



Selah
SUNDAY

THE DISCIPLES OF CHRIST

The Disciples of Christ

"Selah Sunday"

SCRIPTURES TO STUDY

- No Favoritism: Romans 2:11 KJV, NLT
- No Greater Love: John 13:13 NLT
- Already Proven Love: Romans 8:32 TPT
- HIS Love for Me: John 17:23 TPT

MAIN POINTS, DEFINITIONS & APPLICATION

Review:

1. Disciples function from a deep, personal revelation of Love
2. Disciples Are Studious Abiders
3. Disciples Are Mighty Fruit Bearers
4. Disciples Are Spiritual Arsonists Setting The World Ablaze

Reflection

1. How have my upbringing, achievements, or things shaped my self-esteem?

Prayer:

2. LORD, remove my need for external validation. You love me. That's enough

Declaration:

The LORD is my validation

3. Reflect and review the byproducts of Love

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MAIN POINTS, DEFINITIONS & APPLICATION

Social Comparison

Evaluating my self worth in relation to others.

- Wealth
- Status
- Achievement
- Looks

My self-esteem was built by my upbringing and achievements, validated by things and people

NEW:

Upbringing = Base environment good or bad

If my base environment is the anchor of my self-esteem, I'm in danger of a Jealousy Cycle

- Base environment
- External environment

Social Comparing Up:

Refers to comparing oneself to those who are perceived as superior in some way, such as in wealth, status, or achievement, which can lead to feelings of inadequacy or envy.

Social Comparing Down:

Involves comparing oneself to those who are perceived as inferior, which can boost self-esteem but may also lead to feelings of superiority or complacency.

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MAIN POINTS, DEFINITIONS & APPLICATION

✓ No one has anything that I want that I don't already have

Why?

God didn't validate me by giving me things, He gave me Himself

**HIS LOVE FOR ME AND SELF-VALUE/ESTEEM = JESUS
THINGS = BYPRODUCTS, SECONDARY**

"I AM VALIDATED & VALUED BECAUSE HE LOVES ME (& CHOSE ME)!!!!"

- Knowing God truly loves me. Desires me. Is pleased with me. This truly is foundational.

DISCIPLES OF CHRIST:

**1. DISCIPLES FUNCTION FROM A DEEP,
PERSONAL REVELATION OF LOVE**

2. DISCIPLES ARE STUDIOUS ABIDERS

**3. DISCIPLES ARE MIGHTY FRUIT
BEARERS**

4. DISCIPLES ARE SPIRITUAL ARSONISTS

REFLECTION:

1. HOW DOES MY UPBRINGING, ACHIEVEMENTS, OR THINGS SHAPE YOUR SELF-ESTEEM?

2. PRAYER: LORD, REMOVE MY NEED FOR EXTERNAL VALIDATION. YOU LOVE ME. THAT'S ENOUGH

DECLARATION: THE LORD IS MY VALIDATION

3. REFLECT AND REVIEW THE BYPRODUCTS OF LOVE

SELF ESTEEM:

**A PERSON'S OVERALL
SUBJECTIVE EVALUATION
OF THEIR OWN WORTH,
VALUE, AND ABILITIES.**



IMPRESSION MANAGEMENT:
THE CONSCIOUS OR
UNCONSCIOUS TECHNIQUES
INDIVIDUALS USE TO CONTROL
OR MANIPULATE THE
IMPRESSIONS OTHERS FORM
ABOUT THEM.

**IMPRESSION MANAGEMENT:
THESE STRATEGIES ARE
EMPLOYED IN SOCIAL
INTERACTIONS TO SHAPE HOW
OTHERS PERCEIVE AND EVALUATE
THE INDIVIDUAL'S IDENTITY,
CHARACTERISTICS, AND
BEHAVIORS.**

SOCIAL VALIDATION:



**WHERE INDIVIDUALS SEEK
APPROVAL, ACCEPTANCE, OR
CONFIRMATION OF THEIR BELIEFS,
BEHAVIORS, OR IDENTITIES FROM
OTHERS WITHIN THEIR SOCIAL
ENVIRONMENT.**

SOCIAL VALIDATION:



**IT INVOLVES SEEKING
REASSURANCE OR VALIDATION
FROM OTHERS TO CONFIRM THE
ACCURACY, APPROPRIATENESS,
OR DESIRABILITY OF ONE'S
THOUGHTS, FEELINGS, OR
ACTIONS.**

SOCIAL VALIDATION:



- **APPROVAL AND ACCEPTANCE**
- **CONFIRMATION OF IDENTITY**
- **REINFORCEMENT OF BEHAVIORS**
- **REDUCES UNCERTAINTY**
- **VALIDATION OF EMOTION**



THE GOAL:

**FIND, FORCE, OR CREATE
CONSISTENCY BETWEEN MY
SELF PERCEPTION AND
EXTERNAL FEEDBACK**

DISCIPLES

STUDIOUS ABIDERS OF THE WORD

- **DILIGENT**
- **CURIOUS / INQUISITIVE**
- **TIME MANAGEMENT**
- **DEEP SELF REFLECTORS**
- **SEEK HELP / HUMBLE**
- **DISCIPLINED**
- **PRACTICAL PRACTICERS**



