

Lesson #10

Compassionate Recovery



A LIFE FOUNDATION
MAN-DEFINED WORTH OR GOD-BASED VALUE

A PERSPECTIVE SELF-ESTEEM

BUILDING SELF-ESTEEM

(From innerwordspublishing.com, underlines added Jack Dutton)

Self-esteem is the foundation of your life. If you do not like parts of your life, you have the power to rebuild that foundation. Begin with your beliefs about yourself. Update all that are false or that fail to support your growth and highest good. Remember, you alone have the power to change your inner world. As you gradually accept the truth of these new beliefs, your feelings about yourself will improve. This in turn will affect your actions, accomplishments, and relationships and you will experience more love, joy, abundance, and satisfaction in life.

OPTION #1: OUR SELF-CONCEPT IS THE FOUNDATION FOR OUR LIFE, WEIGHING OUR WORTH BY INTERNAL & EXTERNAL ASSESSMENTS.

BASING SELF-WORTH IN THIS WORLD

- It requires some measurement of comparison chosen by the individual.
- It involves a mental image or perception created by one's self.
- It is a decision made by the individual as an attitude towards self.
- It involves an overall subjective emotional evaluation of one's worth.
- It involves both positive and negative evaluations of the self.
- It will always vacillate according to inner and outer conditions.
- It is never stable and always unpredictable.
- It very often forms the foundation for life, but it doesn't have to.

Self-Esteem: Can Kids Have Too Much?

Quoted from WebMD.com

New research suggests more may not be better when it comes to children and self-esteem.

"Back in the 1990s, 'self-esteem' was a potent buzzword in parenting and educator circles. High self-esteem, the thinking went, led to high achievement in both school and relationships. And low self-esteem was thought to lead to problems such as substance abuse, teen pregnancy, crime, and poor scholastic performance.

The potential links between high self-esteem and high achievement seem intuitive enough. But some new analyses suggest the opposite: that high self-esteem can lead to problems, including narcissism, bullying, increased drug and alcohol use, and more teenage sex, not less. By the same token, low self-esteem doesn't lead to as many risky behaviors as previously thought.

[Allan Josephson, MD] "...points out that both overvalued and undervalued children may adapt by putting their own needs first. The overvalued child truly believes he's superior to others, and the undervalued child figures if he doesn't get what he needs, no one else will help him get those things either. Both groups may act selfishly."

THINGS THAT IMPACT A PERSON'S SELF-CONCEPT/WORTH

- Early home/childhood experiences
- Our early school experiences with other kids
- Our level of school success measured by grades or comparison to others
- Our perceived peer popularity and where we think we fit or don't fit in
- Our perception of our physical attractiveness
- Our relationships, especially our sense of being special to someone
- The kind of job we hold and level of significance within the job setting
- What we own in comparison to others
- Our level of perceived significance of others of our thoughts & feelings
- Our significant life experiences, positive or traumatic

GUARANTEE #1:

If I base my identity and sense of self-worth on anything in this world...in times of storm there will be "Great Crash[s]".

²⁶ But everyone who hears these words of mine and does not do them is like a foolish man who built his house on sand. ²⁷ The rain came down, the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it." Matthew 7:26-27

OPTION #2: WE FIND OUR VALUE IN GOD ALONE.

Making Christ Jesus himself both our foundation and our cornerstone is a

- Bible-Based Fact
- And is Unchangeable!

¹⁰ According to the grace of God given to me, like a skilled master builder I laid a foundation, and someone else is building upon it. Let each one take care how he builds upon it. ¹¹ For no one can lay a foundation other than that which is laid, which is Jesus Christ. 1 Corinthians 3:10-11

Jesus Christ is the same yesterday and today and forever.
Hebrews 13:8

The cornerstone (or foundation stone or setting stone) is the first stone set in the construction of a masonry foundation, important since all other stones will be set in reference to this stone, thus determining the position of the entire structure.

**WHERE CAN I GET VALUE APART FROM
HUMANLY DEFINED SELF-WORTH THAT NEVER CHANGES**

1/2 the times "worth" is used in the Bible it is connected to things that are measurable, usually gold or silver.

Genesis 23:15 "...worth four hundred shekels of silver..."

(2 Samuel 18:3, Ezra 8:26, Ezra 8:27, Isaiah 7:23, Lamentations 4:2, Mark 6:37, John 6:7)

As nouns the difference between worth and value is that worth is a (countable) value while value is the quality (positive or negative) that renders something desirable or valuable [to a person].

1. I am not a mistake or accident, but a Divine Masterpiece willfully created & uniquely designed.

¹³ For you formed my inward parts; you knitted me together in my mother's womb. ¹⁴ I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. ¹⁵ My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. ¹⁶ Your eyes saw my unformed substance. Psalm 139:13-16a

2. God loves me and wants a personal relationship with me.

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16

⁶ For while we were still weak, at the right time Christ died for the ungodly. ⁷ For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die—⁸ but God shows his love for us in that while we were still sinners, Christ died for us. Romans 5:6-8

⁸ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast. Ephesians 2:8-9

¹² But to all who did receive him, who believed in his name, he gave the right to become children of God, ¹³ who were born, not of blood nor of the will of the flesh nor of the will of man, but of God. John 1:12-13

3. God has a plan for my life, allowing me to glorify Him with what I do and giving me meaning for my life.

^{16b} ...All the days ordained for me were written in your book before one of them came to be. ¹⁷ How precious to me are your thoughts, O God! How vast is the sum of them!

