

Introduction:

What comes into our mind when we think about ourselves is the second most important thing about us.

- In a fallen world, we all have warped mirrors
- We all experience pain and distortion that affect our lives and relationships because of the warped mirrors of our past and present.
- Universal fear = _____
- Unhealthy responses include:
 - Pleasing people at all costs
 - Overly sensitive to criticism
 - Withdrawal from others to avoid disapproval
 - Driven to succeed to avoid rejection

What does God say about our self-perception?

For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith.

Romans 12:3 (NASB)

Where can we get an accurate view of ourselves – The book of Ephesians

¹ Paul, an apostle of Christ Jesus by the will of God, to the saints who are at Ephesus and who are faithful in Christ Jesus: ² Grace to you and peace from God our Father and the Lord Jesus Christ.

³ Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ,

⁴ just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love

⁵ He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will,

⁶ to the praise of the glory of His grace, which He freely bestowed on us in the Beloved.

Ephesians 1:1-6 (NASB)

What does God say about those who are “in Christ”?

- They are _____ by Him:
 - Unearned – not based on what you do or don’t do.
 - Eternal – before you existed.
 - Core Truth – you are _____ by God!
- They are _____ by Him:
 - Complete – all rights, privileges and blessings.
 - Irrevocable – never ends.
 - Core Truth – you are _____ by God and are His _____!

What does being “adopted” really mean?

- Love 1 John 3:1
- Hope Romans 8:16-17
- Intimacy Romans 8:15
- Holiness Hebrews 12:6-11
- Assurance Romans 8:38-39

How to see yourself as God sees you

- **The principle** = Replace your “warped mirrors” and misbeliefs by the Truth of God’s Word.
- Identify the lies you believe and write them on one side of a 3x5 card.

i.e. “I must be approved (accepted) by certain people to be happy.” (or) “I need other people’s approval to be happy.”

side 1



- Write the truth on the other side of the card and read daily A.M. and P.M.

i.e. **Belongingness Truth**

I am wanted, appreciated and loved by God, my Father, the most important person in my life. – *Romans 8:38-39*

side 2

Resources:

Affirmation Cards – Theresa Ingram

Knowing God – J.I. Packer