

FALSE SELF TALK



TIMING: Friday afternoon, following the break after Dinner Table

EXPECTATION: The speaker may use notes but may not rely on them. Be VERY familiar with the content. *[Please watch the video version of this talk available on the website so that you can get a feel of the energy and tone that we would like to see for this talk.]*

PURPOSE: To continue to build container of acceptance and freedom, to model taking risks to be known and loved.

ENERGY: Good energy, not flat or monotone, but engaged

PREP: Vessel of water filled $\frac{1}{3}$ way; 7 small silver painted rocks

TIME ALLOTTED FOR TALK: 30 minutes

MATERIALS: Sharpies (ready for end of the talk)

SCRIBE: Send False Self Scribe document to the scribe. Confirm expectations for what is written on the whiteboard.

Tips for engaging the Attendees if they aren't interacting during your talk:

- If only a few are responding with their False Selves, ask specific Attendees in the circle.
 - After a few of the Attendees share a False Self, ask them, "What do you think you are looking for on the Tree of Life?" [Don't do this for all the attendee's answering, just a couple to mix it up.]
 - After the above, ask the Attendees, "What are you aware of right now?" "What is coming up for you as we talk about this?"
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THE TALK

This vessel of water is like you – the way you were intended to be – a receptacle of God’s presence – free to receive all that He planned for you – Love, Safety, Provision, Purpose, Security, Connection. A life of love and fulfillment.

This was – is God’s plan. But something happened.

Take out your rock and hold it in front of you with your arms extended; don’t bend your elbows. **[Some may not do this for physical reasons. Let them know that this is okay.]**

[After about 10 seconds, ask...] “What are you aware of?” [Let several answer, then have them put the rocks back in their bags.]

These rocks represent the things that we hide, repress, and deny about ourselves. They are our fears, shame, wounds, and the consequences of our sins as well as the sins of others against us. They are the things that, left to our own control, we choose to cover up and hide.

This afternoon, I’m going to talk about what happens when we keep our rocks in the bag and don’t bring them out into the light. To do that, we need to look first at where it all began. It all starts in the Garden. In Genesis 2:25 it says, *“The man and his wife were both naked, and they felt no shame.”* They were exposed, no shame, dependent on God, and received everything they needed from God.

What were some of the things that Adam and Eve experienced in the Garden of Eden?

[Make sure the following words are written on the Tree of Life even if the Attendees don’t say them.]

Love	Provision	Worth	Purpose
Safety	Joy	Value	Relationship
Security	Significance	Acceptance	

All of this was provided to Adam and Eve in the Garden. Both Adam and Eve were with God, finding their identity in Him.

So both man and woman were dependent on God, experiencing all that they needed through RELATIONSHIP with God. Then in Genesis 3, THE SERPENT COMES. What did the serpent say?

[Pause for answer.]

Yes, the serpent said, “*Did God really say, ‘You must not eat from any tree in the garden?’*” The woman replied that God said we would die if we ate of the tree in the middle of the garden. From the Tree of the Knowledge of Good and Evil.

“You will not surely die,” the serpent said to the woman in Genesis 3:4, *“For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.”*

This begins the rejection of our humanity. **[Write the word “Humanity” on the whiteboard and draw an X over it.]**

They ate and then the consequence: Fear, Shame, Hiding

Genesis 3:8 says, *“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?’”*

In Genesis 3:10, Adam answered, *“I heard you in the garden, and I was afraid because I was naked; so I hid.”* I was afraid, so I hid. Fear and shame. Now Adam and Eve begin to cover up their true state before God. They begin to hide.

Identity in God was lost. Intimacy with God was lost.

The TREE OF LIFE represents all the good things God provided in the Garden and the security of knowing who we are in God.

And the TREE OF THE KNOWLEDGE OF GOOD AND EVIL represents Adam and Eve attempting to control their lives outside of God’s plan.

THE FALL is all about control. We say,

“I will be God. I must be God. I will not depend on my relationship with God. I will run and hide from the truth that I am just human.”

We are like our father Adam. We also reject our humanity in an attempt to be God.

