

# HALF TRUTHS

## “Be true to yourself”

8-14 August 2021

*‘This above all: to thine own self be true’*

*Polonius to his son, who is about to leave for university. (Hamlet – Act 3, Scene 1)*

1. Read the below quotes retrieved from the Huffington Post. Which would you say most accurately reflect our culture’s understanding of ‘be true to yourself’? Can you come up with some other understandings?

WHOLENESS	POWER	JUDGMENT	CONGRUENCY
“Being true to yourself starts with knowing who you are and accepting yourself...know your purpose in life...find what makes you whole...and then live that way all the time.”	“Being true to yourself is a personal choice for truth. You have the total power to live your life any way you want.”	“Being true to yourself means you don't worry about pleasing other people. You don't care what people think of you. No one can tell you how to be true to yourself except you.”	“Being true to yourself is this simple -- either you live in integrity, or you live out of integrity.”

Retrieved: <https://www.huffpost.com/entry/what-does-it-mean-to-be-t-1-b-8033654>



Investigate

Read Jeremiah 17:5-10...

1. What three things are true of the one who is cursed according to the LORD in v.5?
2. What three things are true of the human heart according to v.9?

3. What contrasting imagery (vv.6-8) is used to compare 'the one who trusts in man' with 'the one who trusts in the LORD'?
4. What does the LORD do according to v.10? For what purpose?

**Read Luke 9:23-25...**

1. What three instructions does Jesus give to his disciples about how they should approach their 'selves'?
2. What are the consequences of this approach, especially with regards to 'your very self'?

**Read Ephesians 4:22-5:4...**

1. What had the Ephesians been taught about their selves 'with regard to [their] former way of life'? (vv22-24)
2. What was characteristic of that self? (cf. Jeremiah 17:9!) What, in contrast, is characteristic of the new self? (vv22-24)
3. Scan 4:25-5:4 and make a list of practical ways for Christians to 'put off the old self' and be congruent with their 'new self'.

Put off 'the old self by...	Be true to 'the new self' by...



## Think & Live

1. An important aspect of being 'true to yourself' is an accurate self-knowledge. What obstacle exists to this according to the verses considered above? Who alone fully understands our 'selves'? How could you use this knowledge to help you understand yourself better?
2. Do we alone stand in judgment over ourselves? What sort of difference should a biblical understanding make to the way we conduct ourselves?  
(cf. 1 Corinthians 4:2-4)
3. Consider what these verses have to say about achieving wholeness and prosperity for our 'selves'. By what route, or perhaps more accurately, through whom are these things achieved? In what ways does this affirm last week's study on 'happiness'?
4. Consider the ways given by Paul as living 'in integrity' with our true, new 'selves' in Christ. Are there any that stand out to you as areas of your live where you are not being 'true to yourself'? What steps could you take to improve this in the week ahead.

*"And now, with God's help, I shall become myself."*

*Danish Christian Philosopher, Søren Kierkegaard*

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### Points to Pray (now and during the week)

1. Pray that God would give us growing insight into the deceitfulness of our heart (Jer. 17:9-10), as well as an ever-growing reliance on the new self which He has given us in Jesus. (Eph. 4:22-4)
2. Pray that we would grasp the reality of God's judgment. Pray that this makes us rely more on Jesus and worry less about what others think.
3. Pray that God will teach us what it means to gain our lives by losing them, as well as what it means for us to take up our cross daily and deny ourselves (Lk. 9:23-25).
4. Continue to pray for our 'Half-Truths' series. Pray for many visitors, both online and in-person! Pray that God would use this teaching series to draw us all closer to Him, and some, ultimately, to a saving faith in our Lord Jesus.