



OLI Week 3

Topic: Getting Past the Surface

Group Discussion

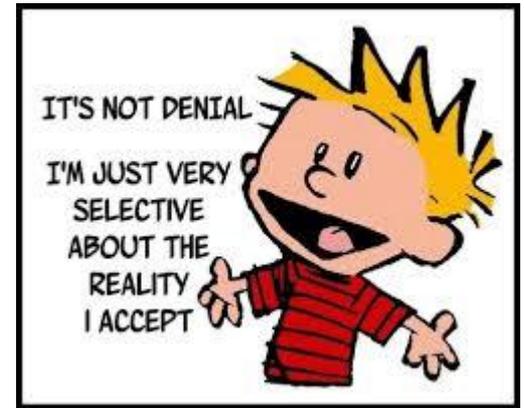
In what ways, do you believe an improper understanding of spiritual truths has affected the denial of current realities?

Importance of Interior Examination

The Goal of self-examination is FREEDOM-
freedom from destructive thought patterns, inner
messages, and the ways we wrongly perceive things.

Interior Examination Defined

The Deeply Formed Life talks about the importance of regularly practicing interior examinations, which could be defined as a life deep enough to have courage of surrendering our inner world to God and the courage to face ourselves.



Theological Underpinning

In your own words, what did you gather from what John Calvin is saying?

“The knowledge of God and that of ourselves are connected. Without knowledge of self, there is no knowledge of God. Without knowledge of God, there is no knowledge of self.”

- **John Calvin**

Reformed Theologian

Spirit, Soul, Body

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

Hebrews 4:12

Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.

1 Thessalonians 5:23

SPIRIT

SOUL

BODY

God-consciousness

Self-consciousness

World-consciousness

SP. AWARENESS
SP. SENSITIVITY
SP. UNDERSTANDING
SP. MOTIVATION

MIND
WILL
EMOTION

SIGHT
HEARING
TASTE
TOUCH
SMELL

SPIRITUAL

PSYCHOLOGICAL

PHYSIOLOGICAL

Relates to God

Relates to Others

Relates to Environment



**BREAK
TIME !!**



Getting Past the Surface

- Way of Contemplation = Listening deeply to God
- Way of Reconciliation = Listening deeply to each other
- Way of Interior Examination = Listening deeply to ourselves

Reasons we don't go past the surface...

1. **Busyness**

- a. “Limited reflection usually leads to dangerous reaction.”

2. **Compartmentalization**

- a. “refers to a kind of splitting of ourselves in which we offer some parts of our lives to God but deny the rest. The insidious practice of splitting refers to the subconscious habit of disconnecting aspects of ourselves.”
- b. “It is impossible to experience wholeness while we regularly split off from our “part-selves.”

Self-Examination in Practice

1. Examination our Family or Origin

- **Patterns:** repeated behaviors, practices, habits, ways of thinking that were passed from generations
- **Scripts:** messages we received, roles we were given, conscious and subconscious ways we believe we must live
- **Trauma**

2. Examination of our Anxiety

- **Acute:** situational and time based
- **Chronic:** provoked easily, little capacity to observe their emotionality

3. Examination of our Feelings

4. Examination of our Reactions

- **Why am I reacting this way? What is causing me to feel angst?**

Questions to help us go past the surface...

1. State what happened?
2. Examine what you feeling?
3. What is the story I'm telling myself?
4. What does the gospel say?
5. What counter-instinctual action is needed?

Homework

- Complete Reflection #3
- Read Deeply Formed Life Chapters 7 & 8