

THREE SELVES TALK



TIMING: Friday PM, after Dinner and More Rocks Transition

PURPOSE:

ENERGY:

ALLOTTED TIME: 30 Minutes

EXPECTATION:

MATERIALS: Cross on the stand, blue river of grace at the base, red cloth (Broken Self), black cloth (False Self), blue cloth (True Self), yellow cloth (Desire held by Broken Self), White Cloth (God), Vessel with rocks and water on a table with a blue cloth on it and the special rock split in two with the red center.

MODELS: 4 staff needed– Broken Self, False Self, True Self, and God

FRIDAY PREP: On Friday morning of the weekend do a “run through” with the models so that they know where to stand and how to move during the talk.

HOW TO PREPARE FOR THIS TALK:

- Apply this content to your personal life. As you are studying this content, do your own work around the Three Selves in your life. This is the best way to learn the content and to present it with confidence and from the heart.
- Practice! Practice this talk in front of others. An R Group would be ideal.
- Watch the videos on the website for this talk. There are a few versions for you to watch.
- Note that the videos and the written talk are not identical, but the videos do cover the bulk of the content, if not in the exact order. Follow this document in your preparation.
- Focus on connecting with the material with your mind and your heart. There is no “perfect” way to do the talk. It will be effective if you communicate the core content from this place.
- Do not add your own content or ideas apart from sharing your own personal experience with the Three Selves (assuming that you are telling your story during the talk).
- Since these videos were made we have made some adjustments to the talk in order to make it more clear and to flow more effectively.

THE PERSONAL STORY

This part of the talk can be done by the main “3 Selves Talk” speaker OR if the main speaker does not have a compelling story and is not as ready/able to connect on an emotional level with their story then have another staff person who does have a compelling story from the past to share. Time allotted: **6-8 minutes.**

Regarding the Personal Story:

It must be a “regression” story. This is a story from the distant past, preferably one about mom or dad. **The goal is to share the story from the heart, connecting to emotion. The person designated to tell their story MUST be able to connect to their own emotion.**

- Tell the story - 6-8 minutes long - then relate it to the False Self, Broken Self parts of the teaching, using your story as an example of how you were Broken and then what False Self you used to protect your Broken Self. Then, refer to the ongoing journey of bringing the False Self to God (at the Cross) and having God and your True Self meet, bringing your Broken Self into the presence of God. **If the main speaker is not going to tell his/her personal story then have the person telling their story to watch the video of the talk and give them instructions on what is expected of them as they tell their story.**

THE TALK

As you heard during the talk on the False Self - In the beginning God created us to experience His love, safety, security, provision, acceptance, worth, value..... We all have these “holy desires” for what God wants to give us. In the beginning, there was an intimate connection with God where He fulfilled all their needs.

[**Models:** Bring God and up front - place the white cloth on God- holding one end of the yellow cloth. The “broken self” model is holding the other end of the yellow cloth.]

This yellow cloth represents the holy desires in our lives for love, security, significance, all those things we talked about during the False Self talk. God gave these to us and they were fulfilled in the garden in the presence of God yet these desires go unmet in our current fallen world.

God’s intention was for these desires to be fulfilled in His presence. God intimately connected to us, meeting our core needs.
Then, the Fall.

[**Models:** Have the “Broken Self” turn away from God, facing away from God and the cross - grasping onto the desires (the yellow cloth). Sit him/her down and place the red cloth and drape it over their shoulder.]

Fear and Shame enter the human story. Loss of connection. Loss of Intimacy. Loss of Identity. These are the consequences of us turning away from dependence on God.

Now, we attempt to fill these desires on our own, grasping for love, security, worth, value and much more. [Model clutches onto yellow cloth.]

We are calling this our “Broken Self.” [Speaker standing behind the “broken self”]

What does it mean - to be “Broken?”

- To be broken means that we carry in our humanity the results of the broken image of God within us. We are in need of God’s grace to restore His loving presence to our experience – to make us new in Christ.

[Show them the Vessel with water and the rocks. The broken rock painted red inside should be next to the vessel. Pick up both pieces.]

This rock represents our reality - that we are broken. We hold within ourselves:

- A history of our sins and the sins of others against us
- It has experienced wounds as a result of our choices, and by the actions of others in our lives (Parents, family members....)

[Show the broken rock with red interior and put it in the vessel of water. Place the two halves in the vessel in such a way that the attendees can see the red interior.]

