



## Insights for Acceptance of Self

1. God prescribes us before birth.  
Psalms 139:13-16  
Isaiah 45:9, 10
2. God is not finished making us yet.  
Ephesians 2:10  
Philippians 1:6
3. The cause of inferiority is comparison of unchangeable features.
  - 1) Appearance
  - 2) Aptitude
  - 3) Parentage
  - 4) Social
4. Outward beauty is not related to inward happiness. Isaiah 53:2
5. God has a universal ideal — The character of Jesus Christ. Matthew 5:3-12
6. Our happiness and achievement is based on our ability to experience His inward ideal.  
Matthew 6:33
7. If necessary, God sacrifices outward beauty to develop inward characteristics.  
II Corinthians 4:16
8. Self-worth is increased by reproducing Christ's character in others, you are credentials (letter of recommendations) to be read and known by everybody.  
II Corinthians 3:2
9. Difference in unchangeable features are God's special frames to highlight his unique message through us. "My strength and power made perfect, in your weakness." II Corinthians 12:9
10. Character is reflected in countenance. Psalm 23:3
  - 1) Correct it, if possible, when the defects distract from inward qualities.
  - 2) Exercise the prayer of faith – II Corinthians 12:6
  - 3) Glory in unchangeable "defects" – attach new meaning to old defects, the meaning we attach to them determines their problem to us – I Corinthians 6:20

### **Basic Steps to Self-Acceptance**

1. Detect ungratefulness toward God.
2. Thank God for the way he has made you thus far.
3. Put yourself back in God's hand and purpose to cooperate in developing inward quality.
4. Dedicate yourself to serving Christ by reproducing His Character in the lives of others.