

LEARNING TO LOVE

Based on the book by Willard Tate

Part 1; Developing the Capacity to Love - Lesson 5

Feel Good About Yourself

Intro: Story about Charles & Bobbie looking for remote for TV.

* Moral of story: *You can't find something where it's _____, any more than you can come back from _____ you haven't been!* (Charles Hodge)

** This applies to those searching for a sense of worth. From our last lesson, the world tells us that we are "somebody" when we are B _____, or more I _____ than others, or worth more M _____ than others. If these are the standards we are trying to live up to, is there any way for an average person to feel good about themselves?

Three Ways to Build Your Self-Esteem

1) Our Worth is a Gift - We need to accept our self-worth is a gift from God who loves us. How does he love us?

(one word)

What do the following scriptures tell us about God's love?

Luke 15:11-32 (as seen in the actions of the Father)

Gal. 4:4-7 -

1 Jo.3:1-3 -

Romans 8:14-17 -

Our motivations for self-worth: *We do things either to try to E_____ a little more love and sense of W_____, or we do things because we know we're A_____ loved and have worth and we are R_____ ING to that love. There is a big difference between these two motivations. This difference is called J_____! The same thing is true of our salvation. In everything people do, they are trying to earn God's F_____ or responding to God's L_____ and the knowledge that God has given it to him as G_____ bought by the _____! (Charles Hodge)*

Nine reasons why some people sometimes struggle with self-esteem:

- They hate to admit they are N_____.
- They work too hard to earn God's F_____; it never seems enough!
- They grew up with disapproving A_____ figures!
- They grew up with UNIN_____ caretakers!
- They grew up with their authority figures in C_____!
- They grew up being bullied by others and no P_____ support!
- They grew up with academic C_____ with no parental support!
- They suffered from either P_____, S_____, or E_____ abuse!
- They suffered from an UN_____ view of life.

* The heart of the gospel is that we are desperately needy people and we have a fatal disease called sin! Think back to Luke 15 and the prodigal son. What put him on the road back to his father?

** *We need to understand that we are imperfect people and we will never have perfect self-esteem. We will never like ourselves 100% of the time. We need to get to the point that every day we can say, "I feel better about myself because of my relationship with Jesus." (Hodge)*

2) Learn To Love Others

* Let God's love F_____ through us so that other people will be B_____ up and also come to understand that they are loved UN_____ by God.

**** We need to feel good about ourselves if we are to help O_____. We can't give what we don't H_____. We can't Q_____ someone else's thirst if our own well is D_____! What we give to others is given back to us multiplied. (Hodge)**

3) Stop Comparing Ourselves to Others

*** All inferiority complexes are the result of comparing. How can you feel so bad about yourself unless you comparing yourself to someone you think is better? What do the following verses have to say about this?**

Galatians 6:4-5 -

2 Corinthians 10:12 -

**** When we compare ourselves with others we tend to compare our worse with their best! The only one we should compare ourselves to is Jesus Christ as we seek to be _____!**

A NEW MOTIVATION

We still work hard in this world. We want to look our best, we want to work as hard as we can, and we want to be out best, but we do those things not to try and become S_____, but because we are S_____! I want to be faithful to gift of S_____ W_____ God has given me, but now I am doing it with J_____ in my heart as I R_____ to God's love and not try to earn it.

Can you name some people who seemed to "have it all" yet ended up losing it because of getting caught up in the world's value system?

If you don't know how to receive and give love you will _____!