



# DANGEROUS FOR GOOD: *IDENTITY* A 5-day Plan



# Dangerous for Good, Part 2: Identity

## a five-day plan

Beneath the striving, the masks, and the posing, there is the real you—your true self, created in the image of God. This five-day plan leads you into deep excavations of the heart, uncovering the false self, healing wounds, and encountering the Father's love in a more intimate way. Through Scripture, reflection, and guided questions, now is the time to step into the freedom and fullness of your true self.



The content of this plan can be explored in more depth in Michael Thompson's *The Heart of a Warrior*.



## Day 1: Uncovering the True Self

### Scripture:

Romans 8:29 For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.

John 10:10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Ephesians 4:24 And to put on the new self, created to be like God in true righteousness and holiness.

2 Corinthians 5:17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

### Devotional:

There's a God-given identity, deeply real and profoundly true, that lives within each of us, yet often it remains hidden behind a false self we've created to protect our hearts and arrange for love. It's created early, in the foundational formative years of our lives. We wear it like a second skin and it becomes familiar, even comfortable. But the good news is—it is not us.

Like Adam and Eve in the Garden, we hide. We hide from God, from others, and sometimes even from ourselves. We build a false self, thinking it will earn us the love and approval we crave, but it leaves us empty.

I'll never forget the moment when I began to realize the depth of the false self in my own life. I was caught in a cycle of striving, constantly proving myself and living out of fear of rejection. It felt like I was always wearing a mask, afraid to show my true heart. Yet, in a quiet moment of reflection, God gently whispered: "You are more than this."

The true self is who God created you to be. It's the essence of your being—alive, free, and authentic. It is found in Christ, the new man, rescued and redeemed. When we live from our true self, we experience the fullness of life that Jesus promised in John 10:10: "I have come that they may have Life, and have it to the full." This is the Life we're meant for—a life in full alignment with God, where we rise to the abundant Kingdom Life He offers us.

But the false self? It's a counterfeit. A defensive façade, always seeking approval, always hiding, always afraid. It is rooted in the old man, the flesh—the person we were before Christ redeemed us. And yet, so often, we don't recognize it for what it is. We become so accustomed to its presence that we believe it's the real us.

*"In order to discover who we are, we need to discover who we aren't."*

*-Michael Thompson, The Heart of a Warrior*

We all have a false self, and if we don't see it, it's likely running the show. The false self operates on three core beliefs: *something to hide, something to prove, and something to fear*. It's the voice that says, "Well, that's just how I am," when we're confronted with something uncomfortable or challenging in ourselves. But that's not the truth of who you are. Jesus is the only One who can claim *"I AM."* When we say *"that's just how I am,"* we may be clinging to a false identity that keeps us from walking in the freedom Christ offers.

The false self thrives in distraction and busyness, judgements and declarations. It fills our days with noise and activity, keeping us from sitting in the quiet places where God can speak to us. The false self keeps us numb, avoiding the deep work of transformation. But when we begin to sit with the uncomfortable feelings, **when we allow God to reveal what's underneath, we start to see the truth: the false self is not who we are.**

The good news is this: the false self is **false**. It is not the real you. And you don't have to live under its rule. You have the choice to step into the freedom of your true self, the person you were always meant to be. This is the invitation of the Gospel—to lay down the false and embrace the true, to let go of the mask and live fully in the love and identity God has given you.

**As you reflect on all this with God today, consider asking Him:**

*Father, where have I hidden behind a false self in my life? What am I afraid to face or let go of?*

*Jesus, how do You see me? Who am I in Your eyes?*

*Holy Spirit, what are the lies I've believed that have kept me from embracing my true self in You? Show me where I've been hiding, and help me step into Your truth.*



## Day 2: Excavating the Wounds

### Scripture:

Psalms 139:23-24 Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Psalms 109:21-22 But you, Sovereign Lord, help me for your name's sake; out of the goodness of your love, deliver me. For I am poor and needy, and my heart is wounded within me.

2 Corinthians 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

John 8:32 Then you will know the truth, and the truth will set you free.

John 10:10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

### Devotional:

We have all been shaped by our experiences—especially in our formative years. And whether we realize it or not, we have each constructed a version of ourselves, a false self, to navigate life. We call it our personality, but often, it is not our true self at all. It is a mask, a response to wounds, a strategy for survival.

The false self takes many forms. For some, it looks like being the life of the party—loud, funny, always in control. For others, it looks like withdrawing, keeping the peace, avoiding conflict. Maybe it manifests as perfectionism, aggression, or performance. But no matter its shape, the false self is constructed early on to do one thing—to keep us safe.

But safe from what?

The answer lies in our wounds.