- It feels the hurts, pains and losses.
- It is the most vulnerable part of you - (shame, fear, pain, losses, sadness...)
- Our broken humanity is the part of us that is reactive and gets triggered by persons and events.
- LEFT TO OURSELVES, In our human condition we search outside of ourselves to fulfill the deep longings within. We are disappointed and hurt when these longings are not fulfilled by others or ourselves.
- EVERYONE EXPERIENCES THIS

We tend to ignore or neglect this part of ourselves. To reject our “brokenness” is to reject our humanity.

It is the imperfect expression of the image of God. Our attempts “to be” God draw us away from being who we are: HUMAN.

Say after me, “I’m just human.” (pause) “I’m not God.” (pause) “I’m human.”

Now what? This “broken self” with all of its desires needs to be taken care of. So, what do we do?

[MODEL: Bring out the model draped in the black [we say “dark”] cloth]

The False Self is created. This is the “old self” the Bible talks about.

We described the False Self earlier. What is its purpose? There is a vacuum left within us when we turn away from God’s presence.

- We create the False Self to protect and provide for our human needs, represented by the Broken/Wounded Self.
- It is trying to provide for us and to protect us to fulfill our God given desires for love, security, worth, and value.
- The False Self engages the people and events in our lives
- It responds to our emotions of anger, fear, sadness, shame – and steps in to protect and defend.
- As we attempt to fulfill our desires in our own strength we are confronted with our brokenness and the brokenness of others.

We all do this, even as Christians.

[**MODEL:** Place the False Self next to the Broken Self kneeling over, as if protecting it]

Describe the scene, pointing out:

- The Broken Self (revisit key descriptions) (Vulnerable, wounded, hurt, needs healing...)
- With Deep Longings (yellow cloth) – for all that God gave in the Garden yet turned away from God
- The False Self comes along to attempt to protect and provide for the Broken Self – to fulfill its desires.

[Ask the attendees:]

What were some of your false selves that you identified?

(Have a few speak them out and then make the connection to the three selves)

(Use at least 3 of the false selves the attendees mention)

[For example if someone says “perfectionist.”]

Your “perfectionist” is trying to protect this vulnerable, broken part of you. It is trying to give you what God intended for you to have through His presence.

Other examples: The same is true for your judge, your expert, your passive one, your good boy/girl.....

It's important to understand that WE ALL are playing out this scene in our lives. You are. Everyone you meet is doing this. Your parents, friends, wives, children...

Now what? God comes to us through Jesus Christ to make us new in Him. He makes us New Creations. We are calling this our True Self. We call it the True Self because it is the truest expression of who we are in Christ. It is the answer to the "old self."

The True Self (Model draped in blue cloth, close to the cross with open hands – in receptive position)

God has made us into a new creation - our True Selves

- Our New Self, emerging and ignited through Christ
- New life breathed into us, enabling us to become who God designed and created us to be from the beginning.
- Reconnects us more fully to the Image of God within
- Resourced in God, as filled with His Spirit, bears the fruit of the Spirit
- Yields to God's path and Presence within, constantly says YES to God

In this way, our true selves bring healing to what's broken and being connected to God it releases the False Self to God.

Here is what happens when we turn to God:

[**MODEL:** God puts hand on the True Self (symbolizing that it is by His strength) and the True Self takes the False Self to the cross where God is and takes the black cloth off and covers it in the River of Grace. The True Self then takes the Broken Self to the cross and takes the yellow cloth and extends it out to God to hold – both God and the Broken Self are two holding the ends, standing in the river of grace, arms around the Broken Self with the red cloth still draped over the Broken Self.]

The true self takes the holy desires from the broken self and holds them loosely at the cross. In this position, in our truest selves – the new creation in Christ – we come to God in faith, entrusting Him with our deepest desires.

We no longer need to hide, protect or defend. We grow in Grace – coming to God to be filled with what we long for. We can surrender our False Selves to God.

Here we are filled by God. He is our Source.

Personal Story: (Pay attention to the video to see how to share your personal story while using the models to visually show how you have navigated surrendering your false self to God and reconnecting to God and your holy desires with the True Self alongside of you. In this story make an emotional

connection to any anger, sadness, fear or shame which is/was present in your life. This is an important part of this piece - to model/express emotion during this section.)

This story must be about a past wound, preferably from childhood relating to mom or dad. Eight minutes in length.)

The goal of this personal story is to:

- Visually show the process of acknowledging the Broken Self with its wounds - and the emotions (anger, sadness, shame, fear..) which are present in the Broken Self as a result of one's fallen human condition - our sins and the sins of others against us.
- The story needs to express through your story the complete transition from the Broken Self to the False Self trying to get needs met to ultimately turning to God and surrendering the False Self to God and beginning to now trust God with your deepest desires with your True Self.

