

# SHADOWS // SELF

## WK1: October 16<sup>th</sup>

### Big Idea:

Why do I do what I don't want to do?

### Message Outline:

What is a shadow?

What causes my shadow?

How do I face my shadow?

What happens I face my shadow?

### Key Passages:

*18 And I know that nothing good lives in me, that is, in my sinful nature.[d] I want to do what is right, but I can't. 19 I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. 20 But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it. 21 I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong.*

**Romans 7:18-21**

*17 This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!*

**2 Corinthians 5:17**

## (INTRO)

Welcome everyone to our first week of a series we are calling *Shadows*. My name is Jeff and I serve on the student team here at The Crossing.

If you are new, we wanna give you a special shout out. You made it and we are glad you are here. During our time today just know there is no pressure on you to do anything odd or uncomfortable. Do you. Soak it in. Relax. What we do here every week is with you in mind or hope is you leave here tonight with the smallest of nuggets that could potentially change your life.

For the rest of you, welcome back. We have an incredible few weeks ahead of us – let me explain.

Something.

Needs.

To.

Change.

Ok so maybe you are confused. However, let me say it again –

Something. Needs. To. Change.

Right now, in our culture we have a problem – a big problem.

Over the Summer a few of us had a chance to meet up with the Senior Class about “what they wanted to hear and discuss” this upcoming year. And without surprise, topics like anxiety, depression, suicide, and death came up. I told myself great, let’s do it.

Then, over the next few months I began to have multiple conversations with leaders, parents, and even some of your peers about unrelated, yet related instances regarding these subject matters. From some kids wanting to take their life, to others being admitted, some being medicated for their anxiety...you get where this is going.

So, it became evident we couldn’t wait. We had to get at this stuff not because it is a “sexy” topic or click bait, rather it is a real thing a lot of you have experienced or are currently experiencing.

And that is what has to change. We shouldn’t be here...but we are. You were born into a very unique time and it is killing you emotionally and for some even physically. So, our team knew it was time to act.

For the next 4 weeks we are going to get at some pretty heavy and heady stuff. It might get a bit sad and it will probably be VERY uncomfortable but it will be worth every minute if it means each of you can find hope. Take a look at these topics:

(slide of all 4 weeks – end with today being week one).

Let’s get at it shall we!

Would you all pray with me?

Pray...

## **(ME)**

Ok – question...

(slide)

**What is one of your favorite Disney movies?**  
*(put this on a slide with a montage of Disney movies – let them talk)*

One my favorites is Peter Pan –

I remember watching this multiple times as a kid and I thought of it again preparing for this week.

At the beginning of the movie, you see this ordeal with Peter and his shadow...  
(show pic - )

Now – there several theories about this particular scene (some not so pleasant). The one I found to be quite interesting is that Peter is fighting to capture his own shadow because it needs to be dealt with. It needs to be taken care of but It requires reattachment from a motherly figure to do so.

## **(WE)**

And if we are honest – metaphorically speaking, we ALL have a shadow that needs dealt with.

**Everyone has a shadow. So, what is it?**

(slide)

**Your shadow is the accumulation of untamed emotions, less-than-pure motives and thoughts that, while largely unconscious, strongly influence and shape your behaviors.**

**Lamens terms – it is a damaged and mostly hidden version of who you are.**

**It may reveal itself because of a need to be liked by people, a need to be noticed, or even a tendency toward isolation. It reveals itself in sinful behaviors, such as judgmental perfectionism, outburst of anger, jealousy, resentment, lust, greed, or bitterness. They tend to appear in the ways we try to protect ourselves from feeling vulnerable or exposed.**

You can liken it a **Jekyll and Hyde** deal. **(show pic).**

During the day, Jekyll leads a polished, well respected life but at night he roams the streets as the violent Mr. Hyde. He initially enjoys going back and forth but pretty soon he loses control. At the most in opportune times he becomes Mr. Hyde and it bothers him so much he takes his own life.

Now – although his shadow is described as very evil, that is not how we are describing our shadow. What we are saying is that just like Jekyll avoided Hyde, at all costs facing up to the reality of his shadow, a lot of us are doing the same.

We don't want to be a certain way or act a certain way but we never take the time to actually figure out the why behind our actions. We don't take time to figure out what in the world is going on, and before long we end up what we despise.

You see we have a piece of our souls that requires some serious attention – maybe even more attention than we actually want to give it.

We have a dark side if you will; a side we often hide and pray no one ever sees. We have some stuff that sits in the deepest parts of our soul that we hope is never brought to light.

Yet unlike Peter, we don't have to worry about our shadow ever detaching because our shadow goes with us everywhere we go – and this is why we do what we don't want to do...leading us to our big idea for today:

### **BIG IDEA:**

**(slide)**

Why do I get angry so quickly?  
Why am I so sensitive to criticism?  
Every time I see “them” succeed I get jealous?  
Every I see his picture, I make it a competition to be better?  
Why do I date the “wrong” kind of people?  
Why do I put up a front about the way I feel?  
Why can I be so insensitive?  
Why am I so cruel at times?

Why do we do these kinds of things even though I really don't want to?

