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Leader's Collective Session 14

Identity

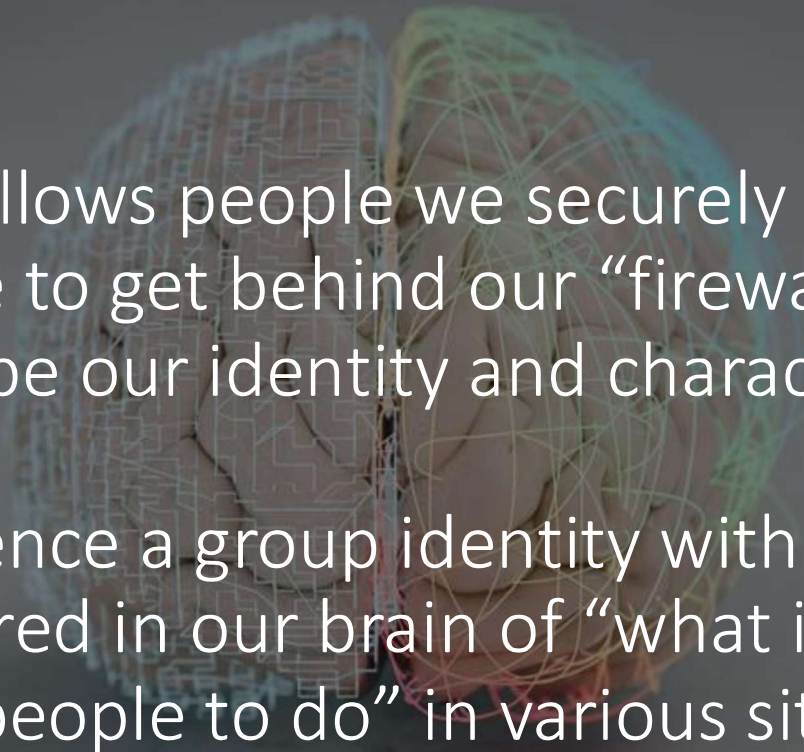


God's Goal is to create a new people who discover and live as their best selves. Life Model Works has been calling this "full-heart and whole-brain." Our best self is discovered at the intersection of God-sight and group identity.



From age 14 on we develop our best self with
group identity statements.

Another way of discovering our best self is to see
what Jesus sees and engage in the Immanuel
process.