Repeat after me: I am not God. [pause]
I am not in control.[pause]
I am just human. [pause]

Let's look at how we control our lives and block ourselves from living as vessels containing the fullness of God's presence and all that He gives us. **[Pointing to the vessel of water.]**

In Ephesians 4:22-24, the Apostle Paul refers to the "OLD SELF." Paul says,

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."

Paul uses the words "old self." I would like to use the words "False Self" to mean the same thing. This term because it gives some definition to what the old self really is. The False Self is that part of us that is not redeemed by God, but rather must be put to death or "put off." All the false ways of living are created out of this one choice to reject God's way and do it our own way.

The first and foundational False Self is PRIDE: *"I don't need God. I will do life on my own, my way."* Every False Self is rooted in PRIDE.

What did Adam say when God confronted him? *"The woman you gave me."* Adam's False Self was the BLAMER. **[Have the Scribe write "Blamer" on the right side of the board.]**

What did Eve say when God confronted her? *"The serpent deceived me."*
Yes, she was the VICTIM. **[Add "Victim"]**

There are obvious False Selves such as the adulterer, the liar, the thief among others. Today we are going to look at the not so obvious ways that we walk in the old self—the ways we live falsely before God and others. A few examples of my False Selves are...

SPEAKER: Name three (or more) of your false selves:

- Write them on the whiteboard under the Tree of Knowledge of Good and Evil.
- Tell the Attendees where your False Selves came from and what you are trying to get with them. Be vulnerable but brief in your stories.
- **Example:** My performer is trying to get acceptance. My Withdrawer was created when I was a little girl, because my father was angry all the time, and she is trying to get safety.

STAFF: Ask 4 or 5 staff: What are some of your False Selves? And what are you trying to get through your False Selves?

ASK ATTENDEES: What are some of your False Selves?

You want at least 7 people to respond to this question. Add to the whiteboard if they are new. Be patient. Ask a couple of times if they are not responding right away. Get as much feedback as possible as this is an indicator of whether or not the Attendees have grasped the concept. Avoid making too much comment on what the Attendees share about their False Selves, but allow them to make their own comments about what they are saying. Keep the momentum going by asking questions like, “Someone else?” or “What about you _____, what are you identifying with?” or “Say more about that.”

[List and put on the white board the following False Selves which have not already been named. Make sure ALL below are listed on the Tree of Knowledge and Good and Evil.]

The Performer	The Predator	The Clown	The Perfectionist
The Liar	The Tough Guy	The Rager	The Unforgiving One
The Religious One	The Controller	The Right One	The Stoic
The Judge	The Peacemaker	The Cynic	The Vindictive One
The Passive One	The Expert	The Addicted One	The Seducer
The Busy One	The Isolator	The Bitter One	The Critic

False Selves are created from the broken Image of God in us – our fallen humanity – from Adam and Eve. They also come from our history – our life experiences – the hurts and the wounds – the things that happened to us and our responses to them in an effort to protect and defend ourselves as well as to provide for ourselves our core needs.

Even as Christians we can carry the unhealed, unresolved wounds within us. We still live from a place of brokenness which may explain part of what Paul is saying in Romans 7, “*Why do I do the things I don’t want to do?*” We haven’t invited Christ into those places yet. This is why we are here this weekend.

Notice, many of these are “not so obvious ways” that we try to control our lives. And they aren’t all negative or false in and of themselves. For example, you would want your doctor or surgeon to be a “perfectionist!” Whether these things become false or not depends on the motivation behind them. For example, being a performer is only false when one performs as a way of hiding or trying to obtain what God has already given.

These become false ways of living when we do them to defend, secure, or protect ourselves. Or they become false when we use them to attempt to obtain all the things [**point to the Tree of Life side of the Board**] that God gives us only through relationship with Him—love, security, safety, acceptance, etc..

All the False Selves are all about control. *“I will run my life and try to fill it up. I will not depend on God.”* Sometimes the false selves are immature ways we show up in life. Sometimes they are sin. Sometimes they are the ways we attempt to cope with our past.

It’s exhausting isn’t it? Carrying these Rocks? Your Performer, People Pleaser, Judge, Critic are all so heavy to bear. What is it costing you to not let go and trust God to give you what your heart longs for?

