



Women at the Cross - Journaling

Today you will have an opportunity to take a closer look at how your life is impacted by the False Self and the Broken Self beneath it. The Broken Self is another way of saying the broken or fallen image of God within us. We have been made a new creation in Christ. This is what we are calling our True Self. Your True Self is secure in God and connected to His love and power. All three - the Broken Self, False Self and True Self – are present within you. Throughout your life you are being renewed into the image of Christ, increasingly free of what is false, being healed and set free from what hinders you from experiencing the love and presence of God. This is the transformative, sanctifying work of God in you, and you have a unique story which reveals how this is unfolding in your world.

Please use this time to go through the following questions and reflect on how you have been shaped by this dynamic. Feel free to go back over any handouts or notes you have taken if this would help. You may want to use your own personal journal to write out your reflections.

1. What are you identifying this weekend as the key False Self which is currently impacting your life the most? (Reflect on your relationships, with God and others, and how you are showing up in life.)

2. How might this False Self be hindering you in your relationship with God and others?

The False Self (the old self) arises out of our Broken Self and out of our story and how we choose to navigate life. Our life story, with all its hurts, wounds, and losses, along with our personality and sins (ours and those of others against us), work toward our creating these false ways of living. As Christians, God is renewing us, but this is a lifelong process. The False Self is attempting to navigate our life story, covering up the wounds from our story and our “broken” humanity, without God’s presence and help.

3. As you look back at your life, can you identify when you began to use this False Self to provide for yourself all the things we mentioned God gave Adam and Eve in the Garden? (Love, affection, security, safety, control, power)

Pay close attention to your experiences with key relationships (parents, siblings or others) and other particularly impactful experiences such as a death, loss of relationship, or events which might have drawn you away from freedom to be your truest self in Christ. Through these life experiences we take in messages, spoken or unspoken, about ourselves. These messages may even drown out God’s truth about us.

Take a moment and journal about when and how your False Self may have developed. Make note of any key events or persons which may have influenced you. For many people these are the wounds that we still carry with us into adulthood from early relationships which still impact us in the present. Identify any wounds and the story around them.

4. What messages, spoken or unspoken, did you come to believe about yourself because of your life story? (Examples: I'm not good enough. I'm stupid. I'm not worth anything.) Where did these messages come from? (It could be a person or circumstance)

5. How is your False Self with its messages impacting you and others in your life currently?

6. As you let go of your False Self and the negative messages you have believed, what kind of person will you be? (This is your truest self in Christ.) Examples: Confident, Free, Loving, At Peace...