

Self-Actualization

1) What is self-actualization?

Definition: the achievement of one's full potential through creativity, independence, spontaneity, and a grasp of the real world. From Dictionary.com

- a. What is the apparent weakness with this view of human potential?

2) Proverbs 16:32 NKJV

He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

- a. How is this a different view from self-actualization or humanism?
- b. Why is a person who controls his/her emotions greater than the mighty?
- c. Why is it important to rule your spirit?

3) Genesis 3:1 – 12

Now the serpent was more cunning than any beast of the field which the Lord God had made. And he said to the woman, "Has God indeed said, 'You shall not eat of every tree of the garden'?"² And the woman said to the serpent, "We may eat the fruit of the trees of the garden; ³ but of the fruit of the tree which *is* in the midst of the garden, God has said, 'You shall not eat it, nor shall you touch it, lest you die.'"

⁴ Then the serpent said to the woman, "You will not surely die. ⁵ For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil." ⁶ So when the woman saw that the tree *was* good for food, that it *was* pleasant to the eyes, and a tree desirable to make *one* wise, she took of its fruit and ate. She also gave to her husband with her, and he ate. ⁷ Then the eyes of both of them were opened, and they knew that they *were* naked; and they sewed fig leaves together and made themselves coverings.

⁸ And they heard the sound of the Lord God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden. ⁹ Then the Lord God called to Adam and said to him, "Where *are* you?" ¹⁰ So he said, "I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself."

¹¹ And He said, "Who told you that you *were* naked? Have you eaten from the tree of which I commanded you that you should not eat?" ¹² Then the man said, "The woman whom You gave *to be* with me, she gave me of the tree, and I ate." ¹³ And the Lord God said to the woman, "What *is* this you have done?" The woman said, "The serpent deceived me, and I ate."

- a. Did the woman quote God's command correctly? Why is this important?
- b. What did the serpent say to make the woman feel that God was holding back something from her? How might this relate to self-actualization?
- c. The three temptations that all sin comes from are here. What are they?
- d. What do you think was meant by their seeing that they were naked?
- e. What is significant about their sewing fig leaves for clothes?
- f. Why was Adam hiding from God? How do we hide?
- g. What is the root cause of fear? What other emotions do human beings turn fear into?
- h. What shows that they lost the ability to take responsibility? Why did they need to pass the blame on others? Where does our need to shift blame come from?

4) Proverbs 13: 10 KJV Only by pride cometh contention: but with the well advised is wisdom.

- a. All these issues come from self. How does this relate to pride?
- b. Where/when did pride enter into the human race?

3) Romans 12:1-2 NKJV

12 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service.
² And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

- a. What is true selfless actualization?
- b. Where do we find the ability to present our bodies a living sacrifice?
- c. How do we renew our minds?