A wound is a moment in our story that produces feelings of guilt, shame, fear, rejection, or diminishment—especially when there was no one to advocate for us and offer care, truth, and comfort. Some wounds are obvious, seared into our memories. Others are subtle, more like a slow erosion over time. Some, we don't even remember.

When I was about seven years old, a message began to take root in my heart: My feelings don't matter. No one sat me down and told me this outright. Instead, it came through a thousand small moments, when my parents were too busy, or an expectation was placed on me that I had to be strong, helpful and useful. My father, confined to a wheelchair, needed help and care, and so I learned quickly that my job was to put aside what I felt and just get things done for him and for others.

As a result, a vow formed in my heart: *If I can be helpful, if I can come through, then maybe I'll be seen, valued, and loved.*

Beneath it all was a deep seated fear. Fear of being unseen, unneeded, unloved. Fear that maybe the lies I believed about myself were true.

The truth is that we all carry wounds. Some have suffered deep trauma—abuse (sexual, emotional, physical, spiritual), abandonment, and violations of trust. Others may struggle to pinpoint a wounding moment, dismissing your pain because “*it wasn't that bad.*” But let me tell you something I once heard from a friend: *Your heart doesn't compare trauma.* It only knows what it has experienced. Comparison only leads to inferiority or superiority, and neither are useful. ***Your story and experience is uniquely yours, and what happened to you matters.***

And the enemy of our hearts is a master at using these wounds against us. Michael Thompson writes in *The Heart of a Warrior Journal Workbook*, “Every man has believed lies about who he is and who he is not. The lies come at him through judgments, criticisms, and pronouncements in life's wounding moments.”

The false self—the mask we wear—is built upon these wounds. It keeps us from experiencing the full, free, abundant life Jesus promised (John 10:10). It keeps us locked in patterns of hiding, proving, and fearing.

***But Jesus doesn't want us to live behind masks. He calls us into truth. Into healing. Into freedom.***

Healing begins with awareness. It begins when we stop running, stop numbing, stop avoiding, and instead ask the hard questions. ***The good news is, we don't have to excavate alone. Jesus is with us. He always has been.*** And He longs to lead us into the truth that will set us free.



**As you reflect on all this with God today, consider asking Him:**

*Father, what wounds first taught me it was safer to hide?*

*Jesus, where were You in the moments I felt unseen, unneeded, or unloved—and what do You want to say to me now?*

*Holy Spirit, what mask do you want me to lay down today—and what truth about my identity are You inviting me to believe instead?*

## Day 3: The Father Wound

### Scripture:

Psalms 27:10 Even if my father and mother abandon me, the Lord will hold me close.

Malachi 4:6 He will turn the hearts of the fathers to their children, and the hearts of the children to their fathers.

John 14:18 I will not leave you as orphans; I will come to you.

### Devotional:

There is a deep longing within every child—a hunger for the presence, love, and validation of their father. A father's voice carries the power to affirm identity, to guide a boy into manhood, to bestow the blessing of being seen, known, and delighted in. Each child is asking: Do you see me? Do you love what you see? But what happens when that voice is silent? Or worse—what happens when that voice wounds instead of blesses?

Fathers, present or absent, have a profound impact on our hearts. Some of us bear wounds from fathers who abandoned us, whether physically or emotionally. Others were wounded by fathers who were there but distant, uninvolved, or harsh. Some fathers taught us skills but never offered their delight. Some fathers worked tirelessly but never saw us. Some wanted to engage but, bound by their own wounds, simply could not.

The reality is this: wounded people wound people. And the enemy of our hearts will use these wounds to shape the way we see ourselves, others, and even God. A boy needs a father to teach him, to guide him, to show him how life works—not just how to fix a car or throw a ball, but how to love, how to fight for what matters, how to stand firm in who he is and fight against who he is not. More than anything, he longs for his father's presence, attention, and delight.

Michael Thompson writes in *King Me*, "During boyhood, being a beloved son—having a foundation as someone seen, wanted, and dearly loved—is the ideal bedrock on which to construct a man."

But for many of us, that foundation was cracked or missing altogether. I remember moments with my father—not of closeness, but of quiet distance. He was a man who, I believe, wanted to be more engaged, but exhaustion and physical limitations kept him withdrawn. He taught me practical things, but I felt that he never truly saw me.



And so, my heart formed its own conclusion: I must not matter to him. My agreement with the lie that I didn't matter to my dad bound me to moving in false self ways of proving my worth.

In order to be free from the agreements and vows that tie us to the false self, we must seek understanding from God. Find a quiet spot and arrange for a good amount of time to enter into these questions. They're not easy questions to move towards, and can take us into some dark places of our past that are hard to revisit. But to become more free and more of our true self, we must head into the darkness, as Jerry Sittser says in his book *A Grace Disguised: How the Soul Grows Through Loss...*

The quickest way for anyone to reach the sun and the light of day is not to run west, chasing after the setting sun, but to head east into the darkness until one comes to the sunrise.

