

Introduction:

Great marriages are characterized by couples who individually find their identity in Christ and don't expect their spouses to meet all their personal, spiritual, relational, and emotional needs.

- Translation = We are commanded by Jesus to “Love our neighbors as ourselves.” If we don't love ourselves in a healthy and non-narcissistic way, we will continually ask of our spouses what they can never deliver.

Matthew 22:37-39

- The principle = An accurate self-perception demands we know _____ we are and _____ we are.

1 John 3:1

Developing a healthy relationship with yourself requires:

- _____ a _____ of your beginning

*¹³ For You created my inmost being;
You knit me together in my mother's womb.*

*¹⁴ I praise You because I am fearfully and wonderfully made;
Your works are wonderful,
I know that full well.*

*¹⁵ My frame was not hidden from You
when I was made in the secret place,
when I was woven together in the depths of the earth.*

*¹⁶ Your eyes saw my unformed body;
all the days ordained for me were written in Your book
before one of them came to be.*

Psalm 139:13-16

Question – Do you see yourself as _____ and _____
made?

- _____ an _____ self-assessment

*³ For by the grace given me I say to every one of you: Do not think of yourself more
highly than you ought, but rather think of yourself with sober judgment, in accordance
with the faith God has distributed to each of you.*

Romans 12:3

Question – Do you know your personal _____,
_____, and _____?

- _____ who God says you are Ephesians 1:3-14

³ Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. ⁴ For He chose us in Him before the creation of the world to be holy and blameless in His sight. In love ⁵ He predestined us for adoption to sonship through Jesus Christ, in accordance with His pleasure and will— ⁶ to the praise of His glorious grace, which He has freely given us in the One He loves. ⁷ In Him we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace.

Ephesians 1:3-7

Question – Do _____ as wanted, valued, precious, secure, empowered, and called by God to fulfill a unique purpose with your life?

What do we need to believe about God's character to develop a healthy relationship with ourselves?

- His _____

³³ Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable His judgments, and His paths beyond tracing out! ³⁴ "Who has known the mind of the Lord? Or who has been His counselor?" ³⁵ "Who has ever given to God, that God should repay them?" ³⁶ For from Him and through Him and for Him are all things. To Him be the glory forever! Amen.

Romans 11:33-36

- His _____

²⁸ "Come to Me, all you who are weary and burdened, and I will give you rest. ²⁹ Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For My yoke is easy and My burden is light."

Matthew 11:28-30

Conclusion

So often we want our marriage to change by what we think our mate needs to do; when in reality a healthy, self-love for _____ we are and _____ we are frees us from demanding what our mates can never supply.

Discussion Questions:

1. Take a moment to reflect on your life. Do you have an accurate self-perception of who you are and whose you are? How does knowing that God cares, values, and loves you change your perspective on your true identity?
2. Do you see yourself as fearfully and wonderfully made? What steps can you take to stop the “noise” of society from telling you who you are?
3. Take the time to write out your top three weaknesses and your top three strengths. How can you put the gifts God has equipped you with into practice with your family? At church? At work?
4. How does believing in God’s character of wisdom and gentleness help you develop an accurate view of who God is and who you are?

Helpful Resources

- 1.) *Discover Your True Self* (book & audio series by Chip Ingram) will help you discover and live out of your identity in Christ.
- 2.) *Your Divine Design* (audio series by Chip Ingram) will teach you how to deploy your spiritual gifts.
- 3.) *The Real You* (therealyou.org) is an assessment by Living on the Edge that will give you insight into the gifts and strengths God wired you with, then help you use them in meaningful ways.