

MASTERING

the Art of Living

The Big Two – But It Starts Where?

INTRODUCTION

Jesus tells us that we are to love God and love others...then He adds this caveat...as you love yourself. (See Matthew 22.36-40.) And it is this caveat that makes the process of loving, of truly loving, so difficult. Not talking here about self-centeredness, or egocentricity, or any of that. Sometimes the worst thing we can say about someone is, “she sure is (he sure is) in love with herself.” Many of us have those tapes in our heads that tell us we are not good enough, or that we’ll never measure-up, or that we need to buy this or go there. And our culture is certainly no help. In this teaching we’ll be looking at the ways in which God wants to heal us in order for us to love ourselves, to love God, and to love others.

DISCUSSION QUESTIONS:

1. Read Genesis 27.1-23; 30-38;41-45. What parts of my life – past or present – have I been avoiding, denying, or covering up?
2. Read Exodus 3.1-11; 13-15; 4,1-5; 10-17. What are those “tapes” that play that tell me I am not enough, and keep from being the person God created me to be.
3. Are there significant relationships that are suffering, because I have not been loving myself?
4. Read Romans 7.15. Where are there areas in my life that are keeping me from loving fully – habits, thoughts, secrets?
5. What risks might there be in sharing this “stuff” with God; what risks might there be in sharing this “stuff” with another person?

TO THINK ABOUT

Many of us prefer to stay in old and comfortable patterns, because there is always a risk in being open and honest with ourselves, with God, and with another human being. Yet it is in taking these risks that we find growth, health, and wholeness.

WHAT WILL YOU DO?

This week, why not identify specific places in your life where you listen to the old tapes, that you are less than...that you’ll never measure up...; Or, that God made a mistake when He created you the way you are...; Or, those places in your life about which you have been in denial?

MAKING A CHANGE

From that time Jesus began to proclaim, “Repent(or return) for the kingdom on heaven is at hand.

Matthew 4.17