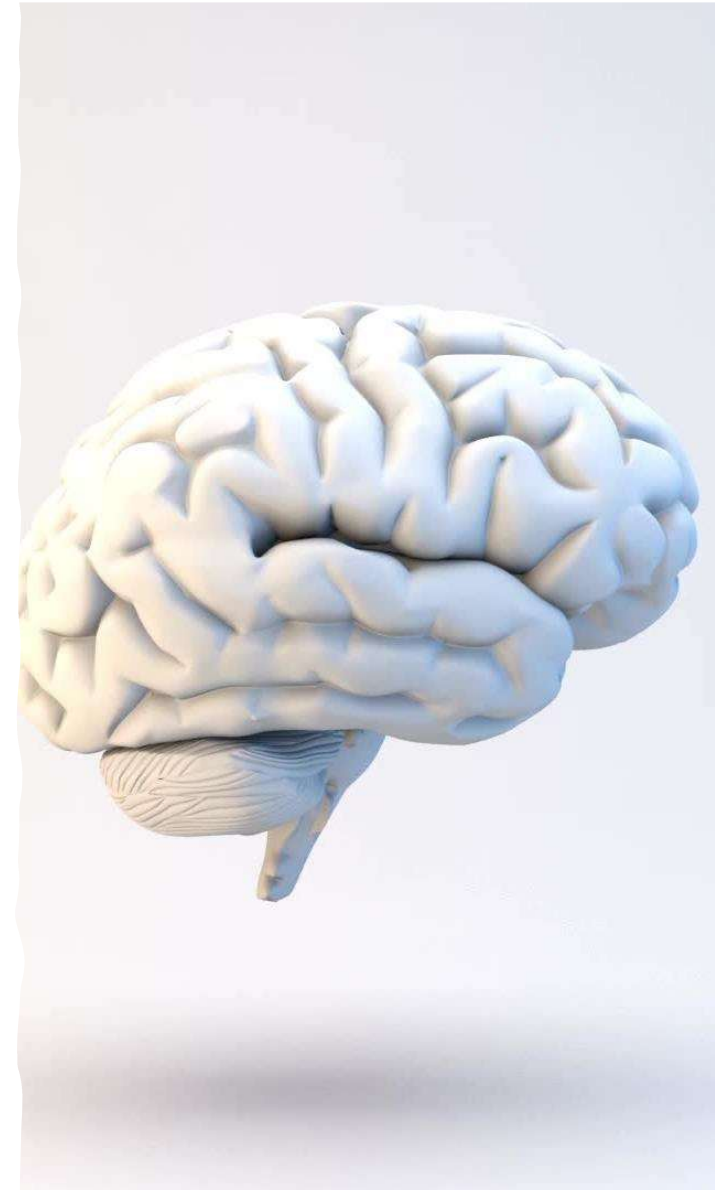


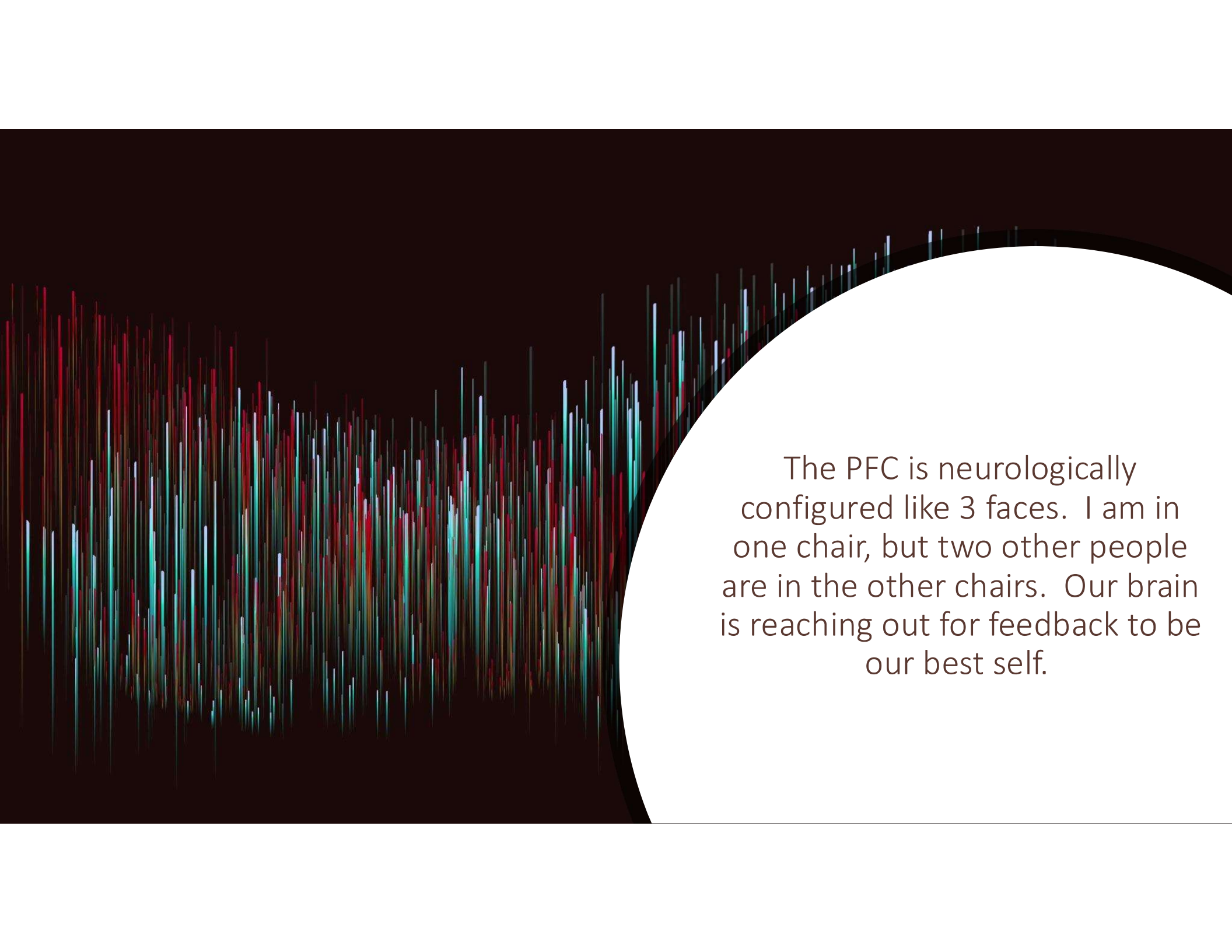
Our brain allows people we securely attach to in *hesed* love to get behind our “firewall” to help shape our identity and character.

We experience a group identity with a library of stories stored in our brain of “what it is like me and my people to do” in various situations.

We've never seen our face!

Likewise, the brain can't observe itself. It requires another to observe and call out what is there//the best self.

