**Our Greatest Challenge II!**

Mark 12:31

God’s “agape” love is our greatest **need**. Loving God is the greatest **command**. Our greatest **challenge** is to love our neighbor. But there is a **2nd part** to Christ’s challenge: We must love ourselves!

1. **Loving Ourselves is Misunderstood:**
   1. **But That’s Not Biblical -**
      1. Love Christ – Love Others
      2. Die to Self (I must decrease)
   2. **Loving Ourselves ≠ Prideful Arrogance**
2. Self - Centered
3. Self - Reliant
   1. **Loving Ourselves** =Seeingourselves in light of God’s \_\_\_\_\_\_\_\_\_\_\_ Love! (Humility)
4. **Obstacles to Loving Ourselves:**
   1. **Sin -** Past & Present (I Jn.1:9)
5. Guilt vs. False Guilt
6. Accuser (Rev. 12:10)
   1. **Shame** (Ps. 31:1)
7. Shame = \_\_\_\_\_\_\_\_\_are \_\_\_\_\_\_\_\_\_\_!
8. Guilt = What you’ve \_\_\_\_\_\_\_\_\_ is \_\_\_\_\_\_\_\_\_\_!
   1. **False Identities** (I Jn. 2:15-17)
9. I am what I do (performance)
10. I am what I have (possessions)
11. I am what others think of Me (prestige)
12. **Process of Loving Ourselves:**
    1. **Connect to the Source!** (I Jn.4:16)
    2. **Protect the Well!** (Prov. 4:23)
    3. **Share the Love!** (I Jn.4:7-8)

Until and unless we learn to love ourselves (see ourselves as God sees us), we will not be able to experience the trans- formational power of the “agape” love of God.

**The Lies to Resist/Reject:**

* + I’m a mistake and worthless
  + I am a burden and a problem
  + I am inadequate and deficient
  + I will never change - I am hopeless
  + It’s all my fault - I always mess up
  + I do not belong - I’m all alone
  + I will never measure up or be good enough
  + I am only as good as my performance
  + If people really knew me, they would not like me
  + Why would God ever love me?

**The Truths to Replace:**

* I am dearly loved by God (Col. 3:12)
* I am wanted and accepted(Eph.1:6)
* I am the temple of the Holy Spirit (I Cor. 6:19)
* I am a new creation (II Cor. 5:7)
* I am God’s treasure and masterpiece (Eph. 2:7)
* I am a citizen of Heaven (Phil.3:20)
* I am a child of the living God (Jn. 1:12)
* I am able to do all things through Christ (Phil. 4:13)
* I am free from condemnation (Rom. 8:1)

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