

MENTAL HEALTH VACCINATIONS – PART III

“The Vaccine of Self-Love”

Matthew 22:39

One aspect of good mental hygiene is having a healthy self-image. How can one have inner peace if she doesn't love herself? Our minds can be infected with the deadly virus of poor self-love, which may even turn into self-hatred. We might say derogatory things to our self, beat ourselves up, punish ourselves, and don't take good care of ourselves. The Lord Jesus said that self-love is a critical part of the Christian life. This morning's teaching will give us a dose of self-love based on Biblical teaching.

#1. SELF-LOVE IS NECESSARY FOR ONE'S EMOTIONAL & SPIRITUAL HEALTH

Definition of Self-Image

Self-image is the personal view that we have of ourselves. It describes the way we value our self. This includes characteristics of the self, including intelligence, looks, talents, and personality traits.

#2. THE MENTAL VIRUS OF POOR SELF-LOVE HAS MANY SYMPTOMS

- A. Your self-talk is derogatory
- B. You beat yourself up when you make a mistake
- C. Your self-worth is based on accomplishments
- D. You fear failure so you don't try things
- E. You think nobody likes you – lacking confidence
- F. You have trouble accepting yourself
- G. You feel undeserving of love
- H. You feel bad about your looks / body
- I. You compare yourself to others – “If only I was him/her”

#3. THE MENTAL VIRUS OF POOR SELF-LOVE STEMS FROM EMOTIONAL WOUNDS

Pro 12:18: The words of the reckless pierce like swords, but the tongue of the wise brings healing. (17:22, 18:14)

#4. THE MENTAL VIRUS OF POOR SELF-LOVE IS ENHANCED BY THE FORCES OF DARKNESS

John 8:44: The Devil is the father of lies

#5. THE VACCINE OF SELF-LOVE IS ROOTED IN GOD'S VIEW OF US

Psalms 139:13-14: I am fearfully & wonderfully made

#6. SELF-LOVE IS THE MEASURE BY WHICH WE LOVE OTHER PEOPLE

Mat 7:12: So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

#7. ACTION STEPS TO SELF-LOVE INOCULATION

- A. Memorize Scripture about how God _____
- B. Think of yourself the way God _____ about you
- C. Don't base your self-worth on your _____
- D. Avoid people who _____ you down
- E. Recognize the _____ of Satan
- F. Take _____ of yourself – Be your best friend!
- G. Learn to _____ yourself
- H. _____ the way God made you

DISCUSSION QUESTIONS

- #1. Discuss the definition of self-image / self-esteem on the outline.
- #2. How does our self-image develop?
- #3. Discuss the symptoms of poor self-love on point 2 on the outline.
- #4. Discuss the relationship between emotional wounding and poor self-love.
- #5. What is Satan's strategy against believers developing healthy self-love?
- #6. Why does Satan hate humans and more specifically Christians?
- #7. What are some things that God has done for us that should facilitate our self-love?
- #8. What should the foundation of self-love be?
- #9. Discuss the role self-love plays in loving other people.
- #10. Define how we should apply the Golden Rule with other people. Matthew 7:12
- #11. What is your takeaway from this teaching?

Welcome *to* **Hillcrest Church!**

GIVING GOD OUR BEST – 2021!

Love your neighbor as yourself. ⁴⁰All the Law and the Prophets hang on these two commandments.

Matthew 22:39-40

June 13, 2021
Pastor Bruce Guckelberg

ANNOUNCEMENTS

JOIN US ONLINE FOR

Tuesday Bible study at 6:30, Wednesday study & Prayer at 6:30. Click the “online meeting room” link on the home page of the website Hillcrestroseville.com

Thank you: for your financial support of Hillcrest Church. You can drop your offering in the box in back of the sanctuary, mail it to the church, or make your donation on the website.

Check the Website: We had a great day of worship and fellowship in the park.

June 27th: Vision meeting after the Sunday service. Pastor Bruce would like to resume the discussion of rebuilding Hillcrest Church, that came to a screeching halt when covid appeared over one year ago. I hope all the core of Hillcrest can attend.

July 10th: Our next outreach event. Rummage sale at church to raise money for the children’s play area from 7am – noon. Followed by a Cornhole Tournament starting at 6pm. Pizza and drinks will be served.

August 7: Is the next outreach event. Details are forthcoming