**Come to the Table Community group Campaign**

Me, Myself and the Lies I Believe Discussion Questions

1. **Jesus spent a lot of time opening the eyes of the blind people around, either physically or spiritually. Blindness in our spiritual lives and relationships creates barriers to real intimacy.**

**Our capacity for self-deception knows no limits, and it’s a serious problem.**

* **Because intimacy is shared experience, and we can’t share with others if we’re not aware of what we’re experiencing in our own soul and spirit.**

Share an experience when a close interaction with someone helped you discover something about yourself you were not aware of.

When they first brought it up to you? How did you react?

Can you share an experience where God opened up your eyes about something you need to be aware of in yourself?

1. Many of the Church Fathers write about this concept of “**Knowing yourself.”** Without knowing ourselves we can never really know God intimately. But many people see this concept of knowing ourselves as a way to build our self-esteem or discover our gifts. What they really were getting at was knowing the different things inside of ourselves that we need to confront and being before God to be healed.

When we are not aware of ourselves, we view God and others with a very distorted vision, unsalable to see things correctly. Healing begins when our desire to face reality is stronger than our desire to avoid pain.

**Why is it so hard to discover the truth about ourselves? What are the things that get in the way of us facing the reality of our true conditions?**

(Some examples are discovering you are selfish, insecure, depressed, unloving, etc.)

1. God uses other people to help us become self-aware. The times we avoid intimacy are the times that we lose the opportunity to really know ourselves. Discuss aspects of a friendship/marriage that helped you discover something about yourself. What are important criteria of the relationships that helped in that discovery.
2. One of the most important “awareness” questions we can ask ourselves in each significant relationship is, “**How does my connection with this person impact the person I’m becoming?”**

Evaluate some of your friendships and the impact they have on you. Are you becoming better or worse? Are they helping you become more like the person God wants you to be or less? Why?

1. One area of blindness is “s**elf-serving bias”**- when you rate yourself high in certain aspects of your personality or emotions. Most of us rate ourselves as above average. The Bible refers to this as thinking more highly of ourselves than we ought.

Another pattern is “fundamental attribution error” – we tend to attribute out own failures to external causes, but see other people’s failures as evidence of their own weaknesses or flaws.

Discuss how we can relate with these thinking patterns and how to be more aware of when we do it.

1. When we become aware of our ugliness, intimacy becomes our **FEAR**

Self-awareness alone isn’t enough. Intimacy requires a gift of acceptance that self-awareness cannot provide. How can we create an environment in our relationships to help people become self-aware, but at the same time show them our acceptance?

1. Spend some time praying and asking the Lord to help us become more aware of ourselves and to remove obstacles of intimacy.