¹⁸ Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you. Psalm 139:16b-18

¹¹ For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. ¹² Then you will call upon me and come and pray to me, and I will listen to you. ¹³ You will

seek me and find me when you seek me with all your heart. ¹⁴ I will be found by you," declares the Lord, "and will bring you back from captivity. Jeremiah 29:11-14

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Ephesians 2:10

GUARANTEE #2:

A value that won't crash in storms.

²⁴ "Everyone who hears these words of mine and does them will be like a wise man who built his house on the rock. ²⁵ And the rain fell, the floods came, and the winds blew and beat against that house, but it did not fall, because it had its foundation on the rock." (Matt. 7:24-25)

If I base my value upon these 3 Biblical facts nothing can impact my value because it is in my relationship to God, and since He never changes, neither can my self-worth.

My feelings are always vulnerable to change, and my feelings can be hurt, but my value when connected to God can never be increased or decreased.

He never values me more or less, even though I do and so do others. His value of me is constant. Never changing. Never up and down. Even when He is unhappy with me His value of me remains the same.

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. Romans 12:3

THINKING WITH SOBER JUDGMENT:

To think of oneself with sober judgment is to have a God-controlled perspective that blends the extremities of truth on both sides of a matter.

Otherwise, if we don't have this balanced Divine perspective of ourselves, we will be like the over-confident King of Babylon, Belshazzar, that God said of,

"... you have been weighed in the balances and found wanting [lacking or deficient]." Daniel 5:26-28

III. APPLICATION OF BIBLICAL TRUTH ABOUT MY VALUE

1. In my heart, based in faith in the authority of God's word, I will believe and accept these things as true.

2. Using my mouth, I will confess that I agree with God and that from now on I am basing my self-worth on these 3 truths.

3. Using my mind, I will commit these truths to my thinking and rehearse them when I am hurt, I fail, I don't like myself, etc.

4. Using my will, I will determine to act like one who believes these things are true about me.

5. **Using my feelings** as God-intended as “indicators”, not measures of truth, I will choose not to let them control me.

THIS REQUIRES LIVING SACRIFICES

¹ I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

Romans 12:1

God’s “mercy” is Our highest motivation.

Pity, compassion, favor, grace, mercy. i.e. deep feeling about someone’s difficulty or misfortune.

It is used 5 times in the New Testament of the deep feelings God has for all of us, and powerfully shows and shares in those following Him.

3 STEPS TO BE IN THE CENTER OF GOD’S WILL

² Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:2

1. Offer our bodies as living sacrifices, holy and acceptable.
2. Do not conform any longer to the pattern of this world.
3. Be transformed by the renewing of our minds.

3 THINGS YOU WILL DISCERN ABOUT GOD’S WILL IF YOU FOLLOW THESE 3 STEPS

1. **That God’s Will is Good.**
2. **That God’s will is Acceptable.**
3. **That God’s will is Perfect.**

A TRUE DISCIPLE’S CONCLUSION

Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me. Matthew 16:24

³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you.

³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. Matthew 6:33-34

“What tangibles are you holding onto? What are you gripping tightly? Have they become your security?”

Are you a slave to some image?

Some name you’re trying to live up to?

Some job?

Some possession?

Some person?

Some goal or objective? (Nothing wrong with having goals and objectives; but something is wrong when they have you in their grip.)

Now let me give you a tip. If you cannot let it go, it’s a priority [idol] to you. It is impossible to be a slave to things or people and at the same time be a faithful servant [disciple] of God.”

“...Our choice of priorities determines at which level we soar. Stated another way: Whatever is in first place, if it isn’t Christ alone, it is in the wrong place. Life is a lot like a coin; you can spend it any way you wish, but you can spend it only once.

WHAT ARE YOU SPENDING IT ON?

...WHAT IS REALLY FIRST IN YOUR LIFE?”

Excerpts from “Living Above the Level of Mediocrity”
by Charles Swindoll pp. 114 & 122

Disciples of Jesus know that anything a person values, puts their trust in or relies upon, is in the place of, that is put above God or looked to independent of God

IS AN IDOL.

Weekly Going Deeper Study Guide

For A Life Foundation: Man-Defined Worth or God-Based Value

- Before beginning each day simply ask God to help you see things that He would have you to see.
- When finished, pray again asking for the faith and the courage to follow His lead in areas He speaks to you about.

DAY 1

1. Without rushing, read through this week’s lesson.
2. Paraphrase in 2 or 3 sentences what in your mind is the main message you get out of this lesson.

DAY 2

1. Carefully read and meditate on each of the scriptures in this week's lesson.
2. Identify the one that stands out the most to you and rewrite it in your own words.

DAY 3

1. Reread the lesson.
2. Write down any things you see that God would want you to avoid, change, or give up.

DAY 4

1. Reread the lesson.
2. Write down the most positive thing you see that you would really like to see become part of your life.

DAY 5

Pick out one verse from this week's lesson (does not need to be the whole passage) that means the most to you or some other verse that comes to mind related to this week's lesson, write it on a small card, and try to memorize it or at least read and meditate on it several times through the next days.

The verse(s) I chose: _____

During the Week Jot down key insights and or experiences (positive or negative) from this week as you have tried to go deeper with this lesson and consider what you might share with your group.