

Learning To Love Ourselves

*“Have this mind among yourselves, which is yours in Christ Jesus.”
(Philippians 2:5), English Standard Version*

Matthew 22:39 – Can we _____ Christ if we don’t _____ ourselves?

Overcoming Low Self-Esteem

- A. God’s unconditional love for each person:
1. Jeremiah 31:3 – He _____ Judah with an _____ love.
 2. Ezekiel 16:4-6 – God didn’t choose _____ because of their _____, but because of His love for them.
 3. Luke 12:7 – God knows how many _____ we have; we are of more _____ than many _____.
 4. 1 John 3:16 – Proof of God’s _____ is seen in the fact that Jesus _____ down His _____ for us.
 5. Lee: _____-esteem builds us up from the _____ out.
- B. 1 John 3:19,20 – We sometimes _____ that God really loves us. But He is _____ than our _____.

Did Jesus Give A Third Command?

- A. A third command?
1. Leviticus 19:18 – Jesus pointed to the _____ of _____ when emphasizing the importance of loving others.
 2. Matthew 22:40 – “On these _____ commandments ...”
 3. Britton: “... it is _____ that we love ourselves.”
- B. Wanting for others what we desire for ourselves:
1. Ephesians 5:28,29 – This is how _____ are to treat their _____.
 2. John 13:34,35 – We are to love others as _____ loved.
 3. Philippians 2:3-5 – We are to count others as more _____ than ourselves, and look to their _____.
 4. Mark 6:31,34 - _____ modeled this behavior often.
 5. Matthew 16:24 – To _____ Jesus we must _____ ourselves – just as He often did.
- C. Mounce: This concept “requires that we extend to others the same kind of personal concern that we have for _____.”

It’s not about thinking _____ of ourselves, but thinking of ourselves _____.

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