

Jesus said "it is finished"

Jesus has **DONE** the **DOING**

That means there **IS NO MORE** that
WE HAVE TO DO!

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no matter what I do or don't
do, God will never love me
any more or any less

God loves me for Who I am,
not What I do

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key #1

Seeing the transcendent essence of
God within us


We are the pinnacle of all creation
With this comes the capacity for the
"original curse" and the "original
blessing" (Peck 1997)

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key #2

Valuing the uniqueness of each person (including ourselves) for our humanity

This means embracing difference rather than seeking conformity




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key #3

Discovering the uniqueness of our own humanity

This means identifying, appreciating and valuing our character, personality, passions, gifts and talents



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- I am LOVED for WHO I am
- I am of VALUE for WHO I am
- healthy self acceptance = self-affirming



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healthy self acceptance = self-affirming

affirmation - to declare to be true; assert positively. To uphold, confirm, or ratify. (the root word is Old French from Latin - to present something as firm or fixed)



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I am free;


- ✓ to be myself
- ✓ to Do and NOT DO
- ✓ to bring Who I am to what I do
- ✓ to see the worth & dignity of all



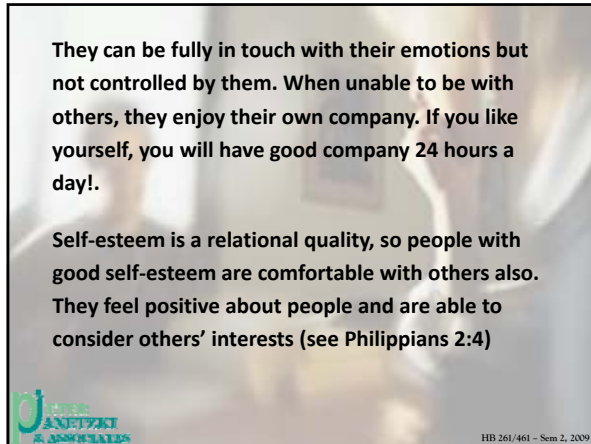
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A person with healthy self-esteem can say and really mean it: "It's good to be me! I know that I'm not perfect and have a lot of growing to do, but I'm okay. The Lord hasn't finished with me yet" (see Philippians 1:6).

People with good self-esteem are comfortable with themselves. They accept themselves, including their shortcomings. This acceptance doesn't stop them from making changes, it frees them to do so. They are able to have a balanced estimate of themselves (See Romans 12:3).




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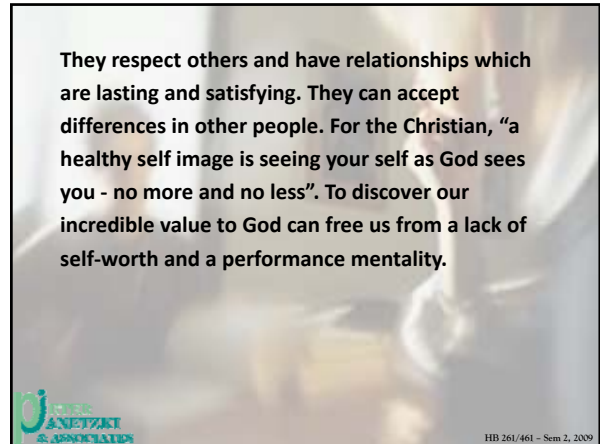


They can be fully in touch with their emotions but not controlled by them. When unable to be with others, they enjoy their own company. If you like yourself, you will have good company 24 hours a day!.

Self-esteem is a relational quality, so people with good self-esteem are comfortable with others also. They feel positive about people and are able to consider others' interests (see Philippians 2:4)



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They respect others and have relationships which are lasting and satisfying. They can accept differences in other people. For the Christian, "a healthy self image is seeing your self as God sees you - no more and no less". To discover our incredible value to God can free us from a lack of self-worth and a performance mentality.



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Make a careful exploration of who you are and the work you have been given, and sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life.

Galatians 6: (The Message)



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