

## Small Group Ministry Topic The Hidden Self

### Chalice lighting

The quiet lighting of the chalice and time for quiet reflection.

### Welcome and check-in

Warm welcome to all who have gathered and check in

**Our Covenant:** Covenant review, addition, changes

### Topic: The Hidden Self

“Almost daily one of our greatest stressors is the degree to which we should be honest: To tell the whole truth and nothing but the truth, or are there times when the truth does not set us free? We have all been taught to tell the truth along with the conflicting instructions of, “If you don’t have anything nice to say, don’t say it.” How many of us when we were small have caught our parents lying on the telephone? When confronted about the contradiction, they smiled sheepishly, “Oh, it’s okay because it’s just a white lie. I didn’t want to hurt anyone’s feelings. Sometimes it’s kinder not to tell the truth.” Perhaps, we have passed on this contradiction to our own children.”

- Debbie Mandel

“Three things cannot be long hidden: the sun, the moon, and the truth.”

–Buddha

“Yes, Mother. I can see you are flawed. You have not hidden it. That is your greatest gift to me.”

–Alice Walker

“The human heart has hidden treasures, In secret kept, in silence sealed; The thoughts, the hopes, the dreams, the pleasures, Whose charms were broken if revealed”

- Charlotte Bronte

“Integrity simple means not violating one's own identity.”

- Erich Fromm

“I want to unfold.

Let no place in me hold itself closed,

for where I am closed, I am false...”

- Rainer Maria Rilke, *Book of Hours (Das Stunden-Buch)*

“The words “I am” are potent words; be careful what you hitch them to. The thing you're claiming has a way of reaching back and claiming you.”

- A.L. Kitselman

### Questions for Reflection:

- What does honesty mean to you?
- What does it really mean to be truly honest with yourself?
- In what ways are you not honest with yourself?
- Imagine yourself completely free to be your authentic self. Nobody is judging you or watching you. What would your life feel like? What would you do?
- What is the truth? Does it vary from person to person?
- In what circumstances do you feel compelled to tell the truth?
- When can the truth be hurtful, rude, or socially unacceptable?
- How much of your truth do people really want to hear?

### **Brief check out**

### **Extinguish the chalice:**

Spontaneous words (modeled)