

*Learning to
Like Yourself!*



Dr. Jeff King
Christ Lutheran Church
Southwick, Massachusetts

Three Ways to Be Your Own Best Friend

1. Stop _____

*Jesus said, “Love your neighbor as you love yourself.”
(Matthew 22:39)*

Notice the prerequisite to loving others is to love *yourself*.

If you don't have a healthy respect for who you are,
and if you don't learn to accept yourself, faults and all,
you will never be able to properly love other people.

***You can't give away what you don't have.
If you don't love yourself,
you're not going to be able to love others.***

2. Feel good _____

The Bible says that God already approves of you. It doesn't say God will approve of you as long as you live a perfect life. Rather, it says God approves of you unconditionally, just as you are.

It's time for you to get into agreement with God and start feeling good about who you are!

“Put on the full armor of God.” (Ephesians 6:10)

This includes: *“the body armor of God's approval.”* (Ephesians 6:14) All through the day, imagine big bold letters across your chest saying, *“Approved by God!”*

***If God approves of you,
why don't you start
approving of yourself?***

3. Feel good _____

“God made you – and God don’t make junk!”

What messages are you sending out about yourself?
Start sending out: “I’m approved. I’m accepted.
I’m gifted. I’m talented. I’m creative. I’m more than
a conqueror.”

When Jesus was baptized ... “*This is My beloved Son in whom I am well pleased.*” (Matthew 3:17) Of course, Jesus was uniquely God’s Son, but I believe God is saying that to you, too. He is “well pleased with you.”

***Whatever you send out
always comes back to you.***