

Discipleship: Developing Your Authentic Self

When considering the ideas and thoughts surrounding [Church burnout](#), it became apparent that there is another serious issue facing many Christians today – in both their personal and church lives. The issue is a lack of spiritual and emotional maturity, leading to the cultivation of a ‘false self’ and a layering over our true self.

“When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me.” | 1 Corinthians 13:11, NIV

Layering Over Our True Self

When we accept the saving work of Jesus in our lives and commit to a life lived in him, we become a new creature. It is a metaphorical rebirth to ‘newness of life’. We are, as Corinthians explains, like little children, with all the wide-eyed wonder of this new life stretching out before us. This faith and dependence on God to undertake great things for us is commended by Jesus and he goes so far as to say that *“...unless you change and become like little children, you will never enter the kingdom of heaven.”* (Matthew 18:2-4, NIV). This childlike faith is essential to beginning a relationship with God, through Jesus, and this kind of faith needs to remain a constant in our lives.

And yet, many Christians never develop further than this moment. They remain as children, spiritually immature and never attaining to the radical transition of living faithfully to their true selves in Christ. Instead of genuine spiritual growth, beginning from their core and being demonstrated exponentially in their lives, Christians layer over their

potential true self with a false reality of who they are.

They are concerned about who other people think they are rather than being concerned about **who God thinks they are**. They are emotionally disconnected from the reality of what life with Jesus really looks like, in real and practical terms. Christian life becomes theory rather than practice. This process of layering – creating and developing a false self over the top of core emotional truths – ensures that we remain entrapped and enslaved to ‘the old man’, rather than liberated in Jesus as a new creation.

The Deception Of The False Self

The deeply entrenched false self is actually a refusal to accept God’s grace and its transforming effect on our life. Instead of being defined by what **God has done for us**, we become defined by who we perceive we are. We tell ourselves, ***I am what I do; I am what I have; I am what others think I am***. We are driven by performance, possessions or popularity, rather than by who we are to God.

The broader culture around us certainly substantiates this point of view and it can be very difficult to dismantle the false self and allow our true self in Christ to emerge. Yet, this is our life’s work and is the essence of what discipleship really means. To think otherwise is to be deceived.

Following God Into The Unknown

Getting to your core requires following God into the unknown – to being committed to emotional and spiritual reality, not denial or illusion. It means developing a relationship with Him and becoming who God has called you to be. Initially, it requires that childlike faith, but on that faith must be built conviction, through the process of discipleship.

Jesus' life was dominated by his conviction that he was sent to do his Father's will. This conviction produced a deep awareness of his life's purpose and he remained deeply connected and authentic to his true self. When people develop Christlike convictions, they too will develop a sense of purpose in life.

At times, our false self has become such a part of who we are that we don't even realise it. However, the consequences – fear, self-protection, possessiveness, manipulation, self-destructive tendencies, self-promotion, self-indulgence, and a need to distinguish ourselves from others – are harder to hide.

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To be a disciple, in the biblical sense, is to be actively imitating both the life and teaching of the master. It isn't the same as being a student, by today's modern understanding, but is rather a deliberate apprenticeship which makes the fully formed disciple **a living copy of the master**.

This process of discipleship is a principle-centered, character-based “inside out” approach to developing our authentic self in Christ. It means to start first with ourselves; even more fundamentally, to start with the most **inside** part of self – our core – and to honestly analyse our paradigms, our character and our motives.

“The inside-out approach says that private victories precede public victories, that making and keeping promises to ourselves precedes making and keeping promises to others. It says that it is futile to put personality ahead of character, to try and improve relationships with others before improving ourselves” | Stephen Covey

It is a process that moves us from being a spiritually and emotionally immature child to being a fully mature and developed adult – *“a person dedicated to God, and capable and equipped for every good work.”* (2 Timothy 3:17, NET).

Discipleship Comes From Differentiation

A helpful way to clarify this process of growing in our faithfulness to our true selves is by using the term ‘differentiation’. Differentiation is a person’s capacity to “define his or her own life’s goals and values apart from the pressures of those around them.” The key emphasis of differentiation is on the ability to think clearly and carefully as another means, besides our feelings, of knowing ourselves.

People with a high level of differentiation have their own beliefs, convictions, directions, goals and values apart from the pressures around them. They can choose, before God, how they want to be without being controlled by the approval or disapproval of others.

