him sad, how does that change the way you approach your life and your relationship with God?
6. Pick one of the truths from below to write out and place somewhere you can read it every day. Ask God for his help in moving this truth from your head to your heart and living in its freedom.

Truths:

- God gave me a new nature. Old things have passed away. I am a new person. I don't have to live with my past anymore, even if people remind me of it. God sees me as new.
- God is my friend. He is my Father. He has made me holy and blameless. I am no longer hostile to him or his ways. I no longer live in guilt and shame. I am new, free and whole.

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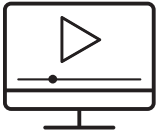
Session 4:

“COMPETENT”

PRE-READING: Chapters 7-8

OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask Him to guide your conversation, and request that He reveal His truth to you.



WATCH TEACHING VIDEO: SESSION 4

lutheranchurchofhope.org/discover-your-true-self

BIBLE READING:

Read aloud: Genesis 3:1-11

Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden?’”

The woman said to the serpent, “We may eat fruit from the trees in the garden, but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’”

“You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”

When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. But the LORD God called to the man, “Where are you?”

He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”

And he said, “Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?”

Read aloud: Ephesians 1:15-23

For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God’s people, I have not stopped giving thanks for you,

remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way.

DISCUSSION QUESTIONS:

These questions are conversation starters. Don't feel pressure to answer them all. Instead, read through them, select a few that your group connects with, and discuss those together.

Chapter 7:

1. How is shame like an emotional wound or scar?
2. Shame can disguise itself as the real you and may feel like it is rooted in who you are, but it is usually rooted in something that you have done or that has been done to you. Do you agree? Why or why not?
3. Shame is perhaps the strongest enemy of our identity, distorting it and profoundly damaging it. Shame says, "You are bad, unworthy of love, and all alone." How has shame distorted your identity?
4. Unhealthy responses to shame may include inferiority, destructive behaviors, self-pity, passivity, withdrawal, drivenness, codependency, self-loathing, or a distorted body image. Do you see any of these responses in your life? If so, which ones?
5. Your loving, heavenly Father wants to heal you, and He can heal you. But healing begins with honesty – honesty with yourself to identify your shame, call it out, and take it to Him. What shame are you carrying? Take it to God.
6. There is healing, joy, and hope in telling others your testimony. Although you may be nervous and unsure, tell your story to a friend this week. Tell your friend what God has done in your life.

Chapter 8:

1. If shame is so devastating, is there anything more powerful? According to John 3:16, what is it?
2. If the gospel is God's antidote to shame and has the power to radically change lives, why are Christians still living in shame?

PRAYER JOURNALING

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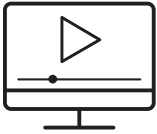
Session 5:

“BEAUTIFUL”

PRE-READING: Chapters 9-10

OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask Him to guide your conversation, and request that He reveal His truth to you.



WATCH TEACHING VIDEO: SESSION 5

lutheranchurchofhope.org/discover-your-true-self

BIBLE READING:

Read aloud: Psalm 139:13-17

*For you created my inmost being;
you knit me together in my mother’s womb.*

*I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.*

*My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.*

*Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.*

*How precious to me are your thoughts, God!
How vast is the sum of them!*

Read aloud: Ephesians 2:1-10

As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith—and this is not from

yourselves, it is the gift of God—not by works, so that no one can boast. For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

DISCUSSION QUESTIONS:

These questions are conversation starters. Don’t feel pressure to answer them all. Instead, read through them, select a few that your group connects with, and discuss those together.

Chapter 9:

1. Do you see yourself as precious and beautiful in God’s eyes? What adjectives would you use to describe yourself?
2. As God’s child, what are some of the adjectives God would use to describe you?
3. When asked what was wrong with the world, G.K. Chesterton answered, “I am.” Do you think the prophet Jeremiah would agree? (See Jeremiah 17:9.) Would today’s popular culture agree? Why or why not?
4. When coping with guilt, people hide it, bury it, deny it, excuse it, justify it or blame others for it. Do you find yourself dealing with guilt in one or more of these ways? Which ones?
5. What is theological guilt? What is false guilt?
6. Read Romans 8:1: “Therefore, there is no condemnation for those who are in Christ Jesus.” As one who is in Jesus, should you feel guilt or condemnation? Then why do we?

Chapter 10:

1. How have you seen guilt manifest itself in culture, in those around you, in your family, or in you?
2. What is the difference between true guilt and false guilt? Read what Paul says about our former condition in Ephesians 2:1-3. Then God intervened and out of His great love for us, He made a way to remove all guilt – legally, authentically, permanently. Continue reading verses 4-7. What was His solution for guilt? What was God’s motive and purpose?
3. True restoration can only begin when we recognize the full extent of our need for Jesus. Have you come to the point where you realize that you can’t do this yourself? Spend some time reflecting on your deep need for Jesus. Tell Jesus why you need Him.
4. What is the difference between condemnation and conviction? Who is the author of condemnation, and who is the author of conviction? What is the purpose of condemnation, and what is the purpose of conviction?
5. How do you identify and respond to condemning thoughts? How do you identify and respond to conviction? Pray and ask God for His wisdom and help in identifying and responding to condemnation as well as conviction.

PRAYER JOURNALING

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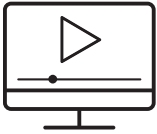
Session 6:

“CALLED”

PRE-READING: Chapters 11-12

OPENING PRAYER

Take a few minutes to open your group meeting in prayer. Thank God for joining you, ask Him to guide your conversation, and request that He reveal His truth to you.



