

SPIRITUAL GROWTH – ACCEPTANCE



PART 1: ACCEPTING MYSELF

The world, Satan and your flesh (sin nature) will often get you to hate your body, your appearance, your brain power, your personality, your quirks, your gender, your socioeconomic status, your nation, your parents and all the things you were born into and your overall unique design. God has assigned you a body and He has assigned you many things about your life. He has made you unique! Will you trust Him for this?

BE REMINDED OF YOUR RELATIONSHIP WITH CHRIST AND HOW HE HAS SAVED YOU FROM THE WORLD, THE FLESH AND THE DEVIL.

The Flesh/Sin Nature: I (the old me in Adam) have been *crucified* with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. Galatians 2:20

Romans 6:6 ...knowing this, that our old man was *crucified* with Him, that the body of sin (sin nature) might be done away with, that we should no longer be slaves of sin (of the sin nature).

The Devil (principalities and powers= Satanic forces): ..having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross. Having disarmed principalities and powers, He made a public spectacle of them, having triumphed over them in it. Col 2:14-15

The world: But God forbid that I should boast except in the power of the cross of our Lord Jesus Christ, by whom the world was crucified to me, and I to the world. Galatians 6:14

3 VERSES TO HELP WITH SELF-ACCEPTANCE SO THAT YOU HAVE JOY AND HOPE

Accepting Myself – My body and personal characteristics

Psalm 139:13-16 – 13 For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well. My frame was not hidden from You, When I was made in secret, And skillfully wrought in the lowest parts of the earth. Your eyes saw my substance, being yet unformed. And in Your book they all were written, The days fashioned for me, When as yet there were none of them.

Acceptance and Growth – I am a work in progress (always)

Jesus grew in wisdom and stature and in favor with God and men – Luke 2:52

Accepting my weaknesses and Learning to Trust God deeply

My grace is sufficient for you, for My strength is made perfect in weakness. Therefore most gladly will I rather boast in my infirmities, in reproaches, in needs, in persecutions, in distresses for Christ's sake, For when I am weak, then I am strong. 2 Cor 12:9-10.

**QUESTION BANK: THESE ARE SUGGESTIONS, PLEASE FEEL
FREE TO SKIP OR ADD MORE BASED ON YOUR GROUP:**

What do you think people your age struggle with the most with about accepting themselves?

Why do you think it is hard to accept ourselves?

What do you struggle with the most about accepting yourself?

Do you ever feel that if you could change one thing about your life, that your life would be so much better? Follow up: why is this a lie? How would this relate to 2 Cor 12:9-10?

Why does always wanting to be different than how God made you drain the life and joy out of you?

Why would one of Satan's top goals be to get you to hate yourself?

If you hate yourself, what are you saying to God? (see Psalm 139:13-16)

How important is it to trust God with the things he has assigned you in your life? What will happen if you don't trust God with these things?