

Loving Yourself Well

Lists - Part 4
June 26, 2022

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³⁶“Teacher, which is the most important commandment in the law of Moses?” ³⁷Jesus replied, “You must love the LORD your God with all your heart, all your soul, and all your mind.” ³⁸This is the first and greatest commandment. ³⁹A second is equally important: ‘Love your neighbor *as yourself*.’” Matthew 22:36-39 (NLT)

How do I love myself?

“The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?” Jeremiah 17:9 (NLT)

“There is a way that appears to be right, but in the end it leads to death.” Proverbs 14:12 (NIV)

²⁴“Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?” ²⁵Thank God! The answer is in Jesus Christ our Lord. ... ” Romans 7:24-25 (NLT)

- **Believe what God says about me**

You have worth and value because you were made in the image of God.

“So God created human beings in His own image. In the image of God He created them; male and female He created them.” Genesis 1:27 (NLT)

“For we are God’s *masterpiece*. He has created us anew in Christ Jesus, so we can do the good things *He planned* for us long ago.” Ephesians 2:10 (NLT)

¹³“For you created my inmost being; you knit me together in my mother’s womb. ¹⁴I praise you because I am *fearfully and wonderfully made*; your works are wonderful, I know that full well. ¹⁵My 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. ¹⁶Your 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 (NIV)

- **Live in a way today that will help me thrive tomorrow**

Most important things to do every day:

- **Spend time alone with God**

But Jesus told him, “No! The Scriptures say, ‘People do not live by bread alone, but by every word that comes from the mouth of God.’” Matthew 4:4 (NLT)

“But Jesus often withdrew to the wilderness for prayer.” Luke 5:16 (NLT)

“Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.” Psalm 46:10 (NLT)

- **Read His Word**
- **Pray**
- **Take care of my body**

“¹⁹Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, ²⁰for God bought you with a high price. So you must honor God with your body.” 1 Corinthians 6:19-20 (NLT)

- **Healthy food**
- **Sufficient rest**

Daily
Weekly
Annually

- **Sufficient Exercise**

- **Take care of my relationships**

“A second is equally important: ‘Love your neighbor as yourself.’” Matthew 22:39 (NLT)

Make a list

- **Summarize**
- **Prioritize**
- **Do what’s most important first**
- **Trust God with the rest**

Daily habit X 10 years = _____

- **Hustle like it depends on me but rest knowing it really depends on God**

“Lazy people want much but get little, but those who work hard will prosper.” Proverbs 13:4 (NLT)

TD Jakes: God doesn’t make tables. He makes trees.

What lists do you need to make to love yourself well?

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