

Love For Yourself

Main Idea: We have love for ourselves because of who God has made us to be and what He has done for us.

Key Text: Genesis 1:26-27, Ephesians 2:8-10, 2 Corinthians 5:16-19

Opening canto to The Divine Comedy, lines 1-27

Words can echo with us in the modern day with higher rates of anxiety, depression, loneliness, misunderstandings, poor communication

Greatest Commandment in Mark 12:28-34-everything we do hangs on these two commandments

How do we do this if we don't first love ourselves?

Caveat: some may be struggling today with this because of hurt and pain

Biblical Foundations

1. Genesis 1:26-27: created in God's image, later in the passage called to co-rule with Him
2. John 1:1-4, 9-13: those who follow Jesus are given a new identity
3. Ephesians 2:8-10: saved by God's grace and a marvelous work in progress
4. 2 Corinthians 5:16-19: we are made new by Jesus' work

Human Nature At Play

1. Trust in worldly perspectives: Jeremiah 17:5-10
 - a. "Follow your heart": what is the basis for this? Happiness is subjective
2. Relying on our own perspectives versus a godly one: Proverbs 3:5-6
 - a. Use the brain God gave you in tandem with His wisdom
3. Fear and anxiety hijack our ability to think clearly: 2 Timothy 1:3-7
 - a. We don't live out our God given abilities because of the paralyzing effect of fear
4. We have sin: Romans 3:23
 - a. Sin destroys and takes away from who we were created to be

Focus of all this: what God has done and equipped you for, how He has given you gifts, talents, and your personality

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Anxiety, depression, self loathing are at all time highs

Not a single factor that drives this but multiple ones

Constantly told our past, present, and future are broken

This is what happens when the Creator, His intent, and His works are removed

Some may be in this place because of what has happened to you, not to be made light of or dismissive of what that does

Stealing from God by Frank Turek: how evil proves God and points to His goodness

Where Do We Go From Here

- List out what your good at, personality traits about yourself, spend time in thanksgiving to God for them
- Go touch grass and invest with people (one take away from Ecclesiastes)
- Spend time with people who can speak to your God given talents and personality
 - Boundaries are a good and safe thing, don't need to be spending large amounts of time with people who won't speak life
- Repent of sin
- Get professional help if needed