

FACILITATORS GUIDE

THE ME I WANT TO BE

Part One: Finding My Identity (chapters 1-2)

Welcome + Prayer

Check-in with each other using **Table Topics** (or something else if you want)

**If hosting a new group, this is a great time to make sure everyone introduces themselves*

Book discussion:

- 1) In the opening chapter of the book, on p. 17, Ortberg summarizes the point of the book: *“It is humbling that I cannot be anything I want. I don’t get to create myself. I accept myself as God’s gift to me and accept becoming that person as God’s task set before me. Inside your soul there is a battle between a flourishing self – the person you were created to be – and a languishing self. This book is all about that battle as it moves from deep inside you to a world waiting for God’s redemption.”*

The languishing self thrives on counterfeit versions of ourselves. Ortberg outlines 5 counterfeit versions on pages 22-30:

The “me” I pretend to be

The “me” I think I should be

The “me” other people want me to be

The “me” I’m afraid God wants

The “me” that fails to be

Read the descriptions of these and then ask the group members to share with one another which one they think they most gravitate towards and why. What circumstances in life affect this tendency most?

- 2) On page 21, Ortberg lists two questions that help him evaluate his spiritual life: 1) Am I growing more easily discouraged these days? 2) Am I growing more easily irritated these days? Ask your group to share with one another how they might answer these questions.
- 3) On p. 31, Ortberg writes, “To be spiritually alive means to receive power from God to have a positive impact on your world.” He then poses this question: “What are some ways God gives life and vitality to you?” Reflect on this question with your group and consider together how you might build these into your life and schedule during this season of Lent. This would be a great time to ask if anyone is “fasting” during Lent.

Before closing the discussion, make sure to ask your group if there is anything else that stuck out to them from the book.

Closing Prayer

**Share prayer needs with one another and commit to praying for one another*