



Bringing My Whole Self Before God

April 3, 2022

Psalm 139

Connect

- Some of us have been so shaped by shame-based family or church systems that we resist entering deeper levels of self-awareness for fear of being debilitated even further. Describe your history with church and/or family system. Was it built around shame or acceptance? How has that system/experience molded you into who you are today?

Engage

- Read **Psalm 139**. This famous Psalm is read in so many places surrounding matters of life and death. Listen closely as it is read aloud. Pick a phrase that stands out to you. How does that line speak to you in this phase of your life?
- Do you think God knows you better than you know yourself? Why/Why not? What are the implications for either position?
- A person once said, *"I don't like to mix my church friends and my non-church friends."* It was shared in the spirit of not being fully oneself in either group. How would you describe what it means to bring your *whole* self before God?
- Self-examination is hard, spiritual work. Confession is a critical piece of the process though we tend to shrink away from it. What is your experience with *"confession"*? How is it important for your spiritual development?

Next Steps

- Forgiveness of self and others is the healthiest response to confession of sin or hurt. Consider this spiritual practice this week. Confess, forgive, and ask for forgiveness where most needed to bring about wholeness in your personal life and relationships with God and others.

Pray

"You know me better than I know myself, O Lord. Help me know myself as you know me. Heal and mend my spirit that I might help others heal and mend as well. Amen."