

GET OVER YOURSELF

REBELLING AGAINST THE CULTURE OF NARCISSISM

Part 1

SELF-ESTEEM: The Culture of Me

Week 2 – TECHNOLOGY: The Culture of i
Week 3 – APPEARANCE: The Culture of Hot
Week 4 – MATERIALISM: The Culture of Mine
Week 5 – ENTITLEMENT: The Culture of Being Special
Week 6 – RELIGION & SPIRITUALITY: The Culture of Belief

INTRODUCTION – Let's Begin With A Confession...

1 Timothy 1:15

DINE IN – Loving Myself In Order To Love Others?

A Pop-Culture Myth:

Most people's problem is low self-esteem. In fact, people who seem the most self-absorbed are probably just overcompensating for their poor self-image. What everyone needs to do better is to learn to love themselves.

Three problems with this...

- #1 – Self-esteem is a relatively new obsession.
- #2 – The evidence suggests the opposite.
- #3 – Jesus knew better all along.

Mark 12:28-34

Matthew 22:34-40; Luke 10:25-37; Ephesians 5:28-30

TAKEOUT – I'll Have That to Go Please

TAKEOUT #1 – Renounce the Pop-Culture Pursuit of Self-Love

Forget about trying to love yourself more. In fact, most of us would benefit from thinking about ourselves less, period. Start focusing on the needs and desires of others, especially people who are on the margins of social circles.

TAKEOUT #2 – Join A Counter-Culture Community

Culture makes behaviours normative even if they wouldn't naturally be chosen by us. In this way, even less narcissistic people will develop narcissistic tendencies when uncritically following the way of our culture. Fighting against this force alone is destined to fail. We were designed for community, which is why culture affects us in the first place. The solution is to become integrated into a counter-cultural community that promotes other-centredness and self-sacrifice. In a culture like ours, this is the shape rebellion takes.

CONCLUSION – It's Time to Rebel

Galatians 6:2

For Further Study...

- Jean M. Twenge, Ph.D. & W. Keith Campbell, Ph.D.,
The Narcissism Epidemic: Living in the Age of Entitlement
- rEVOLution (May 2008), Bruxy Cavey teaching @ www.themeetinghouse.ca

HOME CHURCH QUESTIONS

Warming Up...

1. What about this series are you most looking forward to?
2. After reviewing this week's teaching, talk about what most encouraged, inspired, or confused you.

Look to the Book...

3. Read **Luke 10:25-37**, where Jesus talks with a religious leader who agrees that we should love our neighbours as we love ourselves, but doesn't like the fact that Jesus includes everyone in the definition of "neighbour". A) What verse or idea stands out to you the most in this passage? B) Notice that when asked, the religious leader highlighted relational laws, not laws about religious ritual, cleanliness, diet, or sacrifices – and Jesus affirms him. Then Jesus tells him to DO this, not just claim to believe it. How is this important for all spiritual discussions? C) If love is so central to our relationship with God, others, and ourselves, it is important to understand what it is. How would you define or explain love? D) Why does the man ask the follow-up question? E) How does Jesus redefine the idea of "neighbour" in this passage? F) Who would be hard for you to offer neighbourly love to? Why? G) List the ways the Samaritan shows practical love to the hurting man. What would contemporary parallels of each be in our culture today? H) What is the significance of Jesus' last words in this passage?

So What?...

4. And now for the most important part of the discussion. What is one thing you can DO this week to rebel against our culture of narcissism in your own life? Brainstorm ideas and commit to one.

The Meeting House | Sunday, November 8, 2009 | Bruxy Cavey

Notes are available online at themeetinghouse.ca/teaching