

Get Freedom,
Give Freedom



The Search for Significance
and Beyond

Review

- Masks Off
- Safe Space

Group Rules

- Whatever is said in the group stays in the group.
- Use “I” messages, not “you” messages.
- Avoid giving advice unless it is requested.
- You don’t have to talk if you don’t want to.
- Avoid using humor to cover your pain.

The Grid

<p>PERFORMANCE: All truth and no grace, relationship is fake & performance-based. <i>(Students do jumping jacks while smiling & chatting)</i></p>	<p>GRACE & TRUTH: Relationship as God intended. Full knowledge & full expression of truth in love.</p>
<p>ISOLATION: No truth or grace, no relationship <i>(Students sit on the floor w/ eyes closed, ears plugged, humming to themselves)</i></p>	<p>TOTAL EXCESS: All grace and no truth... Behavior is excessive and relationship is shallow. <i>(Students socialize while drinking & eating junk food)</i></p>

The Light Comes On

- “Life had caught up with Dave.”
- “Reality had turned on the light...”
- “It isn’t that we don’t know that certain things are not right. We just don’t realize how destructive these things are until the light comes on.”

Defense mechanisms

- Suppress emotions
- Compulsive perfectionism
- Drive to succeed
- Withdrawal/passivity
- Attack people who hurt us
- Punish ourselves when we fail
- Say clever things to be accepted
- Help people so we will be appreciated
- Others?

Rate each defense mechanism in your own life and share results with a partner.

Stupidity or Lack of Objectivity?

- Hurt, but unaware of the extent
- Case studies (p. 2)
- Who do you identify with the most and why?

Perspective Matters

Lack of Objectivity

- We think it is normal to experience life this way
- We want to be 'good' Christians, so we deny the existence of any emotions that don't match our idea of what a 'good' Christian would feel
- Blame shifting and denial as learned response

Turning on the Light of Objectivity

- Difficult, if not impossible, to do alone
- Who do we need?
 - Holy Spirit
 - At least one other person
- Ideal characteristics of this person?

Importance of Honesty

- God wants to hear it all: the good, the bad, and the ugly
- We can be real with Him
 - Follow David's example in the Psalms
- Great growth comes from being real with others too.

Source of Spiritual and Emotional Inertia

- Hopelessness
 - Negative presumptions make use less receptive to love and truth
- Misperceptions/false beliefs (p. 6)
 - Sometimes they can be much more subtle than those listed here

The Purpose of The Search for Significance

- Identify and understand the nature of man's search for significance.
- Recognize and challenge inadequate answers.
- Apply God's solutions to your search for significance.

Meeting needs

- Our needs are real, but we have been trying to meet them in wrong ways
- <https://movingworks.org/project/vapor/>
- “Our desire to be loved and accepted is a symptom of a deeper need...our need for self-worth.”

Scriptural Revelations

- Genesis 1 and 2 reveal our:
 - Purpose – to honor God
 - Value – a special creation of God

As Christians, our fulfillment in this life depends not on our skills to avoid life's problems but on our ability to apply God's specific solutions to those problems. An accurate understanding of God's truth is the first step toward discovering our significance and worth.

An accurate, biblical self-concept contains both strength and humility, both sorrow over sin and joy about forgiveness, a deep sense of our need for God's grace and a deep sense of the reality of God's grace.

Next Steps

- Prepare your heart and pray
- Read Chapter 2 and work through Step 2
- Invite others
- Next meeting:
 - October 29th (5th Sunday)