



Be True to Your “Self”



“Oh yes, You shaped me first inside, then out; You formed me in my mother’s womb. I thank you, my God – you’re breathtaking! Body and soul I am marvelously made! I worship in adoration – what a creation! You know me inside and out, you know every bone in my body; you know exactly how I was made, bit by bit, how I was sculptured from nothing into something. Like an open book, you watched me grow from conception to birth; all the stages of my life were spread out before you, the days of my life all prepared before I’d even lived one day.”
(Psalm 139:13,16) Message Bible.

There just are not enough ways to say our praise and awesome wonder at the miraculous, loving, caring God in whose image we are made and to whom our soul and spirit will return when we leave this body to live with Him who created us, in righteousness, peace and joy forever and ever.



From conception on through our growing years, there has been a “ME” inside of each one of us. Somewhere in our inner being is a consciousness of “self” and of great thoughts, feelings, intuition and instinctive guidance about our “self.”

Just like a flower produces it’s own beautiful form and bright color from a tiny brown seed or bulb, and a bird builds it’s own nest without being shown how to do it, or how a tiny acorn produces a huge oaktree, there is a God-given knowing inside each one of us – a dynamic power that we identify as “ME.”



Before we even knew we were created in the image of God, (Father, Son and Holy Spirit) there was something inside of us that made us make plans for accomplishments, write poems, dream exciting dreams about what our life would be like. No matter how young we were.

But, somehow, before we were even fully matured, we began to be forced into a mold. We began to be more programmed for achievement and success by the world outside of us than by our own God-given, Spirit directed personality and talents inside of us. Our dreams of “who we are” and the unique potential within began to change to “what are you going to be,” instead of being what you already are.

We try to fit our “self” into the mold set by parents, teachers and others that force us to set aside that uniquely created, talented “ME” inside. Then because we have denied our own personality while growing up, we learn to imitate and compare ourselves with others.

Because of this molding process, most of us are forced to be and act like someone we are not. A person may become a computer operator when in their DNA they were created to be a great artist or dancer. And when they find it hard to learn the computer because they weren’t created for that kind of work, they put themselves down for being too dumb to learn and then they feel inadequate.

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No matter where you find yourself in life, it is never too late to return to who God created you to be, *“For God’s gifts and His call are irrevocable – He never takes them back once they are given, and He does not change His mind about those to whom He gives His grace or to whom He sends His call.”* (Romans 11:29AMP)



Let go of those things this world has implanted into your mind about yourself, and undergo a deep inner change by letting the Holy Spirit reveal to you the real “you” that God created, and then be true to your true self. Stop trying to be like you think you should be, and just be yourself. That’s how confidence comes.

The Apostle Paul had to do this himself. He had been taught to deny Jesus and to search out and kill Christians. After Jesus appeared to him on the road to Damascus and showed him the truth, Paul wrote these words: *“Take your everyday, ordinary life – your sleeping, eating, going-to-work, and walking around life – and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what He wants from you, and quickly respond to it. Not like the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.”* (Romans 12:1,2) Message Bible.

Children are forced to put their trust in the adults around them when they are little, and to obey them whether they are right or wrong. Those raised in dysfunctional families learn not to trust very early in life. This child learns denial of self by being told, “No, that didn’t hurt” when they are hurt; “No, you couldn’t be hungry” when they are hungry; “No, you’re not afraid” when they are afraid – they learn don’t make any noise, don’t feel, don’t cry, don’t pout, don’t get angry, keep a smile on your face. These kinds of built in inhibitions cause a person to grow up wondering “who am I? Why can’t I find myself and know what I want to be?”



Unnatural behavior happens when our personality is acting out things that are false to our true self. We no longer feel wholeness or oneness and our joy of living begins to go away. Whenever your joy leaves, you know there is an outside influence from someone or something that you are putting your “self” in subjection to – leaving you feeling like a cog in the machinery of life – just carrying on the routine because there’s nothing else to do.

You can always trust your true self, and you can always trust your Father God who made you like Himself.

“Let us draw near unto God with true, honest and sincere hearts, in full assurance and faith, (leaning the entire human personality on God in absolute trust in His power, wisdom and goodness) _ _ _.” (Hebrews 10:22a)



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This study was not the kind that could have questions and answers, so this will be a time of discussion on the following suggested topics or any others that you may want to discuss concerning this lesson:

- The absolute wonder of a brand new human being with a spirit, soul and body in the womb of a woman.
- The awesomeness of knowing that that new life will live forever.
- Thinking about the “ME” inside of you, just the way God made you.
- Talk about your dreams you used to have about what your life would be like, and what exciting things you were going to do.
- Discuss the possibility of still doing them because it’s never too late with God.
- In what ways have you been forced into a mold?
- Talk about trust.
- If you could do anything you wanted to, and knew you wouldn’t fail, what would you do?

MEMORY VERSE (Hebrews 10:22a) *“Let us draw near unto God with true, honest and sincere hearts, in full assurance of faith.”*