



## R-Group Process

# ADDRESSING FALSE SELVES

We grow in faith by exposing ourselves to God in community. This process will help create trust and walk in stronger faith together.

### **Prayer**

**Round 1:** Think back on your week. What is one primary false self that showed up for you this week? What do you think is the good and holy desire behind that false self? Name that false self and the good and holy desire.

Model: My false self is the withdrawer, and my withdrawer desires safety. *Record the good and holy desire with each person's name.*

**Round 2:** Ask each person, briefly share what happened that you learned that if you become a [name of false self] you will get [good and holy desire]?

Model: When my parents would argue with each other, I learned that I felt safer when I would leave the room and go somewhere where I could not hear them yelling.

**Round 3:** Ask each person what relationships in their lives are most impacted by that false self, and what it is costing them to live that way.

Model: My closest friends are most impacted by my withdrawer. Sometimes weeks go by without any contact from me. It is costing me the support and depth of relationships that I could be experiencing with them, and it seems like eventually our friendships will just dissolve.

**Round 4:** Ask each person what would be different this week if they did not depend on their [name of false self] to provide [the good and holy desire].

Model: If I didn't depend on my withdrawer for safety this week, I would reach out to my friends by calling them on the phone or getting together with them throughout the week.

**Round 5:** Ask each person what it would look like for them to bring their good and holy desire to God instead of relying on their false self.

Model: If I brought my desire for safety before God, I would acknowledge when I don't feel safe, pray and press into my fear knowing that I am safe in God's hands. I would continue to take action instead of withdrawing.

Encourage the group to make a stretch around the false self and good and holy desire they identified tonight. Spend time talking about what a good stretch might be for each person in the group.