

# DIGGING IN

QUESTIONS FROM CHAPEL  university ministries

Each week, we'll supply discussion questions as a follow-up to our Chapel speakers. Listen to the podcast on your own, or with your small group, and use these questions to help stimulate your discussion.

---

**September 23, 2009**

Rev. Alise Barrymore – Pastor; The Emmaus Community

1. What are some of the nicknames you've had in your life? Who gave you those and why? Did you like them? Did these nicknames give you an identity or take away your identity? How?
2. Rev. Alise talked about Mark 5, the story about Jesus meeting the demon possessed man. Mark 5:9 says "Then Jesus asked him, "What is your name?" "My name is Legion," he replied, "for we are many." Rev. Alise said that the man's name, Legion, described his condition, not his identity. If Jesus were to ask you your name, what name would you give? Does that name describe your condition? Your identity? What name would you like to hear Jesus call you?
3. Rev. Alise said that we don't know who we are because of the following three things:
  - a. *Outside influences* – someone(s) telling us who we are or who we ought to be
  - b. *Isolation* – we think we might be rejected if people know who we really are so we hide parts of ourselves
  - c. *Insecurity* – we are afraid of the greatness in us.

Talk about these influences. Which one(s) have influenced you? How have you dealt with it? Come up with some verses that can help you deal with these influences when they keep you from knowing who you are.

4. At the end of her talk, Rev. Alise spoke out a great list of things that can help you celebrate the self you are becoming. Read this list out loud to yourself or to the group. Pick one that you want to do or that has special meaning for you. Tell someone about it and what you want to do to live into it this week:

Love yourself	Write	Comb your hair
Take a break	Recite	Don't comb your hair
Browse	Remember	Mail yourself a card
Wonder	Work a puzzle	Change your mind
Wander	Play piano	Speak out loud
Put on cute shoes	Dream	Shimmer
Forgive yourself	Dare	Shake
Move forward	Dawdle	Surrender
Try again	Take a walk	Shine
Eat a nice meal	Do one scary thing	Soar
Eat dessert first	Journal	Live
Bowl	Jog	Love
Bat	Bike	Laugh
Bunt	Skate	Believe
Swing	Buy flowers	Become
Shoot	Plant trees	Have peace
Score	Look in the mirror	
Read	Smile	