**Joseph’s Confirmation Prep  
8th Grade Final Group Learning**

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| **False Self – EGO** | **-** | **True Self - Soul** |
| **judgemental** | **-** | **accepting of other** |
| **victim – blames others** | **-** | **takes responsibility for creating one’s experience** |
| **keeps conflict and drama alive** | **-** | **forgives** |
| **complaining** | **-** | **grateful** |
| **focused on past or future** | **-** | **present focused** |
| **feels superior or inferior to others** | **-** | **knows we are all Divine** |
| **complex and intellectual** | **-** | **simple wisdom** |
| **stressed and worried about the future** | **-** | **relaxed and trusting in the Divine** |
| **feels alone in the world** | **-** | **knows God and me, me and God are one** |
| **needs to prove worth through work/service** | **-** | **feels loved and accepted for just being oneself** |
| **feels small and never good enough** | **-** | **feels the innocence and greatness of one’s SOUL** |
| **give one’s authority over to others** | **-** | **trusts one Self and makes Intuition the new Authority** |
| **ruled by Time** | **-** | **trusts in the flow of Life** |
| **does things only for the approval of others** | **-** | **does things to please one’s own higher consciousness** |
| **needs constant attention and validation** | **-** | **secure in oneself able to truly listen to others** |
| **uncomfortable to be alone unless distracted** | **-** | **comfortable passing time with oneself** |
| **takes oneself too seriously** | **-** | **able to laugh at oneself** |

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**10 Ways to Follow Jesus NOW**

1. Refuse to identify with negative, blaming, antagonistic, or fearfulthoughts ( you cannot stop “having” them).
2. Apologize when you hurt another person or situation.
3. Undo your mistakes by some positive action toward the offended person or situation.
4. Always seek to change yourself before trying to change others.
5. Choose as much as possible to server rather than to be served.
6. Whenever possible, seek the common good over your mere private good.
7. Give preference to those in pain, excluded, or disabled in any way.
8. Seek just systems and policies over mere charity.
9. Make sure your action is the same as your words.
10. Never doubt that it is all about LOVE in the END.