

EMOTIONALLY HEALTHY RELATIONSHIPS

Live Your True Self

10-18-20

Matthew 22:37-39 - Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: 'Love your neighbor as yourself.'"

Big idea: Learning to love the people around us: Nothing is more important as a Christ follower than to grow in our ability to love.



Your True Self is made up primarily of three components:

1. What you _____.

These are your thoughts, feelings, dreams, opinions, and your core values.

2. What you _____.

These are the thoughts, opinions, and values you express with your words.

3. How you _____.

More than just your behavioral choices, this includes the gifts, abilities, and talents that you put on display with your actions.

Psalms 139:14 - I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

* This is one of the most significant problems in making emotional healthy relationships: _____.

Philippians 3:3 - For it is we who are the circumcision, we who worship by the Spirit of God, who glory in Christ Jesus, and who put no confidence in the flesh—

Philippians 3:4 - though I myself have reasons for such confidence. If anyone else thinks he has reasons to put confidence in the flesh, I have more:

Philippians 3:5-6 - circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; ⁶ as for zeal, persecuting the church; as for legalistic righteousness, faultless.

Philippians 3:7-8 - But whatever was to my profit I now consider loss for the sake of Christ. ⁸ What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ

Philippians 4:13 - I can do everything through him who gives me strength.

1. At the heart of insecurity is the fear of _____.

2. The _____ starts:

When you begin to see YOU through Jesus and when YOU begin to understand that God sees YOU through Jesus, and YOU see that YOU are redeemed and YOU see that YOU are unconditionally accepted and loved...

3. The cure:

_____ is the cure for insecurity.

4. The health of your relationships _____
when YOU see YOU as God sees YOU.

Psalms 139:14 - I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Philippians 4:13 - I can do everything through him who gives me strength.

5. When YOU see YOU as _____ sees YOU,
YOU wear a _____ label and that is a label of
_____.

Next Steps: Memorize *Psalms 139:14* and *Philippians 4:13*.