



Self-Acceptance

Can You Identify Seven Basic Principles?

When God created the world, He made laws of nature. The law of gravity is one example. When God created us, He made basic principles of life.

Match each principle with the right definition.

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| 1. THE PRINCIPLE OF DESIGN: | A. | <div style="border: 1px solid black; padding: 2px; display: inline-block;">5</div> | God has ordained that we discover inner cleansing and joy by learning how to respond to those who offend us. We conquer bitterness by not only forgiving, but by voluntarily investing things of value in the lives of our enemies for Christ's sake. |
| 2. THE PRINCIPLE OF AUTHORITY: | B. | <div style="border: 1px solid black; padding: 2px; display: inline-block;">4</div> | God want us to dedicate ourselves and everything that we own to Him. He is then able to work supernaturally through us and through that which He entrusts to us. We are then free from the worry and anger which come from claiming our rights. |
| 3. THE PRINCIPLE OF RESPONSIBILITY: | C. | <div style="border: 1px solid black; padding: 2px; display: inline-block;">7</div> | God has promised that if we meditate on His Word day and night, we will be successful in everything we do. To the degree that we are faithful to this principle, we will experience wisdom, understanding, and good success. |
| 4. THE PRINCIPLE OF OWNERSHIP: | D. | <div style="border: 1px solid black; padding: 2px; display: inline-block;">6</div> | Freedom is not the right do what we want to do, but the power to do what we ought to do. God wants us to experience moral freedom so that we can serve one another in genuine love. |
| 5. THE PRINCIPLE OF SUFFERING: | E. | <div style="border: 1px solid black; padding: 2px; display: inline-block;">1</div> | God made each one of us with His infinite love and creativity. Our unchangeable physical features and family features are designed by God to develop His character in our lives and to build His message through our lives. |
| 6. THE PRINCIPLE OF FREEDOM: | F. | <div style="border: 1px solid black; padding: 2px; display: inline-block;">3</div> | God requires us to be personally responsible for every one of our words, thoughts, actions, attitudes, and motives. If we offend God or others by wrong words, thoughts, actions, attitudes, or motives, we must ask their forgiveness and make restitution. |
| 7. THE PRINCIPLE OF SUCCESS: | G. | <div style="border: 1px solid black; padding: 2px; display: inline-block;">2</div> | God has provided structure of authority, and He wants each one of us to get under that structure. By being under God's authority, we are protected from the destructive temptation of Satan, and we are given direction from God for our decisions in life. |




Discerning Levels of Conflict

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| SURFACE PROBLEMS (Visible Actions) | | | |
| SURFACE CAUSES (Attitudes) | | | |
| ROOT PROBLEMS (Character) | A. _____ | B. _____ | C. _____ |
| ROOT CAUSE (Response to God) | | | |



Discerning Steps of Maturity

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| <p>1.</p>  | | <p>PRINCIPLES</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> | | |
| <p>2.</p> | | <p>RELATIONSHIPS</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> | | |
| <p>3.</p> | | <table border="1"><tr><td>_____</td><td>_____</td></tr></table> | _____ | _____ |
| _____ | _____ | | | |
| <p>4.</p> | | | | |



- How do we start to see life from God's perspective?
The best way is to view ourselves through His eyes rather than through our own eyes.



Discerning Wisdom Through Acceptance of Self

| NATURAL INCLINATIONS THAT LEAD TO SELF-REJECTION | PRINCIPLES OF WISDOM THAT LEAD TO SELF-ACCEPTANCE |
|---|---|
| <ul style="list-style-type: none">• Assuming that I just <u>happened</u> to be born | WISDOM IS realizing that God <u>designed</u> my existence from the very beginning of time |
| <ul style="list-style-type: none">• Thinking that my appearance and abilities are purely the result of the factors of <u>heredity</u> | WISDOM IS visualizing the fact that God fashioned me in His mind from the foundation of the world and <u>prescribed</u> the unchangeable features that would best achieve His purpose |
| <ul style="list-style-type: none">• Trying to gain acceptance from people by concentrating on physical or mental features on which they place the greatest <u>value</u> | WISDOM IS purposing to gain God's approval by concentrating on <u>inner</u> qualities which I know He values most |
| <ul style="list-style-type: none">• Looking at physical and mental defects as cruel <u>handicaps</u> that I must learn to cope with | WISDOM IS translating physical or mental differences as special <u>motivation</u> given by God to develop His character and strength |
| <ul style="list-style-type: none">• Wishing that I could <u>look</u> like someone else so that I wouldn't have feelings of self-rejection | WISDOM IS understanding that every person has his own <u>struggle</u> with self-acceptance—often the ones I would least expect are having the greatest problem |
| <ul style="list-style-type: none">• Attempting to overcome feelings of inferiority by assuming an attitude of <u>superiority</u> | WISDOM IS using defects as <u>daily</u> reminders that I belong to God and that He is not finished making me yet |



NATURAL INCLINATIONS THAT LEAD TO SELF-REJECTION

- Believing that there is no chance of correcting unchangeable physical "defects"
- Hoping that by conforming to immodest fads or sloppy appearance I will lessen the pain of being different and gain greater acceptance

PRINCIPLES OF WISDOM THAT LEAD TO SELF-ACCEPTANCE

WISDOM IS expecting that when I develop inward character, outward features will take on new meaning and that God will change any of them that distract from his message

WISDOM IS knowing that my outward appearance reveals my attitudes toward the way God made me and how I expect others to treat me

FURTHER INSTRUCTIONS: Write in additional NATURAL INCLINATIONS and PRINCIPLES OF WISDOM that you discover from Scripture

