

what's the point?

week three

Look Back:

How were you aware of your “measuring sticks” this past week? In what ways did you replace those things with the truth?

Look Up:

Read [Matthew 22:36-40](#)

1. What do these verses tell us to *do*?
2. How are you doing today at loving yourself? Why is this so hard for us sometimes?

Read [Romans 5:6-11](#) and [Romans 8:1](#)

3. What is meant by “made right” in verse 9?
4. Do you have a story of a time in your life when you were “made right?” What was life like before, and what is it like now?
5. It is by recognizing what Jesus did for us that we are able to be called “friends” of God. What do you think of when you think of a “friend?” How does this mirror our “friendship” with God?

Read [1 Corinthians 11:28-29](#)

6. Take some time to examine where you land on the spectrum of Spiritual Narcissist to Shame-Filled Believer. Either think about it to yourself or talk about it with your group.
7. Whether you are using these notes as an individual or as a group, consider taking some time to receive communion. You can use supplies you have at home to represent the body and blood of Christ. For more information on communion, head to salty.org/communion.

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead:

In the message, Robbie outlined some ways to begin loving yourself well (See Resources). How can you put one of these approaches into practice this week?

Notes

The baseline for loving God is that God loves you. But the baseline for loving others is loving yourself. The only way we can understand and follow the commandment to love our neighbor is by learning to love ourselves. Because God loves you, you can learn to love you. God loves you, and you need to love you, too.

RESOURCES:

Indications You Don't Love Yourself Well:

- Difficulty trusting others
- Settling for unhealthy relationships
- Emotional struggles: feeling insecure and constantly comparing yourself to others
- Self-sabotage: engaging in risky behaviors
- Difficulty setting boundaries
- Negative self-talk
- Making choices based on self-doubt
- Difficult bouncing back from setbacks or criticism

How to Begin Loving Yourself Well:

- Practice self-compassion
- Challenge negative self-talk
- Focus on small wins
- Spend time with supportive people
- Reflect on your strengths
- Practice gratitude
- Be patient with yourself
- Engage your faith