

False Gods

Make a list of “other gods” or “false gods,” adding to those listed below. Identify as many as you can think of, whether they apply to you or not. Then go back and identify those that apply to you in particular, or to situations in your life. Do you see any patterns?



Naming False Gods

anger	sugar	control	money
judgment	self-pity	alcohol	approval
anxiety	perfectionism	power	impatience

Naming the Fear

Look at each of your own “false gods” and see if you can identify an underlying fear associated with it. Is it rooted in a fear of disappointing others or a fear of failure? Could it perhaps be linked to a fear of being vulnerable or a fear of facing the truth? What about a fear of the unknown, or a fear of all of the things that could possibly go wrong? For example, if you identify “anger” as your false god (especially when dealing with one of your children), you might be able to see that the anger comes from a fear of failure—the fear that your child will make the same mistakes in life that you made. Identifying false gods in terms of underlying fears can be a helpful tool for self-examination. In your journal, describe what comes up for you as you do this activity.

This activity is adapted from the chapter on “One True God” in *Rise Above It!* by the Rev. Ray and Star Silverman. The program outlined in this book can facilitate your spiritual development through the Ten Commandments. This book is available online through the **New Church Bookstore** (<http://store.newchurch.org/product.php>).