**As you reflect on all this with God today, consider asking Him:**

*Father, how did my father wound me on my masculine journey? (something that happened that shouldn't have, or should have happened but didn't) What is my father wound?*

*Jesus, what was the defining wounding message from that moment in my life? (a message of shame, fear, diminishment, rejection, etc.)*

*Holy Spirit, what are the agreements and vows I've made about myself and others based on that wounding message? (always and/or never statements)*

## Day 4: The Mother Wound

### Scripture:

Isaiah 66:13 As a mother comforts her child, so I will comfort you.

Proverbs 139:13 For you created my inmost being; you knit me together in my mother's womb.

John 16:21 A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world.

### Devotional:

As the primary female role model in a boy's life, mothers are meant to play an important role in the development of their son's identity, including their ability to be nurturing. This in turn affects how they relate to others, particularly to girls and women.

And like our fathers, if they haven't experienced healing from their own woundedness, mothers can and will, deeply wound.

Mothers ought to be a child's first teacher, caregiver, and support system. A mother's love and nurturing is designed by God to positively impact a boy's life.

One of the most significant impacts a mother has is the formation of a boy's emotional intelligence. Boys who receive love and support from their mothers tend to have a better understanding of their own emotions as well as those of others. They tend to be better equipped to handle emotional challenges and have more emotionally open relationships with others.

Mothers also play a significant role in shaping a boy's attitudes towards other women.

Mothers are designed to provide a sense of security and stability for boys, which is essential for their overall development. A mother's love and presence can give boys the confidence they need to take risks, explore their interests, and learn new things.

*Boyhood is when, for a time, we are bigger than the world, and we are the center of the universe. It is a time of receiving attention, provision, and a safe environment in which to play, to do, and to learn. -Michael Thompson King Me*



If your mother did not provide nurture and care, one can often feel a deep sense of abandonment and find difficulty connecting with others.

Also, if your mother was the primary wounder in your story and your father was passive and did not come to your rescue, or vice versa, the wounding becomes double edged: the wounding moment, along with the lack of rescue from the other parent.

This is the tragic power of the father and mother wound. It speaks a wounding message into the core of our being. And that message becomes a lie we believe, an agreement we make, a vow we live by.

*"I am alone."*

*"I must prove my worth."*

*"I will never trust authority."*

*"I will always be in control."*

These vows shape our false self—the version of us that hides, performs, and fears. We construct a life built on *self-promotion*, *self-protection*, and *self-preservation*. And yet, beneath it all, we remain that wounded little boy, longing to be seen, longing to be loved.

***Wounds and their messages break our hearts, then agreements and vows based upon those wounds CLOSE our hearts, leaving us unable to receive and unable to live in our true selves, our true identity.***

Agreements are just that, an agreement we make with the declaration made by the wound. I lose the game; Dad inflicts the wound by saying I'm a loser; I make the agreement that the statement is true, "I'm a loser."

I make a mistake; Mom wounds me by asking how I could be so stupid; I make the agreement that I'm an idiot.

Vows are our declaration of self-protection. We wall out the pain, or so we think, unaware that we're actually walling ourselves in with it. Vows take the form of "I will never" or "I will always".

Vows are our will's reactions to agreements. ***In response to the wounds that happen to us, we draw conclusions and make binding declarations.***

Deeply personal, woefully naïve attempts to solve for the pain our hearts have endured. We adopt them in a moment without weighing them with an oriented

heart and they secure a deep operational place in us.

***But there is hope.***

***God, our true Father, has never abandoned us. He sees the wounds. He knows the lies we have believed. And He longs to lead us into healing.***

**As you reflect on all this with God today, consider asking Him:**

*Father, how did my mother wound me? (something that happened that shouldn't have, or should have happened but didn't) What is my mother wound?*

*Jesus, what was the defining wounding message from that moment in my life? (a message of shame, fear, diminishment, rejection, etc)*

*Holy Spirit, what are the agreements and vows I've made about myself and others based on that wounding message? (always and/or never statements)*

## Day 5: Healing and Hope

### Scripture:

Isaiah 41:10 Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

Psalms 6:2 Have mercy on me, Lord, for I am faint; heal me, Lord, for my bones are in agony.

Revelation 21:4 He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

### Devotional:

Well done making it this far. I hope that God has taken you back into your story deeply enough that you're starting to see the enemy's plans against you. Remember the way this works: we experience a wound, we make an agreement based on the wound, a vow is birthed from the agreement, and a false self, a false version of our God given identity is formed.