People with a low level of differentiation are those with little sense of their unique God-given life. They need continual affirmation and validation from others because **they don’t have a clear sense of who they are**. They depend on what other people think and feel in order to have a sense of their own worth and identity.

Church Life Shouldn’t Come At The Expense Of A Personal Relationship With God

A healthy church life provides many benefits. We find peace and fulfillment in Jesus. Our lives become enriched, our burdens are eased, and we develop supportive relationships to help us in hard times. Service within our church becomes something that fills us with joy and deep personal fulfillment.

However, we need to remember that the most important relationship in our life is the one between God and ourselves. He is the one who sees clearly to [the heart of us](#). He can distinguish between our authentic self and the cultivated 'false self' that others may see. And He, alone, judges the thoughts and intentions of our hearts.

Our church life should therefore become an extension of our relationship with God. As church or Christian communities, we need to ensure we develop strategies and skills to grow in our discipleship and to move towards being emotionally and spiritually mature. This includes biblical ways to integrate emotions like anger, sadness or fear and being able to deal with these in authentic ways.

Four Ways To Develop Your Authentic Self

1. Pay attention to your interior (the "heart of you") in silence and solitude.
2. Find trusted companions to help you along the way.
3. Move out of your comfort zone.
4. Pray for courage.

As Christian people, one of the greatest gifts we can give our world is to be a community of emotionally healthy adults who love well. This will take the power of God and a commitment to learn, grow and break with unhealthy, destructive patterns that may go back generations in our families and cultures – and in some cases, our Christian [culture](#) also.

*"A new commandment I give to you, that you should love one another. As I have loved you, so you also should love one another. By this **all will know that you are my disciples, if you have love among one another.**" | John 13:34-35, BLB*

I owe a great deal of thanks to the following authors; Peter Scazzero, Rick Warren and Stephen Covey, for their insight, wisdom and valuable words regarding this subject. I have quoted extensively from their works. In particular, I would highly recommend the book “Emotionally Healthy Spirituality” by Peter Scazzero as an excellent starting point for anyone genuinely interested in investing in a deep, beneath-the-surface spiritual formation paradigm.

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Keep Your Eyes On Jesus

We're [called to a radical life](#).

This is a life in which we're called to follow someone we've never seen. We've heard about him but we've never seen him with our own eyes. We've 'believed the report', the good message about who Jesus is and why he came, and our hearts have been convicted to follow him. And even though we haven't seen him, we love him.

“Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory” | 1 Peter 1:8, ESV

The Redemptive Power Of His Sacrifice

We have come to realise that, without Jesus, we are nothing more than 'dead men walking'.

We're reminded of the story of the serpent placed on the pole during Israel's wilderness wanderings (Numbers 21). Their criticism of God and His way brought a plague of poisonous snakes throughout the camp. Moses was told to place a copper

snake on a pole for all to see and anyone who fixed their gaze on that serpent on the pole would be healed and live.

A snake on a pole has come to represent medicinal healing throughout the medical world today and we can, of course, see the redemptive symbol in this story for our Christian lives. The bronze serpent is the clearest type of the saving work of Jesus. Jesus himself used this symbol to appeal to the people in his day (John 3:14). Like the serpent, Jesus was to be raised on a stake for all to see, and all those who looked to his redemptive sacrifice would live.

We fix our gaze on Jesus, crucified, believing in the power contained in his name, and though we are dying, yet we live! Death no longer has the final say.

“But in fact Christ has been raised from the dead, the firstfruits of those who have fallen asleep. For as by a man came death, by a man has come also the resurrection of the dead. For as in Adam all die, so also in Christ shall all be made alive. But each in his own order: Christ the firstfruits, then at his coming those who belong to Christ.”
| 1 Corinthians 15:-20-23, NIV

Believing And Becoming In Jesus

Our Christian life starts the moment we turn our eyes to Jesus and [acknowledge him](#) as Lord of our heart and our life. But our gaze must never leave him.

The Christian life is one of transformation; of more than just believing, but of becoming, where the impossible is possible. We are able to become more than conquerors through him who loved us.

“What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare His own Son, but gave him up for us all – how will He not also,

along with him, graciously give us all things. No, in all these things we are more than conquerors through Him who loved us.” | Romans 8:31-32, 37, ESV

We are learning to follow where Jesus has gone already and we are learning, day by day, to trust him as our good shepherd.

