

KNOW YOURSELF

Introductory information for the team member.

This presentation is given by one of the student team member.

The purpose of the talk is to help the retreatants thinking about themselves, to take an overview of their lives, to see themselves as others see them and to see themselves in perspective.

It is imperative that the speaker be as honest as he can in order fore the candidates to be honest with themselves. The speaker needs to have good self-image and needs to convey this to the retreatants.

The speaker needs to stress self-acceptances of both good and bad qualities. Recognizing one's good qualities gives one the support necessary to correct bad qualities. It should be emphasized that getting to know one's self is an on-going process.

Outline for talk:

Introduction:

Begin by reading a description of yourself as found on an identification card (a driver's license seems to work best). Read it slowly and then equally slowly and deliberately ask: "Who am I?" "What does this card tell about the real me?"

There are times in our lives when we really know no more about ourselves than a card such as this tells. None of us knows our self all of the time---some people never do. (Write) As human beings, we are constantly changing---knowing yourself is an on-going process. (Write)

Body of the talk:

I. The misconceptions we have of ourselves affect the way we live. (Give an example of a time when you were not 'true to yourself' because you didn't know who you were.)

II. Sometimes we don't know ourselves because we are afraid to be ourselves. Sometimes we wear masks we---don't like ourselves very much, and we are afraid others won't like us either. We are sometimes very insecure and afraid of rejection. (Give examples of times hen you were afraid to be yourself and explain how you finally overcame the fear.)

- III. We can get to know ourselves better by looking at ourselves as others see us. How do I come to others? Would I like me?
- IV. The degree to which we know ourselves and are willing to be ourselves is reflected in our relationships with others. No real relationship can develop unless we are “real” with people. Our friends give us the courage to be ourselves. (Write) (Give examples of how others helped you to be yourself and what you discovered when you found you did not have to pretend to be someone you are not.)
- V. We must look at ourselves realistically in order to get to know ourselves. I would like you to take these next comments down in your notebooks:
- A. My faults
1. What don't I like about myself?
 2. What am I doing about it.
- B. My strengths
1. What do I like about myself?
 2. Why?

In order to help you honestly evaluate yourselves, I am going to answer these questions about myself. (Proceed with a very honest evaluation of yourself.)

- VI. This retreat provides each of us with an opportunity to get to know ourselves better. I can only that much of myself which I have had the courage to share with you. I am getting to know myself better. God let me be here now for this purpose.
- VII. Why did you come here? Was it because of some member of the clergy, a teacher or your parents? NO! You are here because God wants you here! I know that sounds like I'm some kind of Jesus freak, but please think about it, and, before the retreat is over, you will see what I mean. God wants you here because you are someone very special to Him.
- A. He wants us to be here for each other---to discover each other as real people---to be real with each other---I am a real person, so I should act like one.
- B. He wants us to be here for ourselves. Before we can be open with others, we must be open with ourselves.
- C. This is an opportunity to get to know ourselves better by spending time with ourselves. We now have the time to explore our thoughts and feelings.
- VIII. One thing that might help us to be in touch with ourselves is to imagine that someone had made a movie of our entire

Lives-sort of like a full-length “Candid Camera”. If you think of your whole life in this context it will help you to see how you have become the person you are. I am who I am because of who I was. I am the sum of my experiences. (Write two underlined sentences.) It is important for us to learn all we can from our past; then, to let them die gracefully. I cannot live my life feeling guilty about yesterday’s mistakes. (Write) Neither can I ride on my laurels for the rest of my life. The only real mistake is the one from which I learn nothing. (Write)

A. In viewing this movie of your life later on tonight ask yourself the following questions which I would like you to take down in your notebook:

1. What is my reaction to this movie?
2. Would I cut out any parts?
 - a. If so, which ones?
 - b. If so, why?
3. Who would I let watch this movie with me?
4. How would I feel if my parents, my friends, or maybe even Christ were to watch it?
5. How will this movie end?

Now I am going to answer these questions for myself about my movie to serve as an example for you. (Do so and be as open and honest as you possibly can be.)

IX. Tonight as you are drifting off to sleep, I want you to view the movie of your life in silence. We are pretty serious about this. If you are really serious about getting to know yourself, this is a good opportunity to spend some time with yourself. Again, I emphasize that you are to keep silence tonight in order that everyone might be able to spend time with themselves. There will be plenty of time later to spend with each other.

Conclusion:

You really can't know and love others unless you know and love yourself---for all that you are, all that you are not, and all that you can be. (Write)

All you have to do is be open with yourself and perhaps you will see for the first time in along while how good you really are.

(Start your closing song, leave, change to informal clothes and join the large group in the chapel.)

The Rector now takes over:

There is no discussion after this talk. The retreatants are asked to go to the chapel in silence (leaving their notebooks and pens on their tables) for the evening mediation. If it is necessary to transfer any music equipment from the main room to the chapel, the Rector and Assistant Rector are responsible for seeing that this is done before the evening mediation begins.