

TALK IT OVER

LOVE: LOVING ME

DIG DEEPER

It's difficult to know how to love yourself in a healthy and balanced way. The whole New Testament teaches us to deny ourselves and take up our cross. At the same time, God commands us to love our neighbor as we love ourselves. What then, is the right way to love ourselves?

There are several ways we interact with ourselves. Some just **AVOID** - this is when we don't like who we are, from past experiences, and we flat out avoid and block ourselves out. Others **ADAPT** - we do this when we don't like who we are, so we adapt to project the part of ourselves that others like or admire. Then there are those who **ACCEPT** themselves - This is when we justify certain tendencies by saying: "It's just that ... that's how I am!" We use this phrase to justify remaining stagnant, rather than moving forward in an area of our lives.

REFLECTION QUESTIONS

1. Are there areas in your life that you've kept the Holy Spirit out of, and have accepted?
2. Is it uncomfortable to "carefully" look inside you? Why? **Read James 1:23-25.**
3. What do you think Paul meant in **2 Corinthians 3:2**, when he compared believers to recommendation letters?

"But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it."

- James 1:25 (NLT)

SIMPLICITY

To achieve loving ourselves with the perfect balance, we need to follow James' instructions: **James 1:23-25**

Three things:

1. Look closely at the perfect law that sets you free (THE BIBLE!). Read **Psalms 1:1-3.**
2. Put it into practice. (Don't just hear it! Do what it says! Obey it!).
3. Never forget what you heard. (Persevere! This is not a 40-yd Dash; it's a Marathon!)

Talk with total honesty about how "attentively" all in the group, look at their lives through God's mirror, and what steps need to be taken to so that (v. 25) "God will bless you." *Class # 3*

UPCOMING EVENTS

NEXT STEPS COURSE
LIFEGROUP LEADERSHIP TRAINING
DRIVE-THRU PRAYER

February 7 (9am via Zoom or Live)
February 20 (10am – 1pm)
March 6 (10am – 1pm)