

FOUNDATIONS

Section Three

Loving Myself: Beauty and Brokenness

LESSON 9: My True Self

Key Points:

- To begin to see ourselves as we are-human, with strengths and weaknesses.

Hints for the material:

- Remind everyone that as we begin to look at our struggles and sins, it is very important that we stay within the Group Guidelines.
- You may need to help people translate their childish qualities into adult behaviors (page 70). For example: “Many children throw tantrums. As adults, it is unlikely we still throw tantrums, but we may have a problem with anger or self-control when we don’t get our way.”
- By comparing our “Childlike” qualities with the “Childish” behaviors, it becomes easier to accept that as children we had both strengths and weaknesses. And yet we can embrace the truth that we were great little kids, loveable to ourselves as well as to God.
- Likewise, we can accept that as adults we have both strengths and weaknesses-fully human, yet loved by God.
- Your group may want to review “Childish Misperceptions and Behaviors” and “Adult Behaviors and Attitudes” in the Appendix section of FOUNDATIONS as a reminder of where we’ve been and where we want to go.

Extra Insight:

- Be prepared for the full gamut of reactions to “My True Self.” We have seen everything from extreme sadness to extreme joy, numbness and everything in between.

Homework:

- Remind your group that they are starting FRAMEWORK at your next meeting. Encourage them to read the introductory material and complete Lesson 1.