

**MENTAL HEALTH VACCINATIONS – PART IV**  
**“The Vaccine of Self-Acceptance”**  
**Romans 12:3-8**

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We may have some things about ourselves that we don't like! In fact, some people might not like who they are at all. Other people may be arrogant and tend to look down on others. We must have the ability to view ourselves accurately and accept the way God made us. The problem is that the mental virus of low self-esteem, as well as the virus of an inflated ego prevents us from seeing ourselves as we really are and accepting the way God made us. The cure for this dreaded mental virus is a dose of realistic thinking about our self. This morning's teaching will inform us how we can accomplish this.

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**1. THE MENTAL VIRUS OF ARROGANCE CAN CAUSE CHAOS IN A GROUP OF PEOPLE, Rom 12:3**

**The Definition of Humility**

Having a correct assessment of yourself before God

- A. Paul advanced the virtue of humility, 2 Cor 4:5
- B. Greco-Roman culture despised humility
- C. Jewish culture tended to be arrogant – “we are chosen”
- D. If we think too highly of ourselves that causes division

Pride goes before destruction, a haughty spirit before a fall.  
Pro 16:18

**2. THE MENTAL VIRUS OF LOW SELF-ESTEEM CAN CAUSE CHAOS IN A GROUP OF PEOPLE, Rom 12:3**

- A. Everybody has a place in the body of Christ
- B. Everybody is called to serve in the body of Christ
- C. Everybody has value in the body of Christ

**3. THE CURE FOR THE VIRUS OF ARROGANCE AND LOW SELF-ESTEEM IS THINKING OF OURSELVES WITH SOBER JUDGMENT, Rom 12:3-5**

Our accurate self-evaluation includes: our temperament, personality traits, skills, spiritual gifts, physical appearance and our uniqueness. We must consider the measure of faith God has given us.

**4. THE CURE FOR THE VIRUS OF ARROGANCE AND LOW SELF-ESTEEM IS TO STOP COMPARING OURSELVES TO OTHER PEOPLE, Rom 12:6-8**

- A. That can cause people to devalue them self, 1 Cor 12:15
- B. That can cause people to overvalue them self, 1 Cor 12:21
- C. That can cause division in the body of Christ

**5. THE CURE FOR THE VIRUS OF ARROGANCE AND LOW SELF-ESTEEM IS TO HONOR ONE ANOTHER ABOVE YOURSELF, Rom 12:10**

- A. Regardless of our talents we honor those we serve
- B. When one part hurts we all hurt
- C. We are interdependent

**6. ACTION STEPS TO SELF-ACCEPTANCE INOCULATION**

- A. Be honest with yourself
- B. God loves you just the way you are
- C. Thank God for your gifts
- D. Accept the things that you're not good at
- E. Don't compare yourself to other people
- F. Thank God for people who can do things you can't

## DISCUSSION QUESTIONS

- #1. What was the Greco-Roman view of humility in Jesus' day?
- #2. In what way(s) may the Jews have been proud?
- #3. What problems did that create for Paul in the church at Rome?
- #4. What happens in church, or any organization, when people are prideful and arrogant?
- #5. What happens in church, or any organization, when people have low self-esteem?
- #6. Explain the importance of unity and diversity in the body of Christ?
- #7. What are some challenges we have in thinking about ourselves with sober judgment?
- #8. What does Paul mean by "measure of faith"? (v. 3)
- #9. For what reason(s) did God give his people spiritual gifts?
- #10. What is the danger of comparing our self to other people? (Cor 12:15f)
- #11. Why is it important to honor one another above yourself?
- #12. What is your takeaway from this teaching?

***Welcome***  
*to*  
***Hillcrest Church!***


***GIVING GOD OUR BEST – 2021!***

***Happy Independence Day!***  
***God Bless America!***

*July 4, 2021*  
***Pastor Bruce Guckelberg, PhD***

## **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

### **UPDATING THE HILLCREST DIRECTORY**

Please leave your contact information with us so we can include you in the church directory. Fill out a form at the table by the entrance of the sanctuary.

### **FINANCIAL SUPPORT**

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

### **SPECIAL OFFERING**

For the children’s play area on July 11. This is above your normal giving. Hillcrest Church values our ministry to children.

### **JULY 10<sup>TH</sup> PARKING LOT SALE**

At church this Saturday to raise money for the children’s play area from 7am – noon. Items can be dropped off at church Thursday 5-7pm & Friday 4-7pm. If you need items picked up call DJ at 916.917.6057 or Bruce at 315.486.2202.

### **CORNHOLE TOURNAMENT**

Following the parking lot sale. Registration is between 5 – 6PM. Pizza and drinks will be served. Prizes for the winners.

### **JULY 18<sup>th</sup> VISION MEETING**

After the Sunday service

### **AUGUST 7**

Is the next outreach event. Details are forthcoming