



## HOW TO GAIN ACCEPTANCE OF SELF

- A person's ability to accept himself is directly related to his awareness and achievement of God's purpose through his life. Feelings of inferiority are painful motivations to be rightly related to the eternal purposes of God.

### 1. IDENTIFY SELF-REJECTION

- Over-attention on Clothes
- Inability to Trust God
- Feelings of Inferiority
- Fear of Being Rejected
- Difficulty in Loving Others
- Extreme Self-criticism
- Wishful Comparison with Others
- Floating Bitterness

### 2. BUILD A LARGER PERSPECTIVE

<b>A. GOD <u>prescribed</u> US BEFORE WE WERE BORN.</b>	"...In Thy Book all my members were written which in continuance were fashioned, when as yet there was none of them." (Psalm 139:16) "...Shall the clay say to him that fashioneth it, What makest thou?" (Isaiah 45:9) "...Who maketh the dumb, or deaf, or the seeing or the blind? Have not I the Lord?" (Exodus 4:1)
<b>B. GOD IS NOT FINISHED <u>making</u> US YET</b>	"We are (present continuous action) His workmanship..." (Ephesians 2:10) "...The Lord will perfect that which concerneth me..." (Psalm 138:8) "...He which hath begun a good work in you will perform it..." (Philippians 1:6)
<b>C. THE CAUSE OF INFERIORITY IS <u>comparison</u></b> We are not to compare the un-changeable characteristics of appearance, aptitudes, parentage, or social heritage.	"...but they measuring themselves by themselves and comparing themselves among themselves are not wise." (II Corinthians 10:12)



<b>D.</b>	<b>THE CONCEPT OF MR. <u>Universe</u> OR MISS <u>America</u> IS FALSE.</b> Outward beauty or attractiveness is not essential to inward happiness.	"...He (Jesus Christ) hath no form nor comeliness (attractiveness) and when we shall see Him there is no beauty that we should desire Him." (Isaiah 53:2)
<b>E.</b>	<b>GOD HAS A UNIVERSAL INWARD IDEAL: THE <u>character</u> OF JESUS CHRIST</b>	"...to be conformed to the image of His Son (Jesus Christ) ..." (Romans 8:29) "...until Christ be formed in you..." (Galatians 4:19) "Blessed (how happy) are the poor in spirit... the meek... the merciful... the pure in heart..." etc. (Matthew 5:1-12)
<b>F.</b>	<b>OUR HAPPINESS AND ACHIEVEMENT IS BASED ON OUR ABILITY TO EXPERIENCE HIS INWARD <u>ideal</u></b>	"Seek ye first the kingdom of God and His righteousness and all these things shall be added unto you." (Matthew 6:33)
<b>G.</b>	<b>IF NECESSARY, GOD <u>sacrifices</u> OUTWARD BEAUTY TO DEVELOP INWARD QUALITIES.</b>	"Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body." (11 Corinthians 4:16) "...but through our outward man perish, yet the inward man is renewed day by day." (II Corinthians 4:16)
<b>H.</b>	<b>OUR FULFILLMENT IN LIFE COMES BY BEING A UNIQUE MESSAGE ON HOW TO <u>develop</u> INWARD QUALITIES</b>	"...Ye are a (people of His own), that ye should show forth the praises of Him who hath called you out of darkness into His marvelous light." (I Peter 2:9) "Ye are our epistle... known and read of all men." (II Corinthians 3:2)
<b>I.</b>	<b>DIFFERENCES IN APPEARANCE, ABILITIES, PARENTAGE AND SOCIAL HERITAGE ARE GOD'S SPECIAL <u>frames</u> TO HIGHLIGHT AND AMPLIFY HIS UNIQUE MESSAGE THROUGH US.</b>	"My grace is sufficient for thee; for My strength is made perfect in (your) weakness... therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake, for when I am weak, then am I strong." (II Corinthians 12:9,10)
<b>J.</b>	<b>GOD'S <u>reputation</u> IS AT STAKE IN OUR HAVING THE RIGHT APPEARANCE, ABILITIES, PARENTAGE AND SOCIAL HERITAGE.</b> If these are wrong, His message through us would then be hindered.	"...He leadeth me in the paths of righteousness for His name's sake." (Psalms 23:3)



### 3. RESPOND CORRECTLY TO PHYSICAL 'DEFECTS'

A. Correct **THEM, IF POSSIBLE**, when the defects distract from inward qualities.

B. **EXERCISE THE "PRAYER OF FAITH"**. Faith discerns three types of sickness:

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| 1. Sickness to death                                     | Psalm 90:10                       |
| 2. Sickness to chastisement                              | I Corinthians 11:28-33            |
| 3. Sickness to manifest the work of God and glorify Him. | II Corinthians 12:6,7; John 9:2,3 |
| 4. Sickness to build character                           | James 1:2-4                       |

C. Glory **IN UNCHANGEABLE "DEFECTS"**. Attach new meanings to old "defects":

1. They are marks of ownership constantly reminding us Who we belong to. (I Corinthians 6:20)
2. They are motivations to develop inward qualities. The frame isn't conspicuous when it surrounds the finished picture. (I Peter 3:3,4)
3. They are the means to be a better servant. Outward beauty is often used to get others to serve us, but true happiness only comes by serving others. (Mark 10:44)

### 4. BASIC STEPS TO SELF ACCEPTANCE

COMMITMENTS	PROJECT
• <b>DETECT <u>ungratefulness</u> TOWARD GOD</b>	Make a list of all the changes you would like to make in your appearance, abilities, family or social heritage. Correct what you can and list benefits for what you can't change.
• <b><u>Thank</u> GOD FOR THE WAY HE HAS MADE YOU THUS FAR.</b>	See yourself through God's eyes. See how those features you can't change are actually building the message God wants in your life.
• <b>PUT YOURSELF BACK ON <u>God's easel</u> AND PURPOSE TO COOPERATE WITH HIM IN DEVELOPING INWARD QUALITIES.</b>	Memorize the qualities God wants to develop in you. Make a word study of each quality in Matthew 5:1-12, Galatians 5:22-24. Write out all the synonyms and antonyms possible. (List the circumstances that God may use to develop Christ-like character)



<ul style="list-style-type: none"><li>• <b>DEDICATE YOURSELF TO SERVING CHRIST BY <u>reproducing</u> HIS CHARACTER IN THE LIVES OF OTHERS.</b></li></ul>	Begin a life notebook with a section on creative projects which motivate the development of Christ-like character. What works for you may help someone else.
<ul style="list-style-type: none"><li>• <b>DISCOVER OUR SPIRITUAL GIFTS ROMANS 12:6-8</b></li></ul>	