

A close-up, blue-toned image of a fingerprint. The ridges and valleys of the fingerprint are clearly visible, creating a complex, wavy pattern. The lighting is dramatic, with some areas appearing brighter than others, highlighting the texture of the skin. Overlaid on the lower portion of the fingerprint is the text "who am i?" in a bold, white, sans-serif font. The text is centered horizontally and has a slight shadow or drop effect, making it stand out against the blue background of the fingerprint.

who am i?

# becoming who i am

A field of dark blue umbrellas with one bright yellow umbrella in the center. The umbrellas are arranged in a dense field, and the yellow one stands out prominently in the middle ground.

To be yourself in a  
world that is  
constantly trying to  
make you something  
else is the greatest  
accomplishment.

Ralph Waldo Emerson

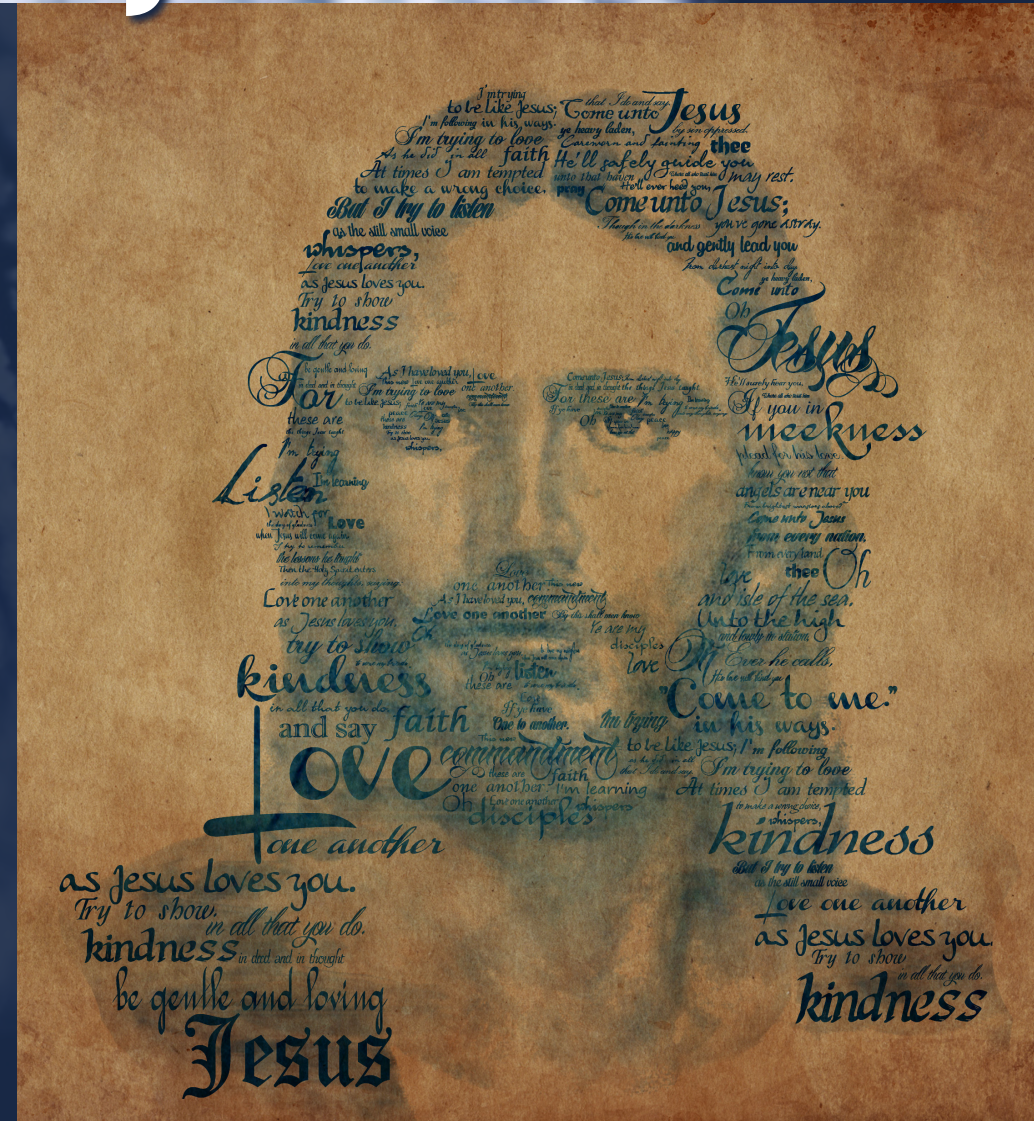
Do you ever feel the weight of  
**other people's expectations** on  
you to be someone you are not?

# becoming like jesus

## THE PRACTICES OF A DISCIPLE:

1. BE WITH JESUS
2. BECOME LIKE JESUS
3. DO WHAT JESUS DID

WHAT DOES IT MEAN FOR YOU,  
TO BECOME LIKE JESUS?  
HOW DOES IT HAPPEN?



