

Knowing God, Knowing Self

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Matthew 16:24-25

Dave Lomas

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Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it.”

“There is only one problem on which all my existence, my peace, and my happiness depend: to discover myself in discovering God. If I find Him I will find myself and if I find my true self I will find Him.”

- Thomas Merton, *New Seeds of Contemplation*

“Our wisdom...consists almost entirely of two parts: the knowledge of God and ourselves. But as these are connected together by many ties, it is not easy to determine which of the two precedes and gives birth to the other.”

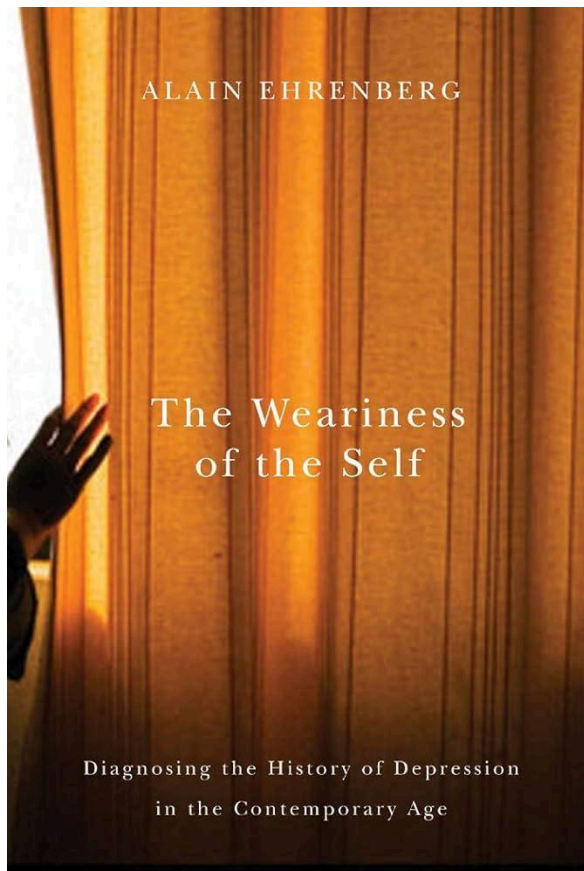
- John Calvin, *Institutes of the Christian Religion*

“How can you draw close to God when you are far from your own self?”

- Augustine, *Confessions*

“Grant, Lord, that I may know myself that I may know thee.”

- Augustine, *Confessions*



“Depression...is the pathology of a society whose norm is no longer based on guilt and discipline but on responsibility and initiative.”

- Alain Ehrenberg, *The Weariness of the Self*

“Depression is particular since it marks the helplessness of existence, be it expressed through sadness, fatigue, inhibition, or the inability to initiate action. The depressed individual, caught in a moment with no tomorrow, is left without drive, bogged down in a ‘nothing is possible.’ Tired and empty, restless and violent—in short, nervous—we *feel the weight of our individual sovereignty.*”

- Alain Ehrenberg, *The Weariness of the Self*

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Your true self, is the self that is known by God. Therefore, your true self can only be found in the transformational knowledge of God.



“God created humanity and therefore only God can reveal to us our identity and function. Without this biblical revelation, we are lost in a maze of confusion.”

- Bruce Waltke

“Knowing God and knowing self are interdependent. Neither can proceed very far without the other. Paradoxically, we come to know God best not by looking at God exclusively, but by looking at God and then looking at ourselves—then looking at God, and then again looking at ourselves. This is also the way we best come to know our selves. Both God and self are mostly fully known in relationship to each other.”

- David Benner, *The Gift of Being Yourself*