

Learning to Love Me: You Are Worth the Work!

“What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?”

Matthew 16:26 NIV

The foundation of a healthy soul begins with loving yourself the way God loves you!

“Praise the Lord, my soul; all my inmost being, praise His holy name.”

Psalms 103:1 NIV

It's not that you have a soul...but you are a soul living in a body

“Love the Lord your God with all your heart, soul, mind, and strength.”

Mark 12:30

God is in the business of restoration

“He restores my soul.”

Psalms 23:3

“Love the Lord your God with all your heart and with all your soul and with all your mind...And the second is like it: Love your neighbor as yourself.”

Matthew 22:37–39 NIV

“I praise You because I am fearfully and wonderfully made.”

Psalms 139:14

If God calls His creation “wonderful” we don't get to call it “worthless”

• Shame • Performance • Comparison • Self-neglect

You cannot love others from a place where you despise yourself

Your soul is the source! And if the source is unhealthy, everything downstream suffers

Alignment with His word brings peace to your soul

God does not tolerate you, You are not His second choice. God picks you every time

You Are His Child, Not His Project, He's not just fixing you. He's fathering you!

God Thinks You Are His Masterpiece

The word "masterpiece" comes from the Greek word = poiēma which means "poem" or "artwork"

God is not just putting up with you but he Delights in You. God doesn't just love you...He likes you

God Sees Your Potential, Not Just Your Past. God sees who you're becoming

God Thinks You Are Worth Redeeming. The cross settles your value forever

"Nothing can separate us from the love of God..."

Romans 8:38-39

God's Grace, Acceptance, and Presence

"Come to Me, all you who are weary and burdened, and I will give you rest... and you will find rest for your souls."

Matthew 11:28-29

Jesus doesn't say, "Try harder"...He says, "Come closer"

"Search me, O God..."

Psalms 139:23-24

Healing starts with honesty

"So that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge that you may be filled to the measure of all the fullness of God."

Ephesians 3:17-19 NIV

