

How does loving yourself relate to loving others?

Mark 12:31 “...The second is equally important: ‘Love your neighbor **as yourself.**’ No other commandment is greater than these.” (NLT)

Self-Worship versus Self-Love:

2 Timothy 3:2–5 People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, ³ without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, ⁴ treacherous, rash, conceited, lovers of pleasure rather than lovers of God— ⁵ having a form of godliness but denying its power. Have nothing to do with such people. (NIV)

Matthew 6:22–23 “The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. ²³ But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness! ...” (NIV)

What to Do When You’re Overwhelmed and Low on Love:

1. Get _____ with _____.

1 Kings 19:1–4 Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ² So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.” ³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. “I have had enough, LORD,” he said. “Take my life; I am no better than my ancestors.” (NIV)

2. _____ to your _____.

1 Kings 19:5–6 Then he lay down under the bush and fell asleep. All at once an angel touched him and said, “Get up and eat.” ⁶ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. (NIV)

3. _____ your _____.

1 Kings 19:7–9a The angel of the LORD came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” ⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. ⁹ There he went into a cave and spent the night. (NIV)

4. _____ your _____.

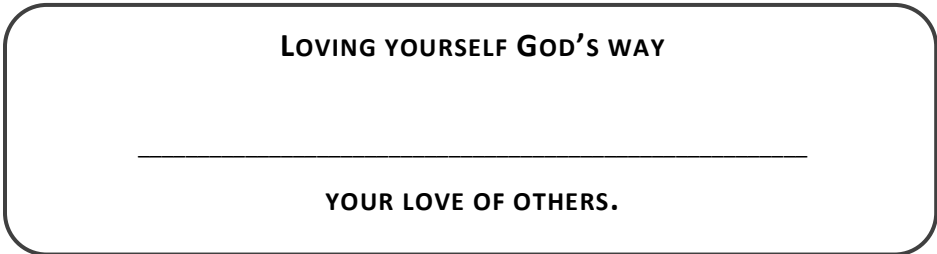
1 Kings 19:9b–10 *And the word of the LORD came to him: “What are you doing here, Elijah?”* ¹⁰ He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.” (NIV)

5. _____ beyond the _____.

1 Kings 19:11–13a *The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake.* ¹² After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. ¹³ When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. (NIV)

6. _____ the way _____.

1 Kings 19:13b–16, 18 *Then a voice said to him, “What are you doing here, Elijah?”* ¹⁴ He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.” ¹⁵ The LORD said to him, “Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. ¹⁶ Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet... ¹⁸ Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him.” (NIV)



Matthew 6:31–33 *Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’* ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you. (ESV)

THE “AS YOURSELF” PART IS PART OF SEEKING GOD’S KINGDOM

ANSWER KEY:

- | | |
|---|--|
| 1. ALONE with GOD | 2. ATTEND to your PHYSICAL NEEDS |
| 3. HONOR your LIMITS | 4. UNLOAD your BURDENS |
| 5. LOOK beyond DISTRACTIONS | 6. GO BACK the way YOU CAME |
- God’s way **MAINTAINS AND RENEWS**



DOGGY BAG

Something to take home and chew on!

- 1.** How have you experienced the relationship between loving others and loving yourself? In what ways have you found your capacity to love increase as you care for your various needs?
- 2.** What patterns in your life have you identified that you saw as self-care but turned out to be self-worship? Or perhaps the opposite?
- 3.** What does it look like for you to get alone with God? What does it take for you to do this intentionally?
- 4.** How might we help people to course correct when we notice each other neglecting our physical, emotional and spiritual needs?
- 5.** Why do you think we have such a hard time honoring our limits?
- 6.** When was the last time you unloaded your burdens to God? How did it help you to move beyond the anxiety of the moment?
- 7.** Has God ever revealed Himself to you in a surprising way? What did you learn about God's presence and provision?
- 8.** How has your practice of loving yourself God's way helped you to engage this world with the good news of Jesus Christ?