

## Know Thyself | Week 3 - Overcoming the Affirmation Addiction

### Message Big Idea

I am loved and valued for who I am, not for what others think about me.

### Scripture

Luke 4:9-13, Ephesians 4:22-24

### Points to Keep In Mind

1. There are many reasons why we seek the approval of others. Some possibilities are that a person may have been over-complimented as a child and learned to rely heavily on the approval of parents, teachers, and peers. The reverse can also be true. Without any positive reinforcement, a person can seek the approval of others in unhealthy ways. We may also learn this behavior through toxic relationships where our worth has been questioned.
2. Jesus knew the truth about himself – that he was God’s Son and had a unique calling from his Father. Jesus was able to overcome the temptation to put his trust in the approval of others. His father’s voice, which had spoken over him at his baptism, provided the sure foundation he would need in his ministry. This undoubtedly empowered him as he kept moving forward even when others were disappointed with him.
3. It is common to think that to be a Christian is to be selfless and sacrificial, and this, to some degree, is true, depending on what is meant by the term selfless. There is, however, a common misunderstanding that to be a Christ follower means to be a doormat for others or to believe that “you” don’t matter. It’s important to point out that the “denial of self” or “dying to self” is not the annihilation of the self, but it is putting on the true self that is God-given in Christ and which needs to be fanned into flames.
4. If we can be honest with ourselves, we can be honest with God and others. If we can learn to see ourselves clearly, we’ll be able to put on our true selves. A few steps we can take to do this are included below:
  - a. Pay attention to your thoughts and emotions while practicing silence and solitude.
  - b. Find trusted companions who can help you avoid self-deception.
  - c. Move out of your comfort zone and allow yourself to be challenged.
  - d. Pray for courage to follow where God leads.

### Next Steps

1. Where do you see God at work in your life right now?
2. What next steps do you feel called to take in your YOU+ journey? Check out [communitychristian.org/you](http://communitychristian.org/you)
3. Have you considered getting baptized? Learn more at [communitychristian.org/baptism](http://communitychristian.org/baptism)

### Quotes

- Meister Eckhart: A thirteenth-century writer said, “No one can know God who does not first know himself.”
- St. Teresa of Avila: “Almost all problems in the spiritual life stem from a lack of self-knowledge.”
- John Calvin: “Our wisdom . . . consists almost entirely of two parts: the knowledge of God and of ourselves. But as these are connected together by many ties, it is not easy to determine which of the two precedes and gives birth to the other.”