WATCH TEACHING VIDEO: SESSION 6

lutheranchurchofhope.org/discover-your-true-self

BIBLE READING:

Read aloud: 2 Corinthians 10:3-5

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Read aloud: Ephesians 2:11-3:21

Therefore, remember that formerly you who are Gentiles by birth and called “uncircumcised” by those who call themselves “the circumcision” (which is done in the body by human hands)—remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world. But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.

For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, and in one body to reconcile both of them to God through the cross, by which he put to death their hostility. He came and preached peace to you who were far away and peace to those who were near. For through him we both have access to the Father by one Spirit.

Consequently, you are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.

For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles— Surely you have heard about the administration of God’s grace that was given to me for you, that is, the mystery made known to me by revelation, as I have already written briefly. In reading this, then, you will be able to understand my insight into the mystery of Christ, which was not made known to people in other generations as it has now been revealed by the Spirit to God’s holy apostles and prophets. This mystery is that through the gospel the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus.

I became a servant of this gospel by the gift of God’s grace given me through the working of his power. Although I am less than the least of all the Lord’s people, this grace was given me: to preach to the Gentiles the boundless riches of Christ, and to make plain to everyone the administration of this mystery, which for ages past was kept hidden in God, who created all things. His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms, according to his eternal purpose that he accomplished in Christ Jesus our Lord. In him and through faith in him we may approach God with freedom and confidence. I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.

For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

DISCUSSION QUESTIONS:

These questions are conversation starters. Don’t feel pressure to answer them all. Instead, read through them, select a few that your group connects with, and discuss those together.

Chapter 11:

1. Has there ever been a time in your life when you felt unwanted or that life had no purpose? Perhaps you’ve felt that life is just an unfair, uncaring, hopeless string of events of which people are victims. Describe.
2. What does the “American Dream” advertise about happiness? Have you acquired the relationship, the acclaim, the car, the job and the house, only to find that you are not happy?

3. Angst is real. Chris described the feelings of living with angst as "Always Seattle in my soul." Have you experienced a season of angst or one of its emotional cousins: meaninglessness, purposelessness, emotionlessness or hopelessness? Perhaps you are in a season like that now. Which of the emotional cousins do you most identify with?
4. David was a man after God's own heart, and he shared his emotional turmoil throughout the Psalms. Take a moment to read and reflect on Psalm 42:1-11:

*As the deer pants for the water brooks,
So my soul pants for You, God.
My soul thirsts for God, for the living God;
When shall I come and appear before God?
My tears have been my food day and night,
While they say to me all day long, "Where is your God?"
I remember these things and pour out my soul within me.
For I used to go over with the multitude and walk them to the house of
God,
With a voice of joy and thanksgiving, a multitude celebrating a festival.
Why are you in despair, my soul?
And why are you restless within me?
Wait for God, for I will again praise Him
For the help of His presence, my God.
My soul is in despair within me;
Therefore I remember You from the land of the Jordan
And the peaks of Hermon, from Mount Mizar.
Deep calls to deep at the sound of Your waterfalls;
All Your breakers and Your waves have passed over me.
The LORD will send His goodness in the daytime;
And His song will be with me in the night,
A prayer to the God of my life.
I will say to God my rock, "Why have You forgotten me?
Why do I go about mourning because of the oppression of the
enemy?"
As a shattering of my bones, my adversaries taunt me,
While they say to me all day long, "Where is your God?"
Why are you in despair, my soul?
And why are you restless within me?
Wait for God, for I will again praise Him
For the help of His presence, my God.*

What stands out to you in the psalm? What emotions does David experience? How does he cope with them? What brings David hope?

5. How do you cope with your emotions?

Chapter 12:

1. What brings you joy, deep satisfaction and a sense of purpose in life?
2. Below are God's two antidotes for angst. In your own words, write out what each antidote means.

- *Remember the hope of your calling:* _____
- *Reflect on the magnitude of your calling:* _____

Is there one of the two that resonates most with you? Why?

3. In the first three chapters of Ephesians, God gives us four specific ways he has called us.
 - God calls us into a new relationship. (Ephesians 1:3-4)
 - God calls us to a new purpose. (Ephesians 2:10)
 - God calls us into a new family. (Ephesians 2:11-22)
 - God calls us to make our hearts Christ's home. (Ephesians 3:14-21)

How might you reflect on the magnitude of your calling, and what it would take to experience it?

4. These four vital questions will help you take the next steps in removing angst in your life. Reflect on each question and answer honestly.
 - Have you responded to Jesus's calling you to himself?
 - Have you discovered Jesus's purpose in your life?
 - Are you an active, connected member of Jesus's family?
 - Are you actively part of God's plan to reach, teach and serve others?
5. Pray and ask God to help you hear him and see him at work in you. Ask for his guidance in seeing the real you and instilling in you a holy ambition. What next step is God asking you to take in order to experience your calling? Tell a trusted friend about it.

CLOSING PRAYER

When your conversation is finished, take some time to close your group meeting in prayer. Give everyone a few minutes to share a prayer request. Then, have someone in your group close the group in prayer. If you want, have someone open the prayer and another person close.

PRAYER JOURNALING

Journaling is a wonderful way to talk to God. We invite you to use the following pages during your prayer time as you read through Discover Your True Self with your group.

Date: _____

Today I read _____ **chapter(s)**

Takeaways as I read...

_____ *How I can apply this to my life...* _____



Dear God,

Teach me...

You are...

I confess...

I'm thankful for...

Specific Prayer Requests:

Amen.



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