



Discussion Guide  
Week 2 - February 15-21, 2009

**SESSION TITLE:** Know Yourself That You May Know God

**BOOK READING:** Chapter 4

**KEY SCRIPTURE REFERENCE:** I Samuel 17:26-45

[OPEN YOUR TIME TOGETHER IN PRAYER]

**CONNECTING (10 minutes)**

1. Describe your dream job (remind the group to take about 30 seconds to share).
2. What is something interesting about you (a favorite hobby, famous person you're related to, phobia, etc.) that people in the group might not know about you?

**DVD (5 minutes)**

**INTRODUCTORY COMMENTS**

An awareness of yourself is intricately related to your relationship with God. In fact, the challenge to live authentically from our new "true" self and shed the old "false" self is at the very core of true spirituality. The vast majority of people go to their graves without knowing who they really are. Without being fully aware of their true self, they live someone else's life, or at least someone else's expectations of them. This ultimately hinders their ability to relate to God and their ability to relate to others.

[PLAY THE DVD VIDEO MESSAGE FROM PASTOR LES (SESSION 2)]

**DISCOVERING (35 minutes)**

[READ I Samuel 17:26-45]

3. What are things that you see about who David was inside by how he responded to hearing about Goliath (v. 26)?
4. David is given messages that could have pressured him to respond in a way that is not his true self. What was the message a) from his **family** (v. 28), b) from **Saul** (vv. 33, 38-39) and c) from **Goliath** (v. 41-45)?
5. In those three instances, how was David able to be true to himself?

**APPLYING (15 minutes)**

7. Describe a time when you were influenced by the messages of others that made you shrink back or to be something other than what you truly are.
8. It can be a challenge to distinguish our true self from our false self especially if you have lived a "false self" for a long period of time. As a first step, complete the following sentence: I am beginning to realize about myself...

**HOMEWORK**

9. Be aware this week of times when you experience and give into the pressure to live a "false self".

[CLOSE IN PRAYER FOR ONE ANOTHER]