Personal Story: Approximately 8 minutes long.

[After the Personal Story]

This scene is played out over and over again, throughout the journey of our lives. It is our process of sanctification. Note that these False Selves will come back. It's like a dance. A Journey of letting go, making space for God by His Grace. This is the sanctification process.

Everyone you know is living this out: Stuck in the Broken/Wounded Self and the False Self or surrendering it all to God, again and again.

[Ask the attendees]

What are you aware of? (Give several attendees a moment to express what they are aware of.)

SUMMARY:

Take in this image. You hold within yourselves all three of these: The Broken Self, the False Self and the True Self. Our journey as Christians involves bringing all of these into the presence of God. The Good News: We are in the River of Grace through it all. This is our reality.

All THREE of these are present within us at the same time. Depending on the moment, we move between them. God's plan is for us to bring it all to Him.

You can deny your brokenness. You can hate your false selves. But, this is not the way. You are simply keeping the Rocks in the bag.

It is not our job to judge ourselves. Hating your false selves is resisting your reality. This blocks grace. Jesus reveals himself in our reality.

“There is therefore, now NO condemnation for those who are in Christ.” Remember, “it is the kindness of God which leads to repentance.”

Remember Christ came in weakness. How can we come to God in any other way, but through our weakness?

In humility, we come to the river and drink from God our Source.

We are made to be filled by a Source. God is that Source [pointing to the vessel of water with the rocks in it.]

PRAYER – (a simple prayer asking for God to meet the attendees with the truth what was presented)

VISUALIZATION: Embracing the Three Selves

I want to invite you now to stand, leave everything in your chairs, and spread out. Fill in the space here in the inner circle, leaving enough room to move comfortably. Staff, please stand on the outside of the circle.

Find a comfortable stance, and close your eyes. Take a deep breath. Exhale as we recognize that His Spirit is in our breath. Inhale and exhale an awareness of the very Presence of God.

Brothers/Sisters, our reality is that all of three of these selves we have just explored are present within us at all times. We embody at all times our True Self, our False Selves, and our Broken, or Wounded Self.

Take a moment now, with your eyes closed, to connect with your Truest Self... that part of you that you know has been created in the very Image of God. Allow yourself to take on the posture of your True Self...it may be a strong stance, your head may be up, your hands open...whatever best represents this part of you that feels loved, filled, whole and valued by God. Just take a moment to breathe in your True Self. Here we feel the very Presence of God.

What are you aware of as you connect to this part of yourself? Speak it out loud.

Know that this part is always present within you. Nothing can separate you from this design and the Presence of God within you, and His love. Christ is in you.

Now, from this stance, find where in your body you most experience your Broken Self...your hurts, your wounds, your disappointments, your pain, your sadness. Place one hand on that part of your body...wherever you carry that hurt, confusion, or pain... What if you showed this part compassion/kindness/mercy? Love this part. Don't resist it, hate it or judge it.

Just take a moment to let yourself become aware of this Broken part of you. You may have experienced some healing in this area, but it is still part of your story, and exists at your very core.

Now, take your other hand and place it over the hand covering your Broken self. This hand represents a False Self of yours that has functioned to defend and protect your broken, wounded self. This is how we try to take care of this part on our own. This is how we have tried to get our own needs met, day in and day out.

Own this reality.

Just take some time to become aware of this dynamic and how it has played itself out in your life. We have all done this and continue to do this, often without being aware that we are even doing it.

Now, with your hands still in place, reconnect to the presence of your True Self, empowered by God. Can you allow your True Self to accept and love this part of yourself, rather than hating or judging it? Hating it and judging just drives it underground where it continues to fester and grow. Just embrace the truth about yourself and bring it into the Light.

Ask God to come this weekend to meet you in your story - to help you see how you are doing life and help you bring all of it to Him, to the cross, to discover another way - where you are connected to his power and love.

Brothers/Sisters, this is our reality...these parts of ourselves are present and accessible at all times. Our journey is toward a greater awareness of this reality, and the choice we have to bring all of this to Him for our healing and wholeness. This weekend, will you risk allowing His love and grace to flow into every area of your being, without judgment, so that you may begin to walk more fully and freely in your True Self?

Let me pray for us... *(brief prayer for the Spirit of God to bring His healing love and grace...)*

Final Check in with the Attendees (If there is time)

What are you aware of in this moment?