



Session 2: Know Yourself That You May Know God

Describe your dream job.

Write your response to the following questions:

- What are you angry about?
- What are you sad about?
- What are you anxious about?
- What are you glad about?

1 Samuel 17:26-45

1. What are some of David's thoughts and feelings when he hears Goliath's challenge to Israel?
2. What are some of the accusations and messages David received from the people around him (his family, Saul, Goliath)?
3. What feelings might you be experiencing if you were David (e.g. in response to an older sibling, a person in authority over you, or a competent and intimidating person like Goliath)?
4. What enables David to live out of his true self against the powerful forces and pressures that seek to mold him into someone he is not?
5. Where in your life, or with whom, is it difficult to be your true self (e.g. to speak honestly, say "no," or not be afraid of what others think)?

Application:

1. What might it look like for you to take off armour that you are currently wearing that does not fit you?
2. Many of us are so unaccustomed to distinguishing our true self from our false self that it may seem difficult to know where to begin. Complete the following sentence, and then share it with your group as a first step: What I am beginning to realize about myself is...