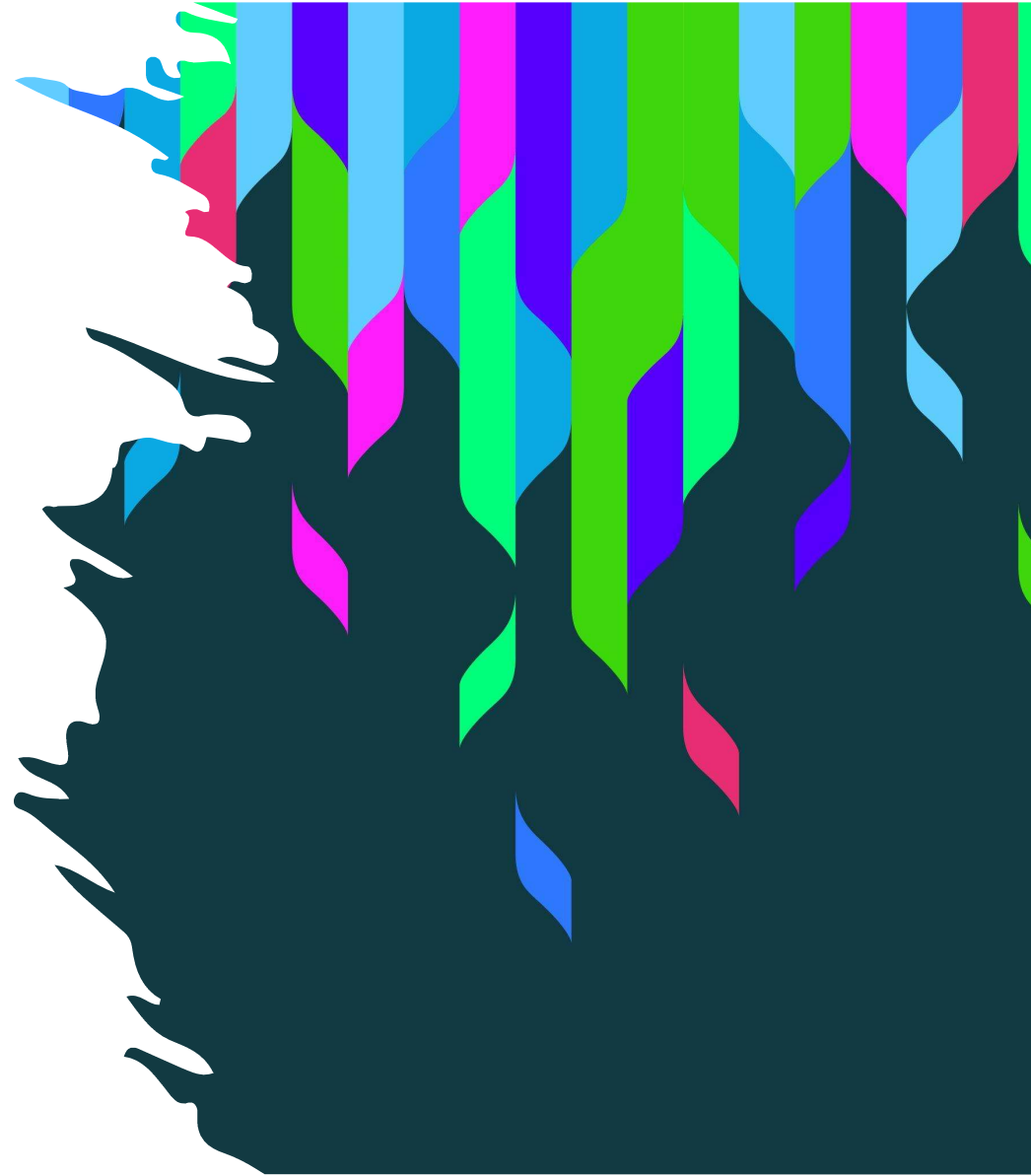




The PFC is neurologically configured like 3 faces. I am in one chair, but two other people are in the other chairs. Our brain is reaching out for feedback to be our best self.

Who can call out that
true identity they see in
me?

People who know me
well enough to recognize
my false self in action.



Obstacles to discovering our best self:

A fear bond with God

Unhealthy attachment styles

The enemy's influence

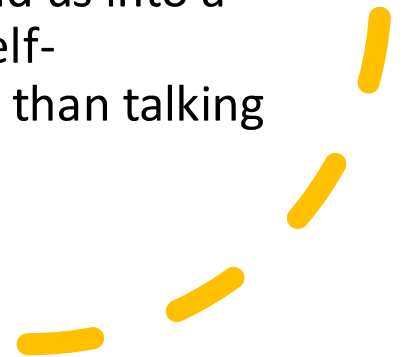
Unresolved traumas

Stuck in the 6 big emotions and our RC's are off.

Lack of multi-generational community

Stuck in the “As-If” Self

- The ‘as if’ self comes online as early as 18 months.
- It comes on as a result of being motivated by fear and wanting to cover up weaknesses and be invulnerable.
- Jim shared that his false self is that he needs to be the expert and know everything. Early crisis in his marriage. Before Jim discovered Immanuel and combined it in his counseling. This is why he is “allergic” to academia and doesn’t want to be that guy.
- The pressure to be productive will send us into a false self, which can create an ‘as if’ self-motivation. To look productive rather than talking about how we really feel.





Steps to discover our best self:

1. Another person to attune with us and share mutual mind with us:
 - “I see you; I hear you; I know how big this is for you...”
2. Sharing weakness. This helps identify the “as if” self.
3. Sharing healthy shame messages – “You didn’t seem to be acting like yourself.”
4. Building a group identity.

Exercises:

- Tell a story about how you used the 6 unpleasant emotions to improve your relationships.
- Or ... a story about when you didn't act like yourself. -
Do an Immanuel exercise to ask God how he saw that event. Share what you sensed.
- Create a group identity statement or two.