

1. Introduction to this Study

This week we continue our series You Do You. Last week we “discovered our divine design,” this week want to “uncover the true you.” To do so, we continue engaging the story of Jeremiah, born into a family of priests but called to be a prophet!

Grab a Bible and turn to **Jeremiah 4.1-4** to see how **breakdown is the pathway to breakthrough.**

2. Connecting with One Another

When have you seen someone become a different version of themselves?

What did their journey to a different self look like?

3. See It

- a. Throughout Jeremiah chapters **2** and **3**, God’s Word is repeatedly revealed to Jeremiah, detailing the destructive ways God’s people have turned away from Him. Look over those two chapters to get a sense of the gravity of the situation.

What metaphors do you notice for the people’s unfaithfulness?

How is God envisioned?

b. **Read Jeremiah 4.1-2.**

The idols addressed here were physical representations of other gods (referred to as “stone and wood” in **Jeremiah 3.9**). But there are other kinds of idols, of course. An idol is anything you add to Jesus to make life more bearable.

What are some common idols in our culture?

What idols have you been tempted to bow down to?

- c. How has Israel become a lesser version of itself in this passage?

How has this lesser version damaged God’s people and derailed their destiny?

- d. What verbs are used in these first two verses of Jeremiah 4?

What are God’s people supposed to do?

- e. It’s been said that “sin always involves seeing God as less than he is.”

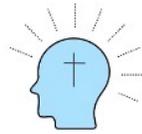
What do you make of that statement? Agree or disagree? Why?

Is it a sin to be a lesser version of ourselves? Why?

f. **Read Jeremiah 4.3-4.**



YOU DO YOU



UNCOVER THE
TRUE YOU

Think for a moment about the metaphor of “unplowed ground.” What synonyms for that phrase come to mind?

How does “unplowed ground” relate to “sowing among thorns”?

How do you think this relates to Jesus’ Parable of the Sower in **Mark 4.1-20**?

- g. God’s Word through Jeremiah shifts again to an image of peeling back what has grown over their hearts.

What has grown over your heart, altering your identity or self-perception?

- h. God extends both an offer of grace and at the same time warns of wrath. Which makes more sense to you – grace or wrath? Why is that?

What lesson could you learn from the side of God that makes you less comfortable?

- i. What do you think it means to return to God?

What might it look like for a person who has settled for a lesser version of themselves to return to God?

Do you sense a nudge to return to God yourself? What has to change for you to do that?

- j. Be It

On the following pages are opportunities to continue uncovering the true you. Before we engage new tools for this week, though, I want to invite you to return to last week’s **Life Discovery Grid**. (If you missed last week’s lesson, click onto gdshp.ch/youdoyou1.)

How did reflecting on your **High Points, Hard Times, Heritage, Hand of God and Heroes** help you get a clearer view on your unique, divine design?

Where do you see common threads? What patterns emerge? Where do you see your gifts and abilities emerging? When and how did God’s grace become real?

While reviewing your Life Discovery Grid, reflect on **Luke 4.1-15**, where Jesus is tempted by Satan to forfeit his unique calling three different times. The first tempted Jesus’ *appetite*, the desire to *have* more, instead of trusting in God’s *provision*. The second tempted Jesus’ *ambition*, the temptation to *accomplish* more, instead of trusting in God’s *plan*. The third tempted Jesus’ *approval*, the temptation to *be* more, instead of trusting in God’s *purpose* for His life. (If you’re reading along in *Younique*, engage these temptations more deeply on page 53.)

Where have you been tempted by these three **Life Drifts**?



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On the following pages are three more tools to help uncover the true you.

The first, a **False Self Assessment**, invites your own self-reflection by building on your **Life Discovery Grid**, with an opportunity to rate on a scale from 1 to 5 (1 being very little temptation, 5 being very great temptation) which false version of yourself is the most likely to influence you. Write down reasons for the especially tempting ones, then, if you're engaging this study guide with your family, friends, or Life Group, be sure to discuss together. (If you're reading along in the book *Younique*, the inspiration for this tool is described in pages 24-26.)

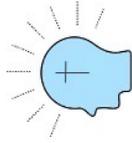
The next tool is a **Passion Funnel** (described on page 55 in *Younique*). This simple funnel diagram provides space to list five things you are **Interested In**, four things you get **Excited About**, three things you are **Driven By**, and one or two things you are **Burdened For**.

The last tool for this week is the **Passion 360** (described on page 56 in *Younique*). Instead of thinking through and reflecting on your own passions, this tool invites others to offer you feedback. It's really fun. Just text four **family members**, four **friends/co-workers**, and four **others** something like this: "I am trying to uncover the real me that not everyone sees. I think you know me well and I would like your input. What three words would you use to describe what I am passionate about? Please reply with three words only. Thank you for your help."

As responses from these twelve people come in, pay careful attention to similar words and phrases, and notice any overlap between your **Self Assessment**, **Passion Funnel**, and **Passion 360**. They all point to greater clarity about the true you, why **You Do You**.

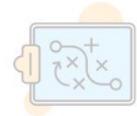
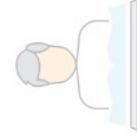
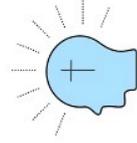


YOU DO YOU

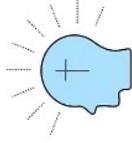


UNCOVER THE
TRUE YOU

Versions of Me	Rating	Reasons
The Expectations of Others (The me others expect me to be)		
The Imitation of Success (The me I think I want to be)		
The Infatuation with Money (The me they pay me to be)		
The Preoccupation of Life (The me time makes of me)		
The Projection of Self (The me I want to be)		



YOU DO YOU



UNCOVER THE
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Interested In:

What do I enjoy? What are my hobbies? Where do I spend my free time?

Excited About:

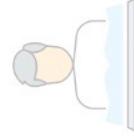
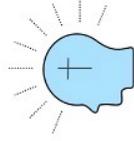
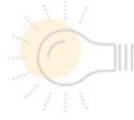
What gives me energy? What do I look forward to doing?

Driven By:

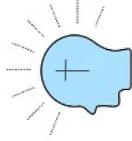
What must I do? Where do I feel most alive?

Burdened For:

What keeps me up at night?
What pain the world does God want me to step into?



YOU DO YOU



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Family

Name	Name	Name	Name

Friends/Co-workers

Name	Name	Name	Name

Others

Name	Name	Name	Name

