



## Pastor Derrick Shields “A Life Of Wholeness: Will The Real You Please Stand Up?” 2/20/2022

### Key Verses:

- Ephesians 4:22-24, 1 Samuel 17:26-45

### Key Thoughts:

- Ephesians 4 tells us that there's an old self that we need to shed in order to put on the new self who is what God has called us to be.
- ***The vast majority of us go to our graves without knowing who we are. We unconsciously live someone else's life, or at least someone else's expectations of us. This does violence to ourselves, our relationship with God, and ultimately to others.***
- We have such a problem dealing with our emotions/feelings. When we ignore our emotions, we miss how God may be trying to speak to us through them.
- David was someone who stayed himself through moments of being challenged to be someone else.
- David's thoughts and feelings – 1 Samuel 17:26
  - He hears of what's happening with Goliath and he says that it's not right.
- David's message from his family – 1 Samuel 17:28
  - David's brother Eliab is very angry with him when he comes to the battlefield.
- David's message from Saul – 1 Samuel 17:33, 38
  - Saul tells David that he's too young for the fight. Have you been told that you're not good enough?
  - Saul tries to put his own armor on David.
- David's message from Goliath – 1 Samuel 17:41-45
  - Goliath despised David.
- David's True Self – 1 Samuel 17:34-36
- Differentiation – staying connected to people but not allowing my reactions or behaviors to be determined by others. This means that I'm going to be myself regardless of what you do.

### Steps to Developing Your Authentic Self:

1. *Pay attention to your interior in silence and solitude.*
  - Being alone without human contact. Until we get by ourselves, we can't hear from God.
  - We learn to listen to our emotions, and we learn to not blame others for how we think and feel.
2. *Find trusted companions.*
  - We cannot go on this journey by ourselves. If we're struggling with who we are and we have nobody to listen to, we have the same thoughts playing over and over in our head.
  - We need friends, mentors, pastors, and counselors to keep us on track.
3. *Move out of your comfort zone.*
  - When we shed our false self, it feels vulnerable because our true self is so foreign to us.



4. *Pray for courage.*

- Once we start living in our true self, we have to pray that we see ourselves through the eyes of grace that God sees us with. Through those eyes, there is hope for tomorrow.

**How Jesus Lived His True Self:**

1. He disappointed his family to the point where his mother and his siblings wondered if he was out of his mind (Mark 3:21).
2. He disappointed the people he grew up with in Nazareth. When Jesus declared who he really was (the Messiah), they tried to push him off a cliff (Luke 4:29-39).
3. He disappointed the twelve disciples. They had their own picture of the Messiah. When he failed to meet their expectations, they quit on him.
4. He disappointed the crowds. They wanted someone who would feed them, fix all their problems, overthrow the Roman oppressors, work miracles, give inspiring sermons. They walked away from him.
5. He disappointed religious leaders. They did not appreciate the disruption his presence brought to their day-to-day lives or to their theology. They finally attributed his power to demons and had him crucified.

**Discussion Questions:**

- What might be one specific way that you give in to the expectations of others rather than being faithful to what Jesus has for you?
- How might God use your emotions to communicate with you?
- What most resonates with you from how Jesus lived his true self?
- Which of the steps to develop your authentic self do you most need to implement into your life? How can you begin to do this?