

Concept of Self

We have all drawn conclusions based on messages and events. Unfortunately, we may conclude untrue things about ourselves to make sense of powerful emotions. The good news is not everything we believe about ourselves is a lie. Locating and labeling our lies initiates the healing process.

Describe how you have FELT and FEEL about yourself.

How do you view yourself on a FEELING level—especially on a terrible day?

Check the one statement for each line that FEELS most true—especially on a bad day.

Then go back and rate each (1 = rarely / 5 usually), indicating to what extent you feel that way.

I Feel...	The Truth About Me
1. ___ I feel unworthy; I'm unacceptable, or ___ I am acceptable.	Romans 15:7
2. ___ I feel alone; I'm on my own, or ___ I am never alone.	Hebrews 13:5 Psalm 138:8
3. ___ I feel like a failure; I'm inadequate, or ___ I am adequate.	2 Corinthians 3:5 Romans 8:2
4. ___ I feel confused; I'm crazy, or ___ I have a sound mind.	2 Timothy 1:7
5. ___ I feel depressed; I'm hopeless, or ___ I have hopeful expectations.	Romans 10:11
6. ___ I feel imperfect; I'm not good enough, or ___ I am perfect in Christ.	Hebrews 10:14
7. ___ I feel common; I'm not special, or ___ I am chosen by God and set apart.	Psalm 18:19
8. ___ I feel afraid; I'm not safe, or ___ I am secure as God's possession.	1 John 4:18
9. ___ I feel dumb; I'm not smart/wise, or ___ I have access to wisdom in Christ.	1 Corinthians 1:30
10. ___ I feel abandoned, or ___ I am protected and safe.	Hebrews 13:5-6 Psalm 139:7-8
11. ___ I feel unloved; I'm not lovable, or ___ I am loved.	Romans 8:38-39 John 15:9
12. ___ I feel unwanted; I don't belong, or ___ I am chosen and belong to God.	1 Corinthians 3:23
13. ___ I feel deserving of punishment, or ___ I am totally forgiven and cleansed.	Ephesians 1:7 1 Peter 2:24
14. ___ I feel like a sinner; I am a worm, or ___ I am a saint, holy, justified in Christ.	Romans 5:17 2 Corinthians 1:2
15. ___ I feel weak; I am powerless, or ___ I am empowered by the Holy Spirit.	Romans 8:9-10 2 Corinthians 12:9
16. ___ I feel useless, insignificant, or ___ I have spiritual gifts.	1 Corinthians 12:7 1 Corinthians 12:27
17. ___ I feel separated from God, or ___ I am one spirit with Christ.	1 Corinthians 6:17
18. ___ I feel like nothing will ever change, or ___ I am given a new life in Christ.	2 Corinthians 5:17 Isaiah 43:18-19

Quickly, draw a simple picture of yourself.

Using the last page of this handout or your Bible, look up the Scriptural truth for each item you marked on the left-hand side.

Then, write the lie(s) and the truth in the space provided on the lines in the prayer on page two.

How Do We Develop a Distorted View of Ourselves?

1. You believed lies about yourself based on messages received from parents, rejection from significant adults (real or perceived), things you were taught or experienced in church or school, and your performance or lack thereof.
2. You believed lies about yourself based on experiences and events.
3. Once you agree with the feelings that the message or event produced, it becomes your lie.
4. New events, messages, and rejection reinforced your lies, forming a stronghold.
5. Once the lie is a stronghold, you reject the truth and agree with the lie.

Why is the Correct Self-Concept Important?

1. If your self-image is not a biblical view, it is a lie.
2. Proverbs 23:7 says, "For as he thinks within himself, so he is (lives)."
3. What you believe about yourself influences your behavior.
4. If you do not identify the lies you believe about yourself, it may be very difficult or impossible to experience freedom and peace.

Correct a Distorted Self-Image

1. Call lies what they are—lies!
2. Write all the lies you believe about yourself in the first set of lines below.
3. Write the truth about yourself on the second set of lines below, as revealed in God's word.

Prayer

Father God,

I now understand that I have a distorted self-image. I felt and thought of myself as _____

I confess that what I believed about myself is not true. I now believe I am a new creation in Christ Jesus and therefore, I am (Scriptural truth about God) _____

Jesus, take all the pain and confusion from these lies unto Yourself and exchange them for Your peace. Holy Spirit, I invite you to replace the lies with the truth. Thank You for Your abounding grace, which destroys every lying speculation and lofty thought that contradicts who You say that I am in Christ. Amen.

