

Your Secret Name

Discovering Who God Created You To Be

Small Group Study Guide

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To Our Brothers and Sisters in Christ,

Thanks for taking the risk to go deeper with the truth of Your Secret Name. It is our desire that God draws you closer to Him in this process.

Don't rush. Take as long as you'd like. Although we have organized this guide into 6 lessons you can turn it into 60! The goal is not to finish quickly.

Rather, the goal is for you to discover more about your Father and more about yourself. Wade in slowly. Take off your masks, one at a time. And join God in the most exciting journey, the journey of discovering Who you are in Jesus Christ.

May God bless you in your study.

Kary & David

Feel to make copies of this study guide to share with others, but do not charge for those copies or alter the content in any way without permission.

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Lesson 1 – The Name Game

The Significance of Names

1. Amazingly enough, there was a time in history before human names. Grab your Bible and skim the first two chapters of Genesis. As you read, write down the names humans are called. What is significant about this? (If possible, use a concordance and dictionary to compare the meaning and uses of the names listed.)
2. In Genesis 2:19 God gave man a task. What was it? What is man's relationship to the living creatures?
3. Continue with the story by reading Genesis 3. What is the first thing Adam does after God confronts him with his sin and administers curses? Why did he do this?
4. Genesis 11 tells the story of the tower of Babel. Read the story carefully and note the real reason for building the tower. What is significant about this?

God's Role in Your Name

1. Beside their birth name, when you first meet a man, how does he typically identify himself? When you first meet a woman?
2. Return to the story of the fall of humankind in Genesis 3:1-19. As you read, pay special attention to verses 16-19. What did God curse related to the woman's life? To the man's? Of all the things God could have chosen, why did He curse those things? (Remember God never does anything without a purpose.)

3. In Genesis 1:26 we read about God’s vision for us as a people. How did He make us and what purpose did He give to us?

4. In Exodus 3, we read the story of Moses encountering God in a burning bush. As God begins to speak, He places a calling and a mission on Moses’ life. What was that calling? What was Moses’ response?

5. It is significant to note God’s response to Moses. Write down the first few words that God spoke in verse 12. How was Moses supposed to find his identity?

6. Moses is not yet convinced. He asks God a question in verse 13. How did God respond?

Your Secret Name

1. Read Revelation 2:17. What is the significance of the name written on the white stone that Jesus gives us?

2. The word for stone (*psēphos*) is used in only one other verse in the Bible – Acts 26:10. How is the word used in this verse? (Some versions use the word vote.) Read Chapter 14 of *Your Secret Name* and discover why Jesus writes our Secret Names on white stones.

3. Why don’t we know our Secret Names? The answer can be found by reading Isaiah 42:16. How does God describe our spiritual state? What does Jesus want to do about it? (Luke 4:18)



Your Secret Name is your identity in Christ. It is the image of God reflected in your life. It explains who you are and what God called you to be. It is the key to unlocking many of the mysteries of your soul. God alone knows it. He wants to reveal it to you. However, before you receive it, you must be willing to encounter the love of God.

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Lesson 2 – Seeing the Masks

The Masks That We Wear

1. Given Names are the masks or identities that we take on in an attempt to find meaning in our lives or deal with our pain. They take the form of positive identities that we reach for throughout our lives. Or perhaps, they are lies spoken against us that we unfortunately believed. Given Names can be things we try to model ourselves after or rebel against. Following the questions for this lesson is a list of sample positive and negative Given Names. Review this list and note which ones apply to you. Write down these names as well as any additional ones that come to you on the “Hello My Name Is” form. This exercise is designed for you to be honest with yourself. It is not meant to be shared with anyone.
2. Now, go back over your list of names and ask yourself these questions – How comfortable are you wearing these names? Are you content with the names the world has placed on you? Or is there a part of you that longs for something more?

Jacob’s Journey

1. The birth names of both Jacob and Esau played an important role in their lives. Research what their names mean and how they played out in their lives.
2. Take a moment to read Genesis 29:21-35. What happened in this story? What parallels does this have to Jacob’s life so far?
3. Continue reading the story in Genesis 30:1-4. How would you describe Jacob’s marriage to Rachel? (Remember Jacob’s feelings toward her described in Genesis 29:20.) Is Jacob finding his Secret Name in his marriage?

