

Evening Lesson

As Yourself...

Scripture Reading: Matthew 10:29-33

Every human body is made of unique parts (Romans 12:3-8). Every flock is made of individual sheep (Luke 15:1-7). Every puzzle is made of multiple pieces. Just like every family has one uniquely created person... YOU.

Do we want others to value us the same way we value ourselves?

- Do I want others to treat me the way I treat myself (Matt. 7:12)?
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- Do I want my neighbors to love me as I love myself (Luke 10:27)?
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- Do I want my spouse to love me as I love my body (Eph. 5:28)?
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- Do I want my enemies to love me as I love myself (Luke 6:35)?
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Where does our personal worth or value come from (Mark 8:36-37)?

- Do I get my self-worth from my relationships? _____
- Do I get my self-worth from my accomplishment? _____
- Do I get my self-worth intrinsically? _____

How does Jesus love and value us (John 13:34-35)? __

When we value something, we invest and nurture it (Matt. 6:19-21). **Are we caring for ourselves so we can express the love of Christ (Luke 10:27)?**

- Physically (Strength) _
- Mentally (Mind) _
- Emotionally (Heart) _
- Spiritually (Soul) _

Seeing the value given to us by Christ will open our eyes to see the value of others, even our enemies. Repeat these statements:

- I am loved.
- I am valued.
- Christ made me worth it.