[Pause for answers.]

Yet, your False Selves are like these rocks in your bags, and they fill up the space of your soul and block you from receiving all that God has for you. The rocks weigh you down. They block your true self – the new creation from being revealed and freely expressing itself in love. These False Selves hinder you from being who you are in Christ.

(Pointing to the special rocks for the vessel) These rocks represent my false selves. **Example: The Bitter One, The Withdrawer, The Judge**

We were created to be filled with God and His love. And to receive all that He has for us. However, due to the Fall we create false ways of living. (Add a rock to the water tank for each one – 3 total) The _____ now takes up space. The _____ takes up space in my soul. The _____ takes up space.

(Add the rest of the rocks in vessel for other false selves, naming each one as you put it in.)

And this is how we live. And we wonder why we struggle with loving God and others or with the ability to receive love.

You can’t be who you are - Father/Mother, Parent, Friend - filled with God and His love when you are filled with your False Selves.

These False Selves fill up our lives and block us from more fully dwelling in the Truth of who we are. The abundant life Jesus talks about is thwarted within us.

What are you aware of?

(Summarize what's on the whiteboard.)

On the left, we see that in the Garden, before the Fall, God provided all the good things that Adam and Eve needed as His children. This happened as Adam and Eve were in an intimate RELATIONSHIP with God, not because of any actions they took. They knew who they were.

The tree on the right represents how when the Fall came, Adam and Eve took control of their lives and decided to try and obtain all that God had provided but by doing it their own way. Even as Christians, we all do this in one way or another. We try to find peace, security, love, acceptance, significance, safety through our own means. This is what the False Self is. This is the "Old Self" Paul was talking about.

The False Selves take up the space that God intends to fill.

I want to end with two core truths.

First, you are NOT your False Selves. They are just a part of you that needs to be surrendered to God. They are not who you are. Your True Self, who you are in Christ, is greater than any False Self of yours. This weekend you will have opportunities to connect to your true self in Christ.

And the second core truth: "There is now, therefore, no condemnation for those who are in Christ Jesus." (Romans 8:1) If God does not condemn you or judge you, then you should not judge yourselves. All of God's judgment for our sins has been taken on Christ on the cross. If you judge yourself then you are missing the grace that is offered through Christ's death. This is important. Instead of judging yourself or hating your False Selves, surrender them to God and consent to His loving grace, which transforms you.

JOURNALING FALSE SELVES (about 5 minutes)

We are going to give you a few minutes to write down what your top five False Selves might be. If you have any questions, or need some help raise your hand or speak up and I'll come help you.

Go around the circle and check in with the Attendees to see if they are confused, uncertain or tracking or not. If someone is not clear on their False Selves ask one or more of these questions:

How do you block love in your life? (Either giving or receiving)

How do you hide or put on masks?

How do you put up walls to protect or defend yourself?

Get them to name things as clearly as possible. Note: "Fear" or "Pride" are too vague to be False Selves. Ask them, "How do you do 'fear' (or 'pride')?" That should be their False Self. Guide them toward the list you gave earlier to name them.

FALSE SELVES ON THE BAGS (10 – 15 minutes for painting/drawing)

We are now going to give you an opportunity to express yourselves artistically! In a moment, take your journals, and form your small groups on the floor where you met earlier. Take everything out of your tote bags, and using the colored sharpies, draw on the tote bag—both sides is fine—anything that represents the five False Selves that you have identified. It can be a drawing, words, symbols, or whatever you like. There is no wrong or right way to do this. Don't worry about your artistic skills. This isn't about that. Let go and just let it come however it comes. An example of what I would draw: Isolator: stick figure on an island by myself. Judge: a gavel. Get into your groups. We'll give you ten minutes to do this. Go ahead and start.

MUSIC: "Background" on repeat

SHARING ARTWORK (2 minutes each, about 15 minutes total)

- After 10 minutes, tell the Attendees they have a couple of minutes to finish up.
- After two minutes, instruct the small group leaders to begin sharing their artwork with each other.
- Tell them they will have about TWO minutes each to share.