WISDOM IS

WISDOM IS

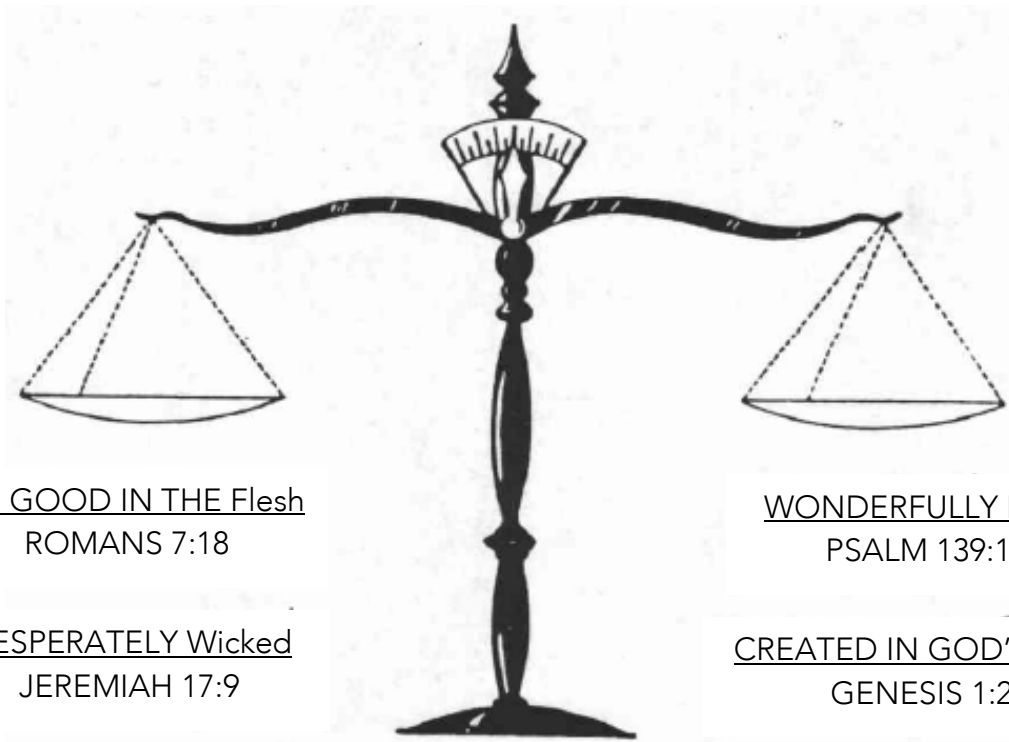
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Balancing Truths in the Principle of Design



NO GOOD IN THE Flesh
ROMANS 7:18

DESPERATELY Wicked
JEREMIAH 17:9

WONDERFULLY Made
PSALM 139:14

CREATED IN GOD'S Image
GENESIS 1:27



Evidences of Self-Rejection

| Attitudes Which May Reflect Self-Rejection | Amplification and Insights |
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| OVER-ATTENTION ON <u>clothes</u> | <ul style="list-style-type: none"> Undue concern for clothes may be an attempt to cover up or compensate for rejection of self, "and why take ye thought for raiment...which of you by taking thought can add one cubit to his stature?" (Felt they were too short) (Matthew 6:24,28) |
| INABILITY TO <u>trust</u> GOD | <ul style="list-style-type: none"> If the design is rejected, it is very difficult to put confidence in the Designer, "For we are his workmanship..." (Ephesians 2:10) |
| EXCESSIVE <u>shyness</u> | <ul style="list-style-type: none"> Fear of what others will think of us may then cause others to reflect our attitudes of self-rejection back to us. This is illustrated in the life of King Saul. See I Samuel 9 and 10. |
| DIFFICULTY IN <u>loving</u> OTHERS | <ul style="list-style-type: none"> We are to love our neighbor as we do ourselves. Thus, if we cannot love ourselves we will also find it difficult to love others, "Thou shall love thy neighbor as thyself." (Matthew 19:19) |
| SELF-criticism | <ul style="list-style-type: none"> Complaints about unchangeable physical features, abilities, parentage and social heritage are significant indications of self-rejection. "Woe unto him that saith unto his father, What begettest thou? Or to the woman, What hast thou brought forth?" (Isaiah 45:10) |
| WISHFUL <u>comparison</u> WITH OTHERS | <ul style="list-style-type: none"> Desiring to be different in areas that cannot be changed produces feelings of inferiority. "...Shall the thing formed say to him that formed it, Why has thou made me thus?" (Romans 9:20) |
| FLOATING <u>bitterness</u> | <ul style="list-style-type: none"> Claims of hating oneself are a symptom of floating bitterness since, "No man ever yet hated his own flesh." (Ephesians 5:29) The final hatred will be toward the One who made him. |



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| <u>Perfectionism</u> | <ul style="list-style-type: none">• Attempts to gain approval for self, in compensation for self-rejection, rather than for God's glory. |
| ATTITUDES OF <u>superiority</u> | <ul style="list-style-type: none">• Boasting of his achievements, using words outside his vocabulary, refusing to associate with certain classes of people, may actually be outward indications of inward inferiority. Whatever we have is from God. Therefore, "Why does thou glory as if thou hast not received it?" (I Corinthians 4:7) A person with a "superiority complex" is actually a person with feelings of inferiority who has narrowed his field of comparison. |
| AWKWARD ATTEMPTS TO <u>hide</u> UNCHANGABLE DEFECTS | <ul style="list-style-type: none">• Self-conscious actions or statements to cover up unchangeable "defects" may indicate self-rejection. Note: There is an appropriate place for minimizing defects that will detract attention from one's message. |