

Evening Lesson

LOVE YOURSELF

Matt. 22:37-39

INTRO:

1. The thought of loving yourself may sound arrogant or selfish.
2. Jesus taught us to love others in the manner we love ourselves.
3. Paul wrote for husbands to love their wives as they love themselves. **Eph. 5:28**
4. Why do I need to love myself?

I. TO LOVE AND APPRECIATE GOD.

- A. We are made in God's image. **Gen. 1:27**
- B. The great God, the creator of the universe was both the designer and maker of man. **Psalm 139:14**
- C. Even more, God loves us and demonstrated that by giving His son for us. **John 3:16, 17; Rm. 5:8; Heb. 2:9; (Psalm 8:4, 5)**

II. GOD HAS MADE US AND LOVED US SO WE SHOULD LOVE OURSELVES.

- A. We can have self-respect without conceit; concern for self without selfishness; and love for self that is void of vanity (**Rom. 12:10; Phil. 2:3; 1 Pet. 2:17**)
- B. We should never have an inferiority complex or an attitude of "I'm not worth anything."
- C. Jesus said one soul is worth more than the whole world. **Matt.16:26**
- D. He said that your soul, my soul, is worth more than the whole world.
- E. You, we, matter to God very much. I, we, must matter to ourselves.

CONC:

1. True happiness in life comes from accepting ourselves as God has made us, and in responding to the grace and love of the heavenly Father by giving ourselves totally to his Son, Jesus the Christ.