Don't Entertain A Lie: Renounce It and Replace It!

Renounce means to refuse to receive, agree with a lie. Instead, replace all lying thoughts with the truth! For example: *Jesus, I refuse to believe or ponder that thought. I send that thought to the feet of Jesus to go where He sends you. I confess God's Word. I am adequate through Christ Jesus. Amen*

Discover the Truth about Yourself

(These verses corresponded to the first page of this handout.)

1. **I feel unworthy; I'm unacceptable: Romans 15:7** Accept one another, just as Christ also accepted us to the glory of God.
2. **I feel alone; I'm on my own: Hebrews 13:5** He Himself has said, "I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU." **Psalm 138:8** The LORD will accomplish what concerns me; Your lovingkindness, O LORD, is everlasting.
3. **I feel like a failure; I'm inadequate: 2 Corinthians 3:5** Not that we are adequate in ourselves to consider anything as *coming* from ourselves, but our adequacy is from God. **Romans 8:2** For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.
4. **I feel confused; I'm crazy: 2 Timothy 1:7** For God has not given us a spirit of timidity, but of power and love and discipline. Mind of Christ.
5. **I feel depressed; I'm hopeless: Romans 10:11** "WHOEVER BELIEVES IN HIM WILL NOT BE DISAPPOINTED."
6. **I feel imperfect; I'm not good enough: Hebrews 10:14** For by one offering He has perfected for all time those who are sanctified.
7. **I feel common; I'm not special: Psalm 18:19** He brought me forth also into a broad place; He rescued me, because He delighted in me.
8. **I feel afraid; I'm not safe: 1 John 4:18** There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.
9. **I feel dumb; I'm not smart/wise: 1 Corinthians 1:30** By His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption, so that, just as it is written, "LET HIM WHO BOASTS, BOAST IN THE LORD."
10. **I feel abandoned: Hebrews 13:6** for He Himself has said, "I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU," so that we confidently say, "THE LORD IS MY HELPER, I WILL NOT BE AFRAID. WHAT WILL MAN DO TO ME?" **Psalm 139:7-8** Where can I go from Your Spirit? Or where can I flee from Your presence? 8 If I ascend to heaven, You are there; If I make my bed in Sheol, behold, You are there.
11. **I feel unloved; I'm not lovable: Romans 8:38-39** For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, 39 nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord. **John 15:9** "Just as the Father has loved Me, I have also loved you; abide in My love.
12. **I feel unwanted; I don't belong: 1 Corinthians 3:23** You belong to Christ; and Christ belongs to God. **1 Peter 2:9** But you are A CHOSEN RACE, A ROYAL PRIESTHOOD, A HOLY NATION, A PEOPLE FOR GOD'S OWN POSSESSION, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light.
13. **I feel ashamed, deserving punishment: Ephesians 1:7** In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace. **1 Peter 2:24** He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed.
14. **I feel like a sinner; I am a worm: Romans 5:17** For if by the transgression of the one, death reigned through the one, much more those who receive the abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ. **2 Corinthians 1:2** To the church of God which is at Corinth, to those who have been sanctified in Christ Jesus, saints by calling, with all who in every place call on the name of our Lord Jesus Christ
15. **I feel weak; I am powerless: Romans 8:10-11** Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness. The Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you. **2 Corinthians 12:9** And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me.
16. **I feel useless, insignificant: 1 Corinthians 12:7** But to each one is given the manifestation of the Spirit for the common good. **1 Corinthians 12:27** Now you are Christ's body, and individually members of it.
17. **I feel separated from God: 1 Corinthians 6:17** But the one who joins himself to the Lord is one spirit with Him.
18. **I feel like nothing will ever change: 2 Corinthians 5:17** Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. **Isaiah 43:18-19** "Do not call to mind the former things, Or ponder things of the past. "Behold, I will do something new, Now it will spring forth; Will you not be aware of it? I will even make a roadway in the wilderness, Rivers in the desert.

Prayer Notes

A Renewed You

Now that you have seen the truth and prayed with God, draw another simple picture of yourself.

Quickly, draw a simple picture of yourself.