

Lesson 9 | DEALING WITH THE SELF (Part 1) ¹

QUESTION: What are some of the common carnal or secular views of the self?

QUESTION: Why is there such an emphasis on self-esteem and self-image in our day and age?

QUESTION: How is low self-esteem directly connected to one's view of God?

QUESTION: How is the Christian church promoting unbiblical views of the self?

QUESTION: How is God's definition of the self, as revealed in Scripture, entirely different than the naturalist definition of the self?

*The supreme challenge you will face in making Christ-honoring, biblical changes is dying to self. The Biblical perspective concerning *the self* is entirely contradictory to the wisdom of the world (**Proverbs 14:12 & 1 John 2:15-17**).*

You will face constant temptations to self-centeredness that lead to thoughts, words, and actions that are devastating to the Body of Christ and your own walk with the Lord. Because they characterize your life apart from Christ, these must be _____ and overcome if you are to mature as a child of God (**Proverbs 28:13 & Ephesians 4:1**).

BIBLICAL PRINCIPLES THAT ARE FOUNDATIONAL TO UNDERSTANDING THE SELF

PRINCIPLE 33: Man's problem is that he pays too much attention to the self, not too _____ (**Matthew 22:39 & Ephesians 5:29**).

PRINCIPLE 34: A proper view of self comes from an understanding of who you are in Christ...while you are totally _____ to live God's way in your own strength, God has chosen you to be a testimony of His power in the world (**1 Corinthians 1:26-31**).

PRINCIPLE 35: Your contentment in all circumstances is _____ on your obedient response (**Philippians 4:6-11**) to God in your deeds (thoughts words, actions). By _____ the Lord in your daily walk, you show your love for the Lord Jesus Christ and demonstrate His Lordship in your life (**John 14:15**). God has delight and pleasure in your obedience of faith NOT merely in your declarations of

¹ Taken from Lesson 9, Self-Confrontation Manual - pp. 135-150

loyalty (**Proverbs 20:6**), your expressions of remorse, or your good but meaningless activities (**Psalms 40:6**).

PRINCIPLE 36: You should be thankful to God because you are fearfully and wonderfully made. Even though you might have physical deformities or a chronic affliction, God's plan is to use them for your good and His glory (**1 Corinthians 10:13 & 2 Corinthians 12:9-10**). God loves you with a perfect love regardless of any weakness and limitations you may have, even though you do not merit, do not deserve, and cannot earn His love. *In spite of you, God loves you with an absolute & infinitely perfect love* (**John 3:16**).

PRINCIPLE 37: You can _____ overcome low self-esteem, self-belittlement, self-exaltation, or self-pity. This is possibly when you realize your preoccupation with self is _____ (**Matthew 23:12**). You must _____ this unbiblical focus and begin immediately to live in accordance with God's good Word - loving God & loving others!

PRINCIPLE 38: You have been freed from the power of all sins (**Romans 6:6**), including those of envy, jealousy, covetousness, and greed, which have a distinct focus on self. You can truly be content in any and all circumstances (**Philippians 4:11-13**) *because Christ is in you, with you, and for you!*

SELF-BELITTLEMENT – SELF-EXALTATION – SELF PITY

All these indicate a preoccupation with self. *Inordinate attention to self is the exact opposite of God's commands to love Him and to love others.* If you try to save your life by focusing on self, you will lose it (**Matthew 10:38-39**).

MAN'S VIEW: The wisdom of this world teaches that many (if not all) of your problems stem from a bad self-image or a low-self esteem. The natural man's wisdom also states that you must:

Learn to _____ yourself before you can love others

That you must _____ your self-esteem

That your _____ needs must be met so you can help others

That you must _____ yourself before you can find peace

That you are of infinite worth because of *the god within you,*

That you must get in _____ with _____ and your feelings before finding fulfillment in life.

TRUTH: All of these views are in error, since they are in direct conflict with the truth found in God's Word!

QUESTION: What are some of the reasons that the carnal man offers for a low view of self?

_____	_____
_____	_____
_____	_____
_____	_____

QUESTION: What are some of the answers that the carnal man offers to correct your low view of self?

_____	_____
_____	_____
_____	_____
_____	_____

A BIBLICAL VIEW OF SELF ²

The Bible teaches that a fulfilled life is not dependent on having a good self-image or higher self-esteem. Instead, fulfillment in life depends on your relationship to God and a Biblical response to the problem of self.

#1: Your value/worth comes from being made in the _____ of God (**Genesis 1:27**).

#2: You must never _____ yourself for God alone is worthy of such praise (**Isaiah 40:15-17 & Matthew 23:12**).

#3: When you look _____, you will only find wickedness until your heart of stone is replaced with a heart of flesh (**Ezekiel 36:26**).

#4: Strife and quarrels come from within you, not outside of you (**James 4:1**).

#5: Loving your self will actually _____ you from God's will and ways (**2 Timothy 3:2 & 6-7**).

#6: _____ & _____ is God's divine solution for an improper view of self (**Luke 9:24**).

² Taken from Lesson 4, The Biblical View of Self (p. 68)

FOUNDATIONS

learning to change biblically

#7: Loving God & loving others is the way to have the right view of _____ (**Luke 10:27**).

TRUTH: Your focus for living – either to please self or to please God – will always be revealed by your response to life’s circumstances and trials!

QUESTION: Do your responses to life prove that you love self or that you love God? ³

³ HEART WORK: Take a careful look at p. 145 in Self-Confrontation – it will help you discern your own heart level responses.