4. Genesis 30:5-24 gives us a glimpse as to what life was like in Jacob's household. As you read these verses, describe the dynamic you see being played out. What names are Rachel and Leah pursuing in an attempt to find meaning in their lives?

5. As the story continues to unfold in Genesis 30:25 – 31:2, we read about Jacob's career. Jacob has now become a wealthy man. But has he found his true identity in his career? Did Jacob's problems increase or decrease because of his wealth?

6. Laban served an important role in Jacob's life. What kind of a person was Laban? (Reference Genesis 29:21-27; 30:27; 31:1-2; 31:6-7; 31:14-15; 31:43) What do you think God's divine purpose was for placing Laban in Jacob's life?

7. After all that had happened, Jacob was about to face his brother Esau and the lie that started everything. Upon hearing his messenger's report in Genesis 32:6, what do you think Jacob's state of mind was? Was Jacob coming to the end of himself?

Personal Application

1. God uses people in each of our lives to make us "face our own junk". They do not need to be righteous people. In fact, they are often far worse than we are. But God uses them for a holy purpose. Who are the Labans in your life? What divine purpose do you think God has for you through these difficult relationships or circumstances?

2. What are the masks you wear in your life? What games are you playing to try and acquire the names that you desire? How has God frustrated those paths? Most importantly, are you prepared to get real, engage God and lay down your masks?

Sample Given Names

Negative Names

Abandoned	Accident	Alone	Average	Bankrupt
Battered	Broken	Calloused	Common	Depressed
Despair	Discontent	Disposable	Distraught	Disturbed
Divorced	Downcast	Exhausted	Failure	Fat
Foolish	Forgotten	Gay	Guilty	Helpless
Idiot	Incapable	Indecisive	Invisible	Lazy
Loser	Lost	Needy	Outcast	Overwhelmed
Plain	Rejected	Sinner	Slut	Suicidal
Tired	Trapped	Ugly	Unappreciated	Unfaithful
Unloved	Unseen	Unstable	Unwanted	Used
Victim	Violent	Weak	Whore	Wimp

Positive Names

Artistic	Athletic	Attractive	Beautiful	The Boss
Champion	Creative	Desired	Engaging	Enjoyable
Enviably	Famous	Father	Friend	Fun-Loving
Funny	Gifted	Gorgeous	Grandfather	Grandmother
Handsome	Happy	Healthy	Helpful	Hero
High Achiever	Hot	Husband	Important	In Control
Independent	Leader	Likeable	Mother	Physically Fit
Pleasant	Popular	Positive	Powerful	Prosperous
Respected	Savior	Sexy	Significant	Skilled
Smart	Strong	Successful	Superior	Talented
Thin	Wanted	Wealthy	Wife	Winner

For more information on Given Names and Secret Names, please consider taking the Secret Name Test located at www.yoursecretname.com/test

HELLO

my name is

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Lesson 3 – Removing the Masks

The Mask Traders

1. Read the story of Cain in Genesis 4:1-16. Based on what you have learned so far about Secret Names, what did Cain do here? What did God offer to do for him in verses 6-7a? What did God warn him of if he did not honestly engage God in verse 7b?
2. II Samuel 1-10 details the rise of King David. David had become an extremely powerful man and in everything he did sought God's blessing. However, something in David was changing. What did David do in II Samuel 8:13?
3. Three chapters later in II Samuel 11, a significant event occurred in David's life. What did David do? What correlation is there between this event and II Samuel 8:13?
4. Read Chapter 7 of *Your Secret Name* – Three Heartbreaks. What were the Given Names that God was trying to strip Kary of? What did Kary replace those Given Names with? Can you name the masks?

Getting Real With God

1. Read Genesis 32:24-32. Jacob was officially at the end of his rope. His career had been filled with struggle, his marriages were a mess and now he was potentially facing death at the hand of his own brother. In the midst of all of this stress, God showed up and initiated a wrestling match. Why would God do this?