# know thyself

**DISCIPLESHIP IS THE  
PROCESS OF BECOMING  
WHO JESUS WOULD BE  
IF HE WERE YOU.  
-DALLAS WILLARD**

**Socrates**, "The unexamined life is not worth living. To know thyself is the beginning of wisdom."

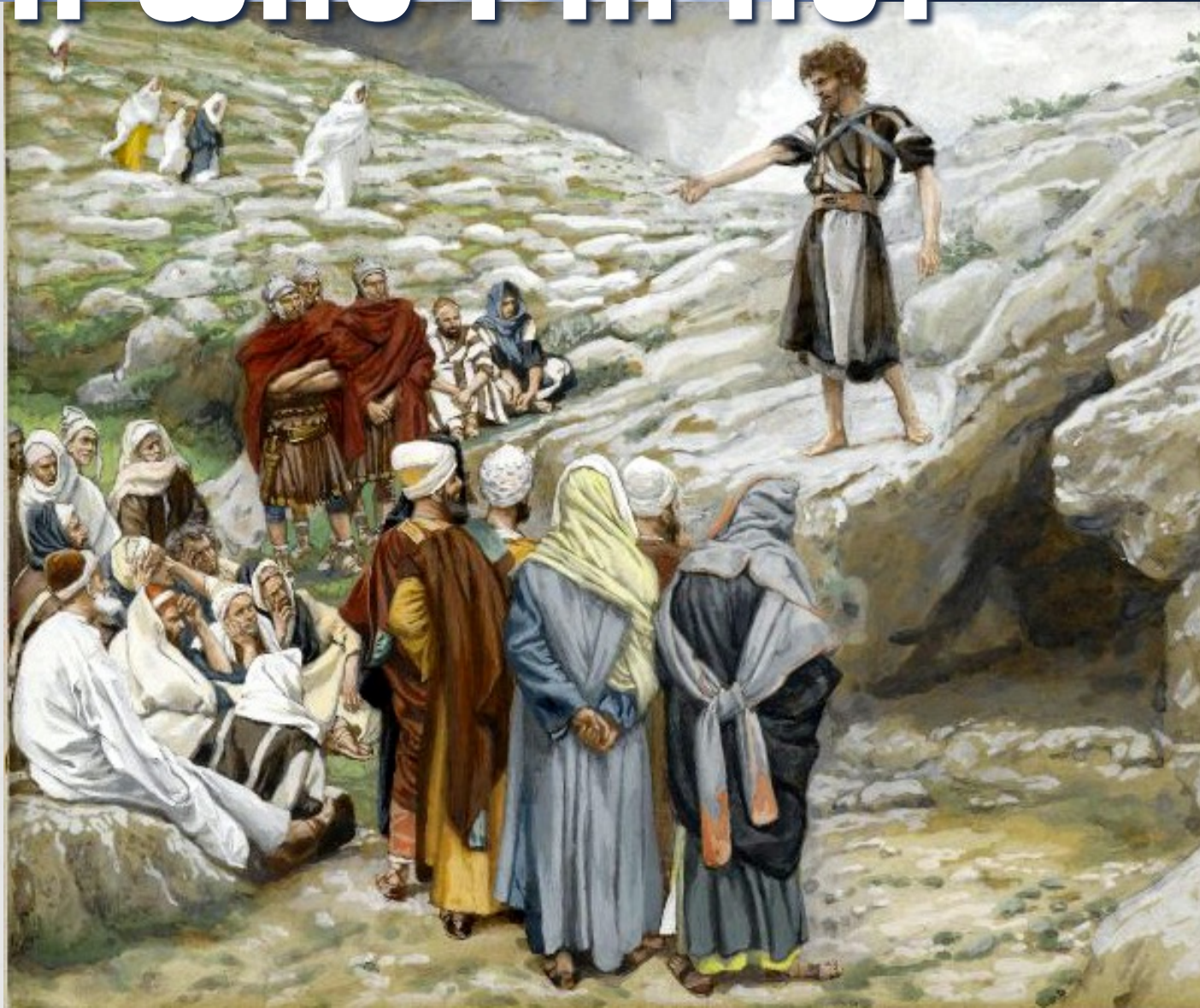
**St. Teresa of Avila**, "Almost all problems in the spiritual life stem from a **lack of self-knowledge**."

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

**Thomas Merton**, "For me to be a saint means to be myself. Therefore, the problem of sanctity and salvation is in fact **the problem of finding out who I am and of discovering my true self**."

# honest with who i'm not

a big part of  
who i am  
is who im not.



# honest with who i am

“

Humility isn't denying your strengths; it's being honest about your weaknesses.

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RICK WARREN

A great man  
is always willing  
to be little.

Ralph Waldo Emerson

# take it home:

1. In what ways does knowing who we're *not* shape our identity and calling as much or even more than knowing who we *are*?
2. Do you ever feel the weight of others' expectations on you to be someone you're not?
3. Do you ever feel the weight of your *own* desire to be somebody you're not? ("I wish I was more laid back, more organized, more extroverted...")
4. Is your identity and calling (who you are/what you do) shaped by circumstance, feelings, and the opinions and pressures of others?

*There are many resources to look at that will help you understand your identity and calling. Therapy is also incredibly valuable to discover these things.*