

OVERCOMING, Week 2
OVERCOMING LOW SELF-WORTH

Reasons For a Poor Self-Image

- 1) I play the _____ game
- 2) I play the ' _____ ' game
- 3) I believe _____ say about me
- 4) I suffered _____
- 5) I confuse healthy self-worth with _____

How To Change My Self-image

1. Spend time with _____. Avoid _____
2. Be a _____

When I lift someone, it lifts me.

How To Be a Lifter

- 1) See people through _____

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." Romans 5:8 (NIV)

- 2) Choose to see the _____
- 3) Don't just see the good, _____ the good

"Be gracious in your speech. The goal is to bring out the best in others in a conversation, not put them down, not cut them out." Colossians 4:6 (Msg)

4) Dare to _____

"Be agreeable, be sympathetic, be loving, be compassionate, be humble. That goes for all of you, no exceptions. No retaliation. No sharp-tongued sarcasm. Instead, bless — that's your job, to bless. You'll be a blessing and also get a blessing." 1 Peter 3:8-9 (Msg)

3. Replace _____ with the truth of _____

Common Wrong Thoughts

Wrong Thought: I can't do anything _____

Truth: God _____ me

"Before I formed you in the womb I knew you, before you were born I set you apart." Jeremiah 1:5a (NIV)

"For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:10 (NIV)

Wrong Thought: I'm _____

Truth: God paid a _____ for me

"You are not your own; you were bought at a price."
1 Corinthians 6:19b-20a (NIV)

"For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your forefathers, but with the precious blood of Christ, a lamb without blemish or defect." 1 Peter 1:18-19 (NIV)

Wrong Thought: Nobody _____ about me

Truth: God _____ me

"Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows."
Matthew 10:29-31 (NIV)

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7 (NIV)

Wrong thought: I can't do anything _____

Truth: God works through _____

"For it is God who works in you to will and to act according to his good purpose." Philippians 2:13 (NIV)

Wrong Thought: I'm all _____

Truth: God desires _____ with me

"Abraham believed God, and it was credited to him as righteousness, and he was called God's friend." James 2:23b (NIV)