

Telling the truth about my value

THE PERFECT GUIDE TO BEING MISERABLE

Jeremiah 17:9 (NLT) The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?

Matthew 7:13 (MSG) "Don't look for shortcuts to God. The market is flooded with surefire, easygoing formulas for a successful life that can be practiced in your spare time. Don't fall for that stuff, even though crowds of people do. The way to life—to God!—is vigorous and requires total attention.

1. The way to be _____ by others is to be what others want me to be and to do what is most pleasing to them.
2. It is more _____ to please other people than to please myself.
3. Other people have every right to _____ my actions.
4. It is wrong and unChristian to think of my _____ needs, or to consider my own needs important, compared to the wants of others.
5. It is wrong not to be willing to forget my own wants to _____ friends and family when they want me to.
6. Pleasing others is an insurance policy which guarantees that people will be nice to me in return. When I am in great need they will forget their own needs to help me.
7. When others are _____ with me, I cannot enjoy one moment's peace or happiness.
8. Approval from everyone else is essential to my feeling of well-being and peace of mind, since _____ doesn't want me to be happy unless everyone else is approving of me.
9. Being what other people want me to be is the _____ way to be liked.
10. Pleasing others and doing what they expect of me is the only way to win _____.

We have confused the _____ of others for the _____ of my life.

1 Samuel 18:1 After David had finished talking with Saul, Jonathan became one in spirit with David, and he loved him as himself.

Leviticus 19:18 Do not seek revenge or bear a grudge against anyone among your people, but love your neighbor as yourself. I am the Lord.

Matthew 19:19 honor your father and mother,' and 'love your neighbor as yourself.'

The Truth about My _____

1. My life, including my opinions, feelings, wants and needs, is not _____ valuable or important than anyone else's.
2. My life, including my opinions, feelings, wants and needs, is not _____ valuable or important than anyone else's.

We confuse value and _____.

Romans 13:4 For the one in authority is God's servant for your good.

We confuse value and _____.

1 John 3:16 This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters.

1 Timothy 6:6 But godliness with contentment is great gain.

Truths to Tell Yourself

- It is not necessary to be _____ by everyone.
- I do not have to earn anyone's _____ or acceptance.
- I am _____.
- My needs and wants are as _____ as other people's.
- _____ is not terrible.
- Not being _____ of or accepted is not terrible.
- If somebody doesn't like me, I can _____ with it.
- I can _____ my bad feelings by distinguishing the truth from misbelief.

1. Pleasing others is a goal which may be directly opposed to the basic rule of the Christian's life: to please _____.
2. Frequently, God's will for you requires that you consider _____ needs first and set aside the wishes of _____.

3. In making judgments about what you should do, it is too simplistic to base priority on the rule: Whatever pleases others must be _____.

4. If you live to please others, any negative feedback, criticism or displeasure will tend to _____ you.

5. Even if _____ disliked you and disapproved of you, you could still survive.