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## BENEATH THE SURFACE

WEEK 5 | FACING THE SHADOW

### PRAYER

Father, thank you for making each of us uniquely and wonderfully in your image. Help us to face our shadow today and see it for the real influence that it can have on the people around us, whether negatively or positively. Lead each one of us towards Christ-like change. In Jesus' name, Amen.

### WARM UP

(OPTIONAL)

Have you ever had a conversation with someone who would tell you one thing, but they were actually doing another thing and living a lifestyle opposite to what they would say? How did you approach them?

### NOTES

## WORD

<sup>7</sup> So to keep me from becoming conceited because of the surpassing greatness of the revelations, a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited. <sup>8</sup> Three times I pleaded with the Lord about this, that it should leave me. <sup>9</sup> But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. <sup>10</sup> For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

[2 Corinthians 12:7-10](#) (ESV)

Definition of Shadow:

*"Everyone has a shadow. Your shadow is the accumulation of untamed emotions, less-than-pure thoughts that, while largely unconscious, strongly influence and shape your behaviors. It is the damaged, but mostly hidden version of who you are."*  
-Peter Scazzero

## GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. Are you aware of what your shadow looks like in your emotions, thoughts, and behaviours? What triggers your shadow to come out?
2. Do you take regular time to experience and process anger, fear, and sadness with God and others? Why or why not?
3. In 2 Corinthians 13:5, the Apostle, Paul, encourages us to "Examine yourselves to see whether you are in the Faith." What are some ways that we can examine our shadow?
4. Can you identify any negative scripts from your childhood that you currently see as still being active in you today? (e.g. "You can't do that. You don't know what you are doing. You'll mess things up. Conflict is dangerous and bad.") After identifying these, bring them in prayer before God and ask Him to lead you in creating new scripts that are anchored in His word and His truth.

5. Are there people that have been highlighted for you that you may need to have some courageous conversations with? Bring them and their situation in prayer before God, asking for His leading and divine timing in bringing this to pass.

## PRAYER LIST