

Love Yourself

12 Practical Commandments for the Authentic Christian: IV

1 Peter 1:2

“Love your neighbor as yourself” (Matt 22:39)

Primary point: God wants you to take care of yourself so you can love others.

The third commandment: “Love yourself”

Matt 22:37-39; 1 Cor 6:19-20; Rom 6:13; Eccl 10:10

Correcting modern Gnosticism: We are not commanded to deny ourselves

Col 2:23; Matt 16:24-26; 1 Cor 9:27

The example of Jesus and Paul in self-care

Jesus: “Let’s go off by ourselves to a quiet place and rest awhile.”

(Mark 6:30-32; cf. 1 Tim 5:23)

What does it mean to love yourself?

“Love is patient, love is kind” (1 Cor 13:4).

“The spirit is willing, but the flesh is weak” (Matt 26:41).

Some practical applications

1) **Eat wisely** (Proverbs 25:16); Suggestion: Less sweets, more water.

2) **Rest weekly**

“Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest” (Exodus 34:21).

3) **Spend time being the personality God made you to be**

Discussion ?’s

1) What was most meaningful to you about the Sunday message?

2) What are verses in Scripture that tell us to take care of our body?

3) How did Pastor Kurt define one aspect of “modern Gnosticism”? How have you seen the effects of this in your life or others?

4) What practical steps will you take in 2018 to take better care of yourself?