

# **Experiment #5 – KNOW YOURSELF - LOVE YOURSELF – Week of 3/22**

## **INTRODUCTION TO THE EXPERIMENT**

Too often we make living for Jesus too complicated. With a million opportunities before us we can't forget the simplest command Jesus gave us in Mark 12:31, "Love your neighbor as yourself."

Up until this point we've focused a lot of our experiments on the first part of that verse, discovering how to love our neighbor. But you'll notice that Jesus ended that phrase with "as yourself." In other words, it's impossible to know how much to love your neighbor until you really know yourself.

So that's our experiment this week. Let's spend 30 minutes wrapping our mind around who we are.

## **WHAT YOU NEED**

- 30 minutes
- A quiet place you can be alone
- A pen and paper
- Willingness to try an experiment of self-reflection, no matter how weird or uncomfortable it might make you feel. This experiment is purely between you and God. We are only going to talk about our spiritual gifts next week. You won't have to share about your reflection and conversation with God when we gather next week.

## **WHAT TO DO**

First, spend the first 5 minutes of this time in silence. No music, no cell phone, no talking. Complete silence.

Second, after you've slowed yourself down with this silence, spend about 5 minutes thinking about and then writing down answers to the following three prompts.

1. Make a list of the life you feel others EXPECT you to live.
2. Make a list of the life you DREAM of living.
3. What life might God dream for you to live based on your gifts and passions?

*\*Hide these notes somewhere where you might find them later.\**

Third, complete the activity discussed below.

## **WHAT'S MY GIFT:**

We have been talking about spiritual gifts this week. We wanted you help you think about what your spiritual gifts might be. Take a few minutes and answer the questions in the Spiritual Gift Inventory. After you answer the questions and score it, you will have a better idea of what some of your spiritual gifts might be. These questions aren't perfect in saying what spiritual gifts you have or don't have. The authors of this inventory also didn't include every gift like more apparent ones such as healing, prophecy, and speaking in tongues. Christians around the world still receive these gifts the authors just thought they were too obvious to include here. So take a minute and talk to God about what you find out. Think about how these line up with your passions and desires in life.