2. The wrestling match likely went on for hours. For whose benefit was it? Why did God allow it to last as long as it did? (There is more than one reason.)
3. When God saw that Jacob would not be overcome, He decided to end the fight. Since God can enter and exit His creation any way He pleases, why didn't He just disappear?
4. God touched the socket of Jacob's hip and dislocated it. Why? What did Jacob have to choose between? What was Jacob's response?
5. In response to God's demand to be let go, Jacob insisted on being blessed. What led him to make this request? What was Jacob beginning to do?

The Face in the Mirror

1. The only way to be healed and discover who you really were created to be is to lay down your masks and get real with God. We must stop trying to fix ourselves. Only God can heal us. We must stop playing pretend and realize He knows everything about us. Even our most wicked thoughts. What masks do you need to repent of and let go? Write them down.
2. In Chapter 13 (The Divine Wound) Kary had a moment where he stared at himself in the mirror and realized he needed help, when he knew he would never fix himself. Are you willing to be that real? Are you willing to own your lies and let God grant you His name and purpose for your life?

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Lesson 4 – Believing God’s Love

Enlarging Your Perspective

1. Before the Fall, what career did God give man and woman? (see Genesis 1:28-29) See if you can write their job descriptions.
2. Do you think He wants to restore humankind to this position? Do you think He wants to include you in this process?
3. Read Zechariah 3:1-7. There are similarities between the high priest Joshua and us. What happened with Joshua’s clothing? Who put new clothes on him? What position does God offer Joshua if he follows Him? Do you think God has an equally impressive offer for you?
4. While God desires great things for our lives, Satan stands in opposition to us. According to John 10:10, what is Satan’s mission statement?
5. Even though Satan stands before the throne of God accusing us, we are able to have victory over these names. According to Revelation 12:10-11, how are we to overcome Satan?

Believing in God

1. Romans 8:35-39 and Ephesians 3:17b-19 gives us a description of the love that God has for us. Read these passages and describe the love that God has for *you personally*. Do you TRULY believe that love?

2. Read the following verses and note the theme that is running through them – Matthew 9:29, Matthew 13:58, Matthew 21:21 and Luke 18:8. What message do you think Jesus was trying to communicate here?
3. Do you have the kind of relationship with God that you desire? What do you think is keeping you from going deeper with God? Spend some time thinking about whose power you rely on when challenges enter your life.



Belief is the fuel that powers our soul. We will never become who God created us to be until we are willing to lay down our natural desires to live through our own strength and trust completely in Him.

Soul on Fire

*“Our mistake lies not in the intensity of our desire for happiness, but in the weakness of it.”
John Piper.*

1. Far too often, Christians have been taught to tame our desires, as if they were by nature sinful. The truth is that our desires are often not wrong, they are simply misdirected. Read Luke 18:1-8. What do you think God is saying to us about our desires toward Him?
2. Have you ever noticed that a certain type scene in a movie always speaks to your heart, that no matter how hard you try you can't help but shed a tear? Or perhaps there is a certain type of character you always identify with and root for? Spend some time writing down the characters and moments that consistently speak to your heart, understanding that they do so for a reason.
3. Every follower of Jesus Christ has received spiritual gifts. These spiritual gifts are given to you to complement who you are in Christ. If you know your gifts, write them below. Think about why these gifts bring you joy. If you do not know your gifts, seek out someone who can help you discover them.

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Lesson 5 – Receiving Your Name

Hearing God Speak

1. Read Genesis 27:20; 31:42; and 32:9. How does Jacob refer to God in these verses? Based on this observation, how would you describe Jacob's relationship with God?
2. In response to Jacob's demand for a blessing, what does God say to Him? (Genesis 32:27)
3. Jacob's mind was suddenly reeling. The shame of his past comes crashing down on him like a tidal wave. Remember, Jacob had been asked this question before (Genesis 27:18). Read the verse and note what was asked? How does he respond?
4. What, in essence, did God ask him to do before He gave him his Secret Name? Before He gave him a vision of his future, what needed to happen?
5. On pages 139-141 of *Your Secret Name*, Kary describes a very painful time in his life. What did Kary need to come to grips with before he was ready to receive his Secret Name?
6. In Chapter 14 – The White Stone, Kary revealed the name and identity that God had been trying to give him his whole life. What relationship do you see between the Secret Name Kary was given and the struggles he was going through in his life?

