

A close-up photograph of a person's hands holding a brown leather-bound Bible. The person is wearing a grey, ribbed sweater. The Bible cover has the words "HOLY BIBLE" printed in gold, serif capital letters. The background is dark and out of focus.

SELF-LOVE

2 Timothy 3:1-5; Matthew 22:39

WORLDLY SELF-LOVE

The Pop-Psychology of Self Love

- Self-love – “regard for one's own well-being and happiness (chiefly considered as a desirable rather than narcissistic characteristic).” (New Oxford American Dictionary)

WORLDLY SELF-LOVE

The Pop-Psychology of Self Love

- “What it Really Means to Love Yourself,” John Amodeo Ph.D., MFT (psychologytoday.com)
 - “Self-love means finding peace within ourselves — resting comfortably within the depths of our being.”
 - “this is simply a way of being nonjudgmentally kind, present, and mindful toward whatever we happen to be experiencing.”
 - “We need to have empathy and unconditional positive regard for whatever we are experiencing inside.”

WORLDLY SELF-LOVE

The Pop-Psychology of Self Love

- “What it Really Means to Love Yourself,” John Amodeo Ph.D., MFT (psychologytoday.com)
 - “This gentle way of being with ourselves is an antidote to shame. Rather than battling ourselves or trying to fix or change ourselves, we find more inner peace by simply being with our experience as it unfolds.”

WORLDLY SELF-LOVE

The Pop-Psychology of Self Love

- “What Self-Love Truly Means and Ways to Cultivate It,” Allaya Cooks-Campbell (betterup.com)
 - “Contrary to what you might’ve heard growing up, fishing for compliments isn’t a bad thing.”
 - “One wonderful habit I got from a course...was to respond [to a compliment] with ‘Thank you, it’s true.’”

WORLDLY SELF-LOVE

The Pop-Psychology of Self Love

- “What Self-Love Truly Means and Ways to Cultivate It,” Allaya Cooks-Campbell (betterup.com)
 - “The way you speak to yourself significantly influences your self-perception and overall well-being. Incorporating positive self-talk and affirmations into your daily routine is a powerful strategy for enhancing self-love.”
 - “Replace negative statements with positive affirmations that emphasize your strengths, capabilities, and inherent worth.”
 - “Additionally, surround yourself with positive influences, whether through supportive friends, motivational literature, or affirming podcasts.”

WORLDLY SELF-LOVE

The Pop-Psychology of Self Love

- “What Self-Love Truly Means and Ways to Cultivate It,” Allaya Cooks-Campbell (betterup.com)
 - “Establishing and maintaining healthy boundaries is a crucial aspect of self-love.”
 - “Surround yourself with individuals who respect and support your boundaries.”

WORLDLY SELF-LOVE

The Pop-Psychology of Self Love

- “Loving Yourself: Why and How to Do It,” Tchiki Davis, MA, PhD (berkeleywellbeing.com)
 - “When we love ourselves, we have an appreciation for our own worth or value. We don’t need affirmation from others and we don’t need them to tell us that we are enough, smart enough, attractive enough – we simply know.”
 - “Self kindness involves being patient with the aspects of your personality that you don’t like, being caring towards yourself when you’re going through a hard time, and being tolerant of your flaws.”
 - Need for forgiveness of self.

WORLDLY SELF-LOVE

The Pop-Psychology of Self Love

- “Loving Yourself: Why and How to Do It,” Tchiki Davis, MA, PhD (berkeleywellbeing.com)
 - Quotes offered:
 - “Owning our story and loving ourselves through that process is the bravest thing that we’ll ever do.” – Brene Brown
 - “If you’re searching for that one person that will change your life, take a look in the mirror.” – Unknown

WORLDLY SELF-LOVE

The world's view of self-love is:

- **Highly subjective** (cf. Jeremiah 10:23; Proverbs 14:12)
- **Insular** – “ignorant of or uninterested in cultures, ideas, or peoples outside one's own experience” (cf. Psalm 139:17, 23-24; Galatians 6:6)
- **Self-aggrandizing** (cf. Proverbs 6:16-17; James 4:6)
- **Contrary to true introspection** (cf. 2 Corinthians 13:5)
- **Small in aim** (cf. Mark 8:34, 36; Revelation 2:10)
- **Blasphemous** (cf. John 6:68-69)

Worldly Self-Love is Condemned (2 Timothy 3:1-5)

GODLY SELF-LOVE

God Commands Self-Love (Matthew 22:39; Leviticus 19:18; Ephesians 5:28-29)

True self-love is rooted in faith that accepts one is made in God's image. (Genesis 1:26-27; Psalm 139:14; 8:3-9; Acts 17:26-28; Ecclesiastes 1:2; 12:6-8, 13)

True self-love is not reached through the knowledge of oneself, but through the knowledge of Christ. (Jeremiah 10:23; Proverbs 14:12; Jeremiah 6:14-21; John 11:9-10; 12:35-36; Galatians 2:20)

GODLY SELF-LOVE

God Commands Self-Love (Matthew 22:39; Leviticus 19:18; Ephesians 5:28-29)

True self-love is reflected in our love for others.
(Matthew 22:39; Luke 10:25-37; Romans 13:8-10)

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