A Leap Of Faith

Living the Christian life is often stepping out into the unknown. It's often an exercise in surrender, trust, and faith.

“Now faith is the assurance of things hoped for, the conviction of things not seen. For by it the people of old received their commendation. By faith we understand that the universe was created by the word of God, so that what is seen was not made out of things that are visible.” | Hebrews 11:1-3, ESV

We look around us and see how things presently are, in this life, **and yet we believe that there is more** and that **we can be more**. This belief is underpinned by the [evidence of the risen Christ](#). Resurrection, the most unbelievable, incredible event to have possibly happened **has** happened. When Christians gather together for communion, we celebrate and witness to this remarkable event. The ramification for us as believers is not a small thing: the [same power](#) that raised Jesus from the dead now lives in us!

“I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms.” | Ephesians 1:19-20, NLT

“And if the Spirit of Him who raised Jesus from the dead is

living in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit, who lives in you.” | Romans 8:11, BSB

Jesus promised his followers that he would be with them, even to the end of the world. This is his promise to us. Sometimes he will lead us through fire and across water, through deep valleys and up high mountains. There is no promise that the Christian life will always be easy but he promises he will never leave us or forsake us.

Some of you may be feeling the heat of those flames. Or perhaps you feel like your feet are sinking and you're going to drown. Raise your eyes and fix them on Jesus! He goes before us, he stands beside us, every day of this Christian life.

Faith Is Learning From History

We learn a lot from the story of Israel and their exodus from Egypt. When the children of Israel were delivered out of slavery, that moment only signaled the beginning of a journey of faith. And almost immediately, they were brought to the edge of the ocean, with churning water ahead of them and the enemy hard at their heels. There was no way forward and no way back. And then, suddenly, a miracle was performed and God parted the ocean before them – a way out – seemingly impossible but clearly visible. They had to make a decision of faith – to step into that path cut through the ocean and cross through to the other side. Moses, their leader, spoke boldly at this moment:

“Don't be afraid, stand firm and watch God do His work for you.”

Some of us may be in that moment right now, afraid of what is behind us and unable to see a path ahead of us. Sometimes, the

step of faith involves standing still and watching God go to work for us. Sometimes, faith asks us to step out into the unknown.

We have the story in Matthew 14:24-31 of Peter being called by Jesus to step out of the boat and onto the churning water. And we realise from reading this story that sometimes faith asks us to step out of the boat, out of the place where it feels comfortable and relatively safe and into the dark and churning ocean. In those moments, too, we must not lower our gaze. Faith will keep us afloat, fear will sink us.

We must look for Jesus and keep looking for Jesus. He is the good shepherd, who laid his life down for the sheep, and, like the Psalmist, we can confidently say,

“Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” | Psalm 23:4

Keeping Our Eyes On Jesus

How do we keep our eyes on Jesus? How do we ‘follow him’ and keep him front and foremost in our minds, day by day?

We need to make him real! We need to learn about him, discover what kind of leader he is, read about his character, his personality, his emotions. We need to talk to him, tell him our struggles and our fears. We need to ask for his courage to be ours. We need to invest in **relationship** with him; deep and personal and transformational.

We need to be reminded and convicted in our hearts that he is not just our personal saviour and friend, but [the resurrected King](#), in whom all power rests and with whom all things are possible!

When we come together as church, we are reminded that the

church was born from the sacrifice of a man who, while we were yet sinners, died for us. Who, for the joy that was before him, endured the cross. And whose resurrection assures us that the best is still yet to come.

“The word that saves is right here, as near as the tongue in your mouth, as close as the heart in your chest. It’s the word of faith that welcomes God to go to work and set things right for us. This is the core of our preaching. Say the welcoming word to God – “Jesus is my Master” -embracing, body and soul, God’s work of doing in us what He did in raising Jesus from the dead. That’s it. You’re not “doing” anything; you’re simply calling out to God, trusting Him to do it for you. That’s salvation. With your whole being you embrace God setting things right, and then you say it, right out loud: “God has set everything right between Him and me!” Scripture reassures us, “No one who trusts God like this – heart and soul – will ever regret it.” | Romans 10-10-13, MSG

The Christian life isn’t always easy and the next step isn’t always clear. Sometimes we need courage to make that step and sometimes we just need to stand still and watch God go to work for us.