For the vast majority of us, there was no one there to help interpret or help recover from the wounding moments. Inviting Jesus to heal our wounds is the best way for us to engage with dismantling of the false self. When we break vows and agreements, we can put an end to the false-self strategy and reopen our hearts so that Jesus can heal our wounds. We partner with God to heal our wounds, which frees our hearts from the lies, and breaks their power and authority.

We all need God's help with unsubscribing from the vows we've made. Take what you've discovered during the last four days and step into the healing process below. In order to break the contracts we've signed with the enemy about ourselves and others, we need to renounce them and then ask God to replace the lies with His truth about us. Fill in your own wounds, agreements and vows that God has revealed to you.

**Renounce** "Father, Son, and Holy Spirit, I recognize a lie I've been in agreement with, and I notify it, and my enemy who supports it, that I no longer agree."

**Unsubscribe** "I cancel the lie's deliveries to my heart. I don't want it, and I'm no longer accepting it. Henceforth I refuse it, and if my enemy sends it to my door, I send it back with a note: 'Return to sender. Subscription cancelled in the power and authority of Christ.'"

**Ask** "Father, what do you think of me? How do you see me? And what truth do you want to give me to replace the lie?"

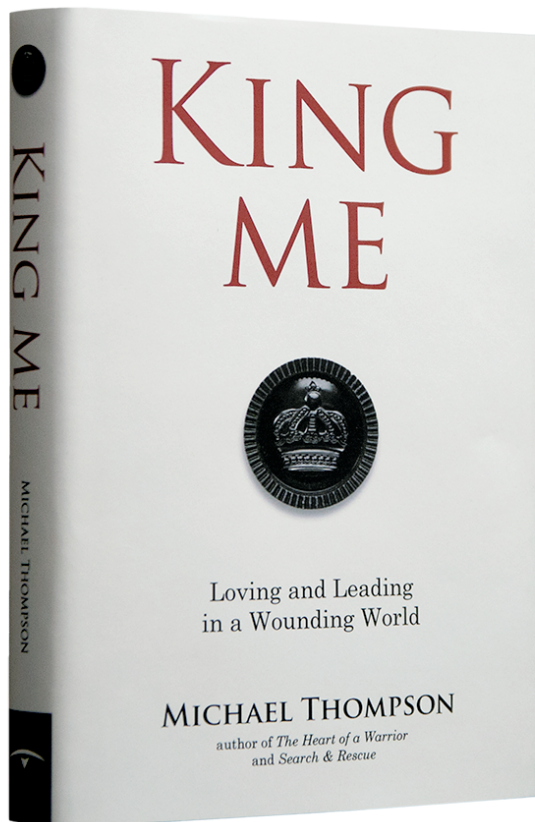
This isn't just a mental process. It's best that you actually verbalize it out loud. Speaking verbally taps into your will and invites the spiritual power of God's kingdom to be declared in the physical realm.

Remember that healing and the breaking of vows and agreements is a process. Some of it may happen immediately, but most of the time we have to seek Jesus' healing and break them over and over again. Once you start the process it's a matter of doing it again and again, until it's just no longer true in your life.

The journey to healing begins with invitation—allowing our true Father to speak where earthly fathers, mothers and others have been silent. And as He speaks, the lies begin to unravel. The false self begins to fall away. And we, at last, begin to remember who we truly are.

***Father, Jesus, Holy Spirit, guide as we do our part, breaking vows and agreements that we've held on to for far too long. Heal these broken places of our hearts, clean out the infections and make us ready to receive your tender words and your love. Amen.***

If you enjoyed this reading plan, we invite you to continue your healing journey in *The Heart of a Warrior* and *King Me*, both by Michael Thompson.



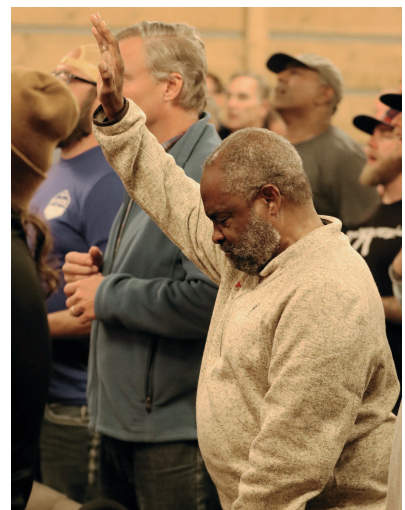


CONSIDER HOSTING OR GOING TO A



DISCOVER **WHO** YOU ARE, **WHERE** YOU ARE,  
AND **THE GOOD** THAT GOD IS UP TO IN YOUR LIFE.

A Dangerous For Good Men's Summit is designed to be a catalyst event for the hearts of men in your church or community, inviting them to encounter God in a way that validates and initiates them along their masculine journey of becoming more oriented men.



YOU CAN FIND MORE DETAILS AT  
<https://www.zoweh.org/dfgsummit>