### **WHY DO I DO WHAT I DON'T WANT TO DO?**

That – is a great question!

And it has a lot to do with our shadow...

Truth be told - there is no escaping our shadow but there are ways to manage it. More than managing, we can put our shadow its proper place. When we look at some of the writers in the Bible, they offer some insight – one passage particularly. Take a look –

## (GOD)

Paul writes:

(slide)

*<sup>18</sup> And I know that nothing good lives in me, that is, in my sinful nature.<sup>[d]</sup> I want to do what is right, but I can't. <sup>19</sup> I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. <sup>20</sup> But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it. <sup>21</sup> I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong.*

### **Romans 7:18-21**

THIS IS RICH!

Look at v.18 and v.19 again –

“I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong but I do it anyway”.

How familiar does that sound?

We all have felt that right?

We want to do right but we do wrong...

We want to be these good people but we come across as evil...

We have the best intentions but we completely whiff...

### **WHY DO I DO WHAT I DON'T WANT TO DO?**

That is us!

And that was Paul –

We don't know for sure what he was eluding to but that verse highlights Paul's shadow!  
It was a constant tension he felt that went back and forth.

I should – I shouldn't.

Yes – No.

And we all have it!

But why?

So, what would yours be?

**(YOU)**

What is it you do that you don't want to do?

What is that causes you to react to certain things in ways you never thought you would?

What about you do you bury and try to keep secret? I don't mean bad habits but deeper.

What are some of those things that you stuff and lock away hoping it never sees the light of day?

As we finish up today, here a few tools to help you find what your shadow could be why it matters.

First -

(slide)

## **Explore Your Past**

Now I realize some of you may not have a "past" yet and that is okay. Some of you have not had anything crazy happen to you and that is also okay. You save this for the future. Even better, maybe it is advice you offer a friend.

Some of you have a different story.

A part of your soul is haunted by:

- Abandonment – mom or dad walked away
- Divorce
- Death – you can't believe they are gone!
- Maybe you heard or continue to hear negative scripts replaying in your head!

Your shadow and this inner darkness creeps in because of the unspeakable things you experienced:

**(Illustration – 1995: Parents Separated, Molested, Mom's Illness – led to my shadow of people pleasing and emotional sensitivity)**

What is it for you that you think makes you do what you do?

Another way to find your shadow –

(slide)

## **Name Your Feelings**

When you find yourself angry or upset or you can tell you just feel off, name what you feel!

- What am I feeling? And what am I feeling about that feeling?
- What am I sad about? Angry about? Glad about? Anxious about? Where do I feel tension in my body?

You take those feelings and you reflect on the why!

You give a name to it all.

You say it out loud or maybe in a journal.

By naming it, you are able to identify it. And if you can identify it, what first seems dark is eventually exposed allowing you to move forward!

Finally -

(slide)

## **Seek Feedback**

Ask the people around you but ask people with real opinions. Find someone with a real say so. You can't find yes people.

You can't find someone who you know will only tell you what you want to hear. If you go that route, I suggest just telling your dog. But if you want real feedback, ask someone who will be fair, yet loving. Don't skimp on something that could be a huge turning point in your life.

**Listen –**

Let me say this – you cannot change what you are unaware of. Yet once we identify our shadow, both its root causes and expressions – the power is diminished, if not broken.

When we expose the what is hidden in the shadow to the light of Jesus, we take our most important step in receiving the gift of breakings its power. And when that power is broken our shadow no longer becomes a source of shame, but a way to boast about what Jesus has done in us.

All that to say - when you seek feedback, if you are a Christ-follower, seek his feedback first and foremost! Talk to him. Let him know what is going. To say you follow Jesus but to disclude him is a mistake. He wants to know because he is a part of you. And he wants to know and help with all of you.

We must expose ourselves. You guys know this as its common sense – a secret isn't a secret if it's not a secret and the power it has is stripped.

With it now exposed you get the ability to integrate your failures into a larger purpose.

You know longer long for what you didn't have but you strive to give everything you didn't have to those around you. It becomes a part of your message. It becomes a part of your lifestyle. It becomes a part of your relationships. You see clearly what you have to offer and the meaning of what your life can represent as a student.

But you really have 2 choices. Ignore and hit a wall because the pain is so deep, leading you down a path that could be self-destructive, or be courageously proactive looking at the factors that contributed to its formation.

It is absolutely foolish to think we all don't have problems. Don't be fooled – by social media, by appearances. We all go potty one of two ways. We sit or we stand and aint nobody more special or less scarred. The difference is there are those who run and hide or those who stand tall, face it and keep going. And with Jesus at our side, we can deal with the mess within in a healthy way.

Earlier I eluded to Peter Pan. He was looking for a mother to make him whole. Well - your soul is longing for a Father. And He is a GOOD Father wanting to help you be the best you can be and the best person he needs you to be.

Why do we do what we don't want to do? Because there is a shadow looming and perhaps the necessary change is a relationship with the Father and his son Jesus who is the light waiting to shine brightly in all areas of your life.

Would you pray with me?

Pray...

Set Up Groups with book questions!

**(slide)**

**What is your shadow?**