

# Becoming my good and beautiful self

Genesis 1-3

It doesn't have to be this way...

Story of a sex worker

# It was ALL GOOD

In the Image of God He created them (Gen 1:29)

And God saw all that He had made, and it was very good (Gen 1:31)

# God's instruction to mankind

God said to them, "You must not eat from the tree of the knowledge of good and evil, for when you eat from it you will surely die" – Gen 2:17

# Tempted by Satan

The serpent said to the woman, "Did God really say you must not eat from the tree of the knowledge of good and evil?" – Gen 3:1

# Fell into sin

When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also the desire for gaining wisdom, she took some and ate it, she also gave some to her husband, and he ate it – Gen 3:6

# Became lost

Then the man and his wife heard the sound of the Lord walking in the garden in the cool of the day, and they hid from the Lord. But the Lord called out to the man, "Where are you?"

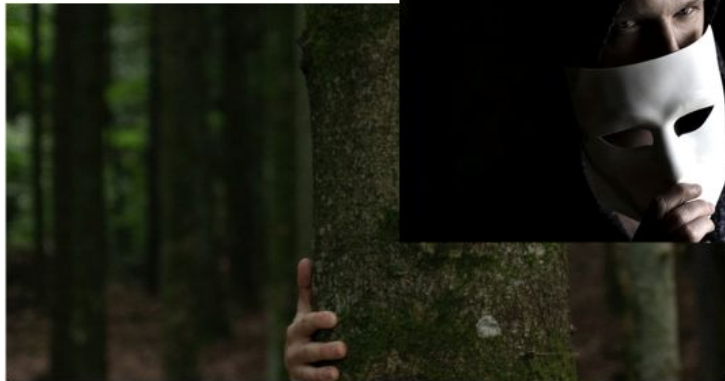
Fear, guilt and shame (the unholy trinity)

I was afraid because I was naked and so I hid – Gen 3:10



# Mankind's two responses

**Hide**



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**Blame**



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# Hide



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# Hiding our TRUE SELF

Then the eyes of both of them were opened, and they realized they were naked, so they sew fig leaves together and made coverings for themselves.

Gen 3:7

# Hiding our TRUE SELF

“Most of us live a life of self-impersonation”

Thomas Merton

# Living a divided life

Outer life (persona) and inner life (shadow self) are incoherent  
(confused)

It's not a joke, it is a problem...

The Platters made a song out of it

# The voice of fear, guilt and shame

Drives me deeper into pretension and confusion, "It is unsafe to be my real self"

# When we lose our REAL SELF....

We stop doing things that children do. We lose the “inner child” in us.



Most tragically...

Unless you turn and become like children, you will never enter the kingdom of heaven – Matt 18:3

# The source of false self

But I tell you, do not swear an oath at all: either by heaven, for it is God's throne or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King, And do not swear by your head, for you cannot make even one hair white or black. All you need to say is simply 'Yes' or 'No' anything beyond this comes from the evil one - Matt 5:34-37

# Mobius band

August Ferdinand Mobius

Mathematician

# Spirituality is a unified life

“If you want to have a spiritual life you must unify your life. Life is either all spiritual or not spiritual at all.”

Thomas Merton

# Becoming my authentic self

- To becoming our good and beautiful self, our soul must be intricately connected with God and live out from my body.
- A true authentic life is a union with God, with self and with others.

# The See-Saw Theory Bill

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Dead in sin  
(Eph 2:1)  
Fear, Guilt  
and Shame

Regenerated  
by the Spirit  
Titus 3:5



Imago Dei  
Gen 1:27

**JOURNEY** of Becoming  
2 Corinthians 3:18



Being rooted and  
established in **LOVE**  
(Eph 3:17)

My good & beautiful self

Dead self

It doesn't have to be this way...

# Naming my dead self

- Name my fears
- Name my shame
- Name my guilt



# Pry me off dead center by Ted Loder

O persistent God,  
deliver me from assuming your mercy is gentle.  
Pressure me that I may grow more human,  
not through the lessening of my struggles,  
but through an expansion of them  
That will undamn me  
And unbury my gifts

# Embrace the gift of pain and grief

Deepen my hurt  
until I learn to share it  
and myself  
openly,  
and my needs honestly.

# Name my fears

Sharpen my fears  
until I name them  
and release the power I have locked in them  
and they in me.

# Clarify my confusion

Accentuate my confusion  
until I shed those grandiose expectations  
that divert me from the small, glad gifts  
of the now and the here and the me.

# Name my shame

Expose my shame wherever it shivers,  
crouched behind the curtains of propriety,  
until I can laugh at last  
through my common frailties and failures,  
laugh my way toward becoming whole.

# Deliver me from wasting my life

Deliver me  
from just going through the motions  
and wasting everything I have  
which is today,  
a chance,  
a choice,  
my creativity  
your call.

# Pry me off dead center

O persistent God,  
let how much it all matters  
pry me off dead center  
so if I am moved inside  
to tears  
or sighs  
or screams  
or smiles  
or dreams,  
they will be real  
and I will be in touch with who I am  
and who you are  
and who my sisters and brothers are.

# Closing Prayer

“My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I THINK that I am following your will does not mean that I am ACTUALLY doing so. But I believe that the DESIRE to please you does in fact please you. And I hope I have that DESIRE in all that I am doing. I hope that I will never do anything apart from that DESIRE. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore, will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.”

Thomas Merton – Thoughts in Solitude