Personal Application

1. Where are you at in your relationship with God? Who is He to you personally? Is He just a concept? A remote being that has little day to day impact on your life? Or do you believe that God is real and alive and present in every aspect of your life? In other words, have you made God your God?
2. Take some time and review the Given Names you wrote down during week 2. What names are you holding on to that you need to repent of? Are there any that you are afraid to let go?
3. Before God grants you your new name, He usually expects you to reject your old ones first. Are you willing to renounce the identity that you have been living with up to now? Take some time alone with God and reject the names that He brings to your heart.
4. Read John 5:1-9. What question did Jesus ask the sick man? Why did He ask him that question? What was the man's response?
5. Many of us have become comfortable in our own names and no longer want to give them up. The same type of question that Jesus asked the man at the pool of Bethesda is being asked to you - Do you want to receive your Secret Name?
6. If the answer to the above question is yes, go and spend time alone with God asking for it. Wait on Him. Only God knows your Secret Name and only God can give it to you. You must engage Him.
7. Write down your Secret Name and the initial impressions it has left on you. How do you now see your life differently? It may take some time, but you will begin to understand yourself in a whole new light.



Take some time to thank God for not leaving you in your old name. Thank Him for caring enough about you to redeem you and re-establish you and your role in His kingdom.

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Lesson 6 – Walking In Your New Name

Sinking In

If you have received your Secret Name from God, congratulations! You are now about to enter into a completely new chapter of your walk with the Lord. It is important to remember, however, that receiving your Secret Name is the beginning, not the end of a journey.

If you have not yet received your name, set these questions down and go spend time alone with the Lord. God wants all of His children to know who they are in Him. Ask Him if there is anything in your life that is keeping you from receiving your name. Wait on His answer. Trust in Him. Do not give up or lose heart. Stay engaged in the process and believe in His love.

1. Jacob had just received his Secret Name Israel – one who struggles with God and man and overcomes, a prince of God. After going through this amazing experience, note what Jacob said about it to his brother Esau in Genesis 33:1-17.
2. Why do you think Jacob responded in that way? Surely the news of receiving his Secret Name would have been worthy of sharing?
3. In Genesis 35, we read that God appeared to Jacob again. What does God say to him in verse 10? Why do you think it was necessary for God to remind Jacob of who he really was? What was he lacking?

Personal Application

1. Frequently, when people receive their Secret Names, they are overwhelmed. Suddenly people realize that not only are they known by God, but God wants to do great things through their lives (what would you expect from a great God, after all?). This realization can cause some people to become apprehensive. How are you adapting to your new name so far?

Living Big Before God

1. I Samuel 17 recounts the story of David and Goliath. Take a few moments and read over the story. Verses 41-44 tell of Goliath's initial meeting with David. In what names was Goliath approaching David?

2. Now read verse 45. In whose name did David fight Goliath? What difference did it make? Whose hand was really guiding the stone?

Personal Application

1. Spend some time thinking about the "giants" you are currently facing in your life. What difference would it make if you were willing to face them through the power of God flowing through your new name? Are you willing to live this way?

Standing Against Opposition

1. The very first time Simon met Jesus, he received his Secret Name - Peter (John 1:42). However, it took him years to effectively live in it. In Luke 22:31-34, Jesus warns Peter that Satan has asked to sift him like wheat. What difference would it have made if Peter, when faced with this temptation, walked in his Secret Name?

Personal Application

1. You are now more dangerous to Satan than at any prior point in your life. You have taken a step forward in understanding who you are in Christ and you are beginning to realize the power of God available to you. It is common after people receive their Secret Names for them to realize new avenues of ministry that they are being called to. In what ways do you sense God tugging at your heart? How do you think He wants you